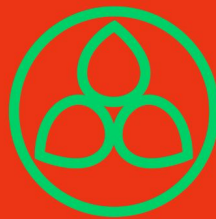




# PENTECOST RETREAT



**ARNA**  
Anglican Renewal Network Australia

## **ARNA PENTECOST PODCAST 2023** **Week Four: Friday 23rd June**

### **THE HOLY SPIRIT AND HEALING**

The Holy Spirit and the ever-present 'now' for healing

Welcome to Friday, week four of our ARNA Pentecost retreat. Our theme this week is 'The Holy Spirit and Healing.' Today we reflect on the relationship between the Holy Spirit and the ever-present 'now' for healing.

#### **I Focus Centring on God's Presence**

I set aside the demands of the outside world to focus on the renewing of my interior spiritual world through reflection and prayer.

*'But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.'* Isaiah 40:31

I sit upright so that my body is in the letter h. I rest my hands upright on my thighs. I close my eyes. I slowly breathe in, hold, and breathe out. Again, I breathe in, hold, and breathe out. I focus on the physical tension in the lower and upper parts of the body. I tense my legs, hold, and release. I tense my stomach muscles, arms, fists, and release. There is the beginning of a stillness within.

*'Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is— his good, pleasing and perfect will.'* Rom. 12:2

*'Create in me a clean heart, O God, and renew a right spirit within me.'* Ps. 51:10

#### **In the silence I pray..**

Loving Lord,

I have not received the spirit of the world, but the Holy Spirit who is from God, so that I may know your truth and experience healing in my life. In this time of being still I ask for faith to trust you for the good work you have begun in me - and will be completed.

*'Praise the Lord, my soul and forget not all his benefits; who forgives all your sins and heals all your diseases..' Ps. 103:2-3*

*'He took up our infirmities and carried our diseases.'* Matthew 8:17

### **I Reflect**

The Suffering Servant passages from the prophetic words of Isaiah were written about 700 years before the birth of Jesus. God's plan for salvation is plainly laid out long before Jesus was born.

*But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.*  
Is. 53:5

*"He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed."* 1 Peter 2:24

When I think of the 'tense' in a sentence it relates to the past, present and future. When I put 'we are healed,' and 'have been healed,' on a timeline I'm adding a condition to what the word declares as a simple truth. 'Healed' is the truth which I accept by faith, and then apply it.

My healing is in the ever-present 'now.' Through the work of the cross I am entitled to take hold of my healing by faith. I need only take it in hand, sight unseen!

*For all the promises of God find their Yes in him. That is why it is through him that we utter our Amen to God for his glory.* 2 Cor. 1:20

*Let us hold fast the confession of our hope without wavering, for he who promised is faithful.*  
Hebrews 10:23

Time consists in two perspectives. There is 'kronos' time. It's one-thing-after-another time. There is also 'kairos' time. In the context of faith 'kairos' is the divine present. It's the staging ground of knowing and responding to God. The past is gone, the future is yet to come; there is only your present moment. I take hold of it! I take a few quiet minutes each day to turn ordinary 'chronos' time into a 'kairos' experience by affirming my healing in the here and now! It's 'knowing' God's healing love and power is working in me at this very moment.

*Seek the Lord and his strength; seek his presence continually!* 1 Chron. 16:11

*'But I trust in you, O Lord; I say, 'You are my God.' My times are in your hands.'* Ps. 31:4

### **I Challenge Myself**

I'm challenged to take hold of God's promises through the eyes of faith.

God promised Abraham he would become the father of a nation. At an outward, observable level, it became increasingly less likely. He was very old. He was faced with a choice. By faith he could trust in God's promise - or succumb to unbelief.

*'Without weakening in his faith, he faced the fact that his body was as good as dead – since he was about a hundred years old – and that Sarah's womb was also dead. Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he promised.'* Rom. 4:19

### **I Listen..**

I listen for God's words and pay attention to them. I don't let them out of my sight, and I keep them within my heart. Your words are life and health to my whole body.

*So faith comes from hearing, and hearing through the word of Christ. Rom. 10:17*

*Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in and eat with you, and you with me. Rev. 3:30*

### **I Pray**

Loving Lord, I commend myself to you. I give thanks that Christ's death and resurrection established his kingship over all pain and suffering, and that by his wounds I am healed. I now choose to turn my thoughts and words away from all symptoms, and I affirm my healing by faith. I take in hand the healing to body, mind and spirit I now see by faith and will one day see by sight. I thank you that all is being outworked in the powerful name of Jesus Christ. Amen