

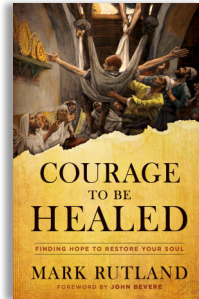
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# COURAGE TO BE HEALED

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All quotations are taken from “COURAGE TO BE HEALED” by Dr. Mark Rutland, published by Charisma House, 2019. To purchase this book, go to the author’s web site

<http://www.drmarkrutland.com/>

All monetary proceeds from the book go to the ministry “Global Servants.”

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## COURAGE TO BE HEALED

**“Do you have the courage to be healed?”**

Healing requires courage.

It takes courage to recognize and acknowledge that we are hurt and need help.

It takes courage to confront our pain and seek healing.

It takes courage to forgive those who have offended and mistreated us.

It takes courage to pursue peace and reconciliation.

It takes courage to extend mercy and mend broken relationships.”

**“This transcends physical healing.** One of the enemy’s deadliest and most deceptive traps: offense. It imprisons countless Christians, severs relationships, and widens the existing breach between us. Often those who are offended do not even realize they are trapped. Jesus made it very clear that it is impossible to live in this world without the opportunity to become offended. Therefore, we must be prepared and armed for offenses, because our response determines our future.”

**“Do you have the courage to be healed?”** This is what separates those who find freedom from those who don’t. Whether it’s an offense or another issue, pride causes you to view yourself as a victim, keeping you from dealing with truth.”

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## Courageous Moment / Healing of the Paralytic

- **Luke 5:17-25**

<sup>17</sup> On a certain day, as He was teaching, Pharisees and teachers of the law were sitting nearby, who had come from every town of Galilee and Judea and from Jerusalem. And the power of the Lord was

present to heal the sick. <sup>18</sup> Now some men brought in a bed a man who was paralyzed. They searched for ways to bring him in and lay him before Him. <sup>19</sup> When they could not find a way to bring him in, because of the crowd, they went up on the roof and let him down through the tiles with his bed into their midst before Jesus. <sup>20</sup> When He saw their faith, He said to him, “Man, your sins are forgiven you.” <sup>21</sup> The scribes and the Pharisees began to question, “Who is He who speaks blasphemies? Who can forgive sins but God alone?” <sup>22</sup> When Jesus perceived their thoughts, He answered them, “Why question in your hearts? <sup>23</sup> Which is easier, to say, ‘Your sins are forgiven you,’ or to say, ‘Rise up and walk?’ <sup>24</sup> But that you may know that the Son of Man has authority on earth to forgive sins,” He said to the paralyzed man, “I say to you, rise, take up your bed, and go to your house.” <sup>25</sup> Immediately he rose before them, and took up that on which he lay, and departed to his own house, glorifying God.

- Sermon themes are usually
  - the healing power of Christ
  - faith of the men on the rooftop — their work and faith got him there
- paralytic man being lowered — “Are you prepared to be exposed, gawked at... screamed at? Rejected?”
- “The question...isn’t whether you have faith for a miracle. That answer to the faith question comes from one part of you. The real question is this: DO YOU HAVE THE COURAGE TO BE HEALED?”

***“I found that when I analyzed all the successes, all the stories and backgrounds and pain and progress, the various recipes for success had one ingredient in common. There was one factor that determined success or failure, one trait that lifted a troubled soul into the presence of a healing Savior and kept it there despite all pain and humiliation, despite all weariness and fear. THAT FACTOR, THAT INGREDIENT IN THE RECIPE OF SUCCESS, WAS THE COURAGE TO BE HEALED.”***

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## **The Power of Emotional Poisons**

“You can be saved. You can be filled with the Spirit. You can love Jesus. You can read the Scriptures. You can experience God’s grace in a thousand areas of your life. It is still possible, though, with all this being true, that you might have toxins in your soul, ruining your life.”

“Here is the all-important and yet often misunderstood truth: Salvation does what it does. It forgives us our sins and puts us in right relationship with an eternal God. It does not make us perfect. It does not heal all our hurts or all the unexplainable behaviors that are so contrary to what we believe. It does not necessarily make us whole. In the same way, the infilling of the Holy Spirit empowers us for ministry and opens us to His sanctifying grace at a whole new level. It may not resolve our every inner conflict. It may not heal our every twisted memory.”

“The born-again, Spirit-filled believer may still need healing, the kind of healing needed for tangled emotions and hurting, damaged memories. This need for inner healing does not invalidate the glorious work of salvation. Instead, it is to say that God’s desire for His children is wholeness, yet His healing grace works through His Word, in prayer, in counseling offices and at revivals, as well as in the instantaneous works of the Holy Spirit so many of us have experienced. **We need not choose one means of grace to the exclusion of all others. God wants us whole.**”

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## A Blueprint of Freedom

“Imagine a terrifying gorge, a deep and dismal canyon from which emanate gases lethal to the human soul.... Deep in this ravine, hidden from the human eye, are five enemy dominions, principalities of death bent upon the destruction of the human soul. For each dominion there is a throne. These thrones, on the canyon floor, are the seats of deadly power from which the toxic vapors flow. Each of the five thrones emits a specific poison, and each poison derives its power from the throne.”

“All these five gaseous poisons that find access to a human soul draw it inexorably down toward the bottom of the gorge. Once there the presiding throne locks the poison in. These toxins are deadening indeed to the human soul, but the throne of that toxin is the dead bolt. The hope of soul restoration lies not alone in treatment for the poison. That must come, of course. Antidotes must be found and absolutely must be administered. Vigilance must be maintained. These poisons are opportunistic enemies awaiting some sign of weakness as the signal to attack again. The greater hope, the greater grace for restoration, goes beyond the toxins themselves. It is the thrones that must be toppled. The soul’s true hope of enduring restoration is the tearing down of the ring of thrones.”

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## TOXIN / THRONE / THERAPY / GOAL

“Each of the five toxins diagnosed and dealt with in this book rests on a throne, a dominion that gives it power to savage the sons and daughters of Eve. Underneath each throne there is a master lie specific to the throne, and each lie must be defeated by something greater — a biblical truth — for healing to happen. That’s what true biblical counseling is really all about. Wounded souls in whom these toxins flow so bitterly must be detoxed by truth and truths specific to the toxin.”

TOXIN	THRONE	THERAPY	GOAL
Shame	Deception	Truth	Integration
Unforgiveness	Justice (Judgment)	Grace	Mercy
Rejection	Doubt	Trust	Acceptance
Condemnation	Idolatry	Worship	Balance
Fear	Pain	Love	Hope

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## What does the toxin-free, healed life look like?

- When shame’s throne of deception gives way to truth, the result is integration. I can now put all the pieces of my life, even the traumatic ones together. I am now together!
- Unforgiveness healed by grace makes my life merciful. I no longer live under the lash of judgment.
- Rejection, born of doubt and treated with the therapy of truth, brings acceptance.
- Condemnation treated with the therapy of worship brings life into balance. Unbalanced emotions are the ragged edge of idolatry, and worship restores balance.
- Finally, fear tied to the throne of pain is cast out by love. And love gives me hope.

“There is the picture of emotional wholeness: a balanced and integrated life of mercy, acceptance, and hope.... It’s the desire of God for your life.... He doesn’t want even one tiny trickle of shame or fear or rejection flowing in your life. Those things are the works of your soul’s dark enemy. God has a different idea for you. It’s called freedom, and those whom the Son sets free are free indeed.”

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## **Peter: A biblical picture of brokenness healed**

- One minister’s objection to counseling was that Jesus never did it — Jesus did not keep office hours
- He did grief counseling with the disciples on the road to Emmaus
- In John chapter 3 He met in the dark of the night with a client named Nicodemus, who was struggling with a religious spirit
- In John chapter 4 Jesus did counseling with a guilt-ridden woman with a sordid past and a heart riddled with racial hurt
- Before the crucifixion, around a charcoal fire, Peter denied he knew Jesus three times
- After the resurrection, Peter swims to shore to meet Jesus around a charcoal fire, expecting a tongue-lashing. He wanted to hear it alone.
- Jesus says to Peter, “Come and dine.”

“Peter had known ministry and worked miracles.... He had walked with Jesus, seen the transfiguration and heard the audible voice of God. And yet he fell. He failed the greatest test of his life to that point, and all his colleagues knew it. A fallen minister, shivering, guilty, and longing for help. Where was he that morning?”

“He was at the very doorway of wholeness. That doorway is called brokenness. Peter was broken. But now he could be whole.”

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## **Discussion Questions**

1. Why does emotional healing require courage?
2. Can a Christian be saved and filled with the Holy Spirit and still need counseling? Why?
3. What are “thrones,” “dominions,” and “principalities”?
4. Do you deal with any of these specific toxins in your life?
5. What are you going to do to get rid of that toxin and work toward your goal?
6. What does a picture of emotional wholeness look like?

## NOTES