Discovering Integral Health and Healing

GUIDELINES FOR DISCIPLES OF JESUS CHRIST

WHO SEEK THE KINGDOM OF GOD

AND HIS RIGHTEOUSNESS FIRST

IN THEIR DAILY LIFE AND WORK

COMPANIONS OF GRACE

HCFI HEALTHCARE CHRISTIAN FELLOWSHIP INTERNATIONAL

ICMDA

A joint initiative of **Healthcare Christian Fellowship International (HCFI)**, **Companions of Grace International (GOGI)**, and **International Christian Medical and Dental Association (ICMDA)**

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Introduction

Limitations of current approaches to health and healing

Many healthcare workers have been trained professionally by educators who hold to the bio-medical approach. They emphasize the physical aspects of disease and health. They seek single sources of disease and try to find cures that deal with those specific causes.

Partly as a reaction to this narrow approach, many explore all kinds of alternative health approaches.

The way forward

An increasing number of healthcare professionals are convinced that we should adopt a holistic approach to healthcare. Diseases have multiple aspects, multiple causes, and multiple treatment scenarios. The bio-medical approach is too narrow. The alternative approach often lacks solid scientific basis.

As part of the ongoing discussion, we encourage you to join us in discovering more about what such a holistic approach could look like from a Biblical Christian worldview perspective. To describe our pilgrimage of discovery, we use the terms integral health and integral healthcare.

Discovery Groups

The small group approach we will use for our journey is known as a Discovery Group and is served by a facilitator.

- Size: Three to five persons (including the facilitator): This is the optimal size for a group of busy people, especially for online meetings. Face to face groups may have one or two persons more. With a larger group, there is the risk of people missing out on important encounters. In a larger group, there would also not be enough time for deep sharing and personal involvement. If other people would like to join a group, it is better to aim for multiplication by creating another group rather than by increasing the number of people in the first group.
- Membership: Start your journey together with people whom you already have a trust relationship.
- Venue: If you meet face to face, meet in places where people normally meet (at home, in a restaurant, in a park, at work, etc.). Otherwise, you might meet online, for example using Zoom.
- Learn together: all participants help one another to learn about and from Jesus Christ
- Frequency: meet once a week or once every two weeks as a rule. During holidays or emergencies, the time between meetings might be longer
- When: it is very important to meet only when all the members of the group can be present. This is the best way to develop depth of relationships between the participants
- Meeting elements: each meeting has three parts – Look Back; Look Up; Look Forward. This will be described in more detail further on
- Duration: Each of the three parts takes about 30 minutes ➔ 90 minutes in total

Role of the facilitator:

Each Discovery Group has a facilitator who initiates the meetings. After a facilitating a few times, the group members start taking turns to facilitate the meeting. This way they learn how to facilitate their own groups once that becomes possible. The facilitator:

- Provides an example of some-one who wants to learn as much as possible from Jesus Christ and who applies what has been learnt in daily life and work
- Promotes a culture of honouring one another in the Discovery Group
- Is a co-learner together with the rest of the group; not the "great expert"
- Is a meeting organizer/scheduler; not the "spiritual superstar"
- Makes sure all Discovery Group members participate; not the "centre of attention"
- Facilitates learning experiences by asking questions; not the "great preacher"
- Furthers formation of new Discovery Groups; not the "gatherer of admirers"
- Makes sure each Bible passage is read aloud two times and that the participants try to rephrase it in their own words
- Lets the participants take turns to read the meeting notes so that they get practical experience in being active in the group. It will help prepare them to facilitate their own group meetings in the future

Role of the coach / responsible leader

- Coaches facilitators who have started new Discovery Groups
- Organizes leadership training for the next generations of Discovery Group facilitators
- Starts to coach coaches once the spiritual multiplication processes make it possible

Suggestion:

Print out this document for easy reference. Write down your notes about these sessions in a separate notebook. This will help you to remember what you have learnt, to record your intended action steps and what you have prayed about. Later you can refer to your notes for prayer.

Meeting 1: What is Integral Health?

Look Back: Celebration and Fellowship (1/3 of time)

If this is the first time you meet, welcome everybody and open with prayer. Facilitate discussion on the following questions:

- Who are you and why have you decided to be in this group? (First meeting only)
- What happened in the past week that you are thankful for?
- What challenges / struggles are you facing right now? Take time to briefly pray for one another about these matters; it is not a counselling time.

As a bridge to the next part of the meeting:

- When you hear the term 'Integral Health' what does it bring to your mind? Each group member shares their thoughts briefly while the others listen attentively. You make take notes 😊. The answers are not discussed.

Look Up: Listening to God's Word (1/3 of time)

In this section we are going to explore the meaning of the word 'Shalom' because it is the one word that gives the best understanding of the Biblical concepts of health and healing.

Shalom / health / healing is primarily relational

- "Shalom" is derived from the root word "shalam", which means, "to be safe / well / happy / prosperous / healthy / to have peace and welfare - in mind, body, or estate."
- Beyond being just a simple wish for peace and happiness, shalom suggests a comprehensive state of fullness and perfection, overflowing inner and outer joy and peaceful serenity.
- Shalom is a type of wholeness that encourages you to give back — to generously re-pay something/someone in some way
- The best example of what shalom is all about: The relationships in the Trinity between Father, Son, and Holy Spirit

Shalom in selected Scriptures

YHWH Shalom

Then Gideon perceived that he was the angel of the LORD. And Gideon said, "Alas, O Lord GOD! For now I have seen the angel of the LORD face to face." But the LORD said to him, "Shalom be to you. Do not fear; you shall not die." Then Gideon built an altar there to the LORD and called it, YHWH Shalom. Judges 6:22-24a (ESV)

- Shalom is Someone; it is part of God's character
- The God of Shalom shall bruise Satan under your feet shortly, Romans 16:20
- The God of Shalom will fully sanctify you, I Thessalonians 5:23

Prince of Shalom

For to us a Child is born, to us a Son is given; and the government shall be upon His shoulder, and His name shall be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Shalom. Isaiah 9:6 (ESV)

- Shalom is part of Christ's character because He is God
- Jesus Christ is our Shalom…; He came and preached shalom to you who were far off and shalom to those who were near, Ephesians 2:14-17

Kingdom of God and Shalom

- Kingdom of God is righteousness and shalom and joy in the Holy Spirit, Romans 14:17
- How beautiful are the feet of those who preach the Gospel of Shalom, Romans 10:15
- The kingdom of God comes there where we seek shalom: And seek the shalom of the city, there where I have caused you to be exiled. And pray to Jehovah for it; for in its shalom you shall have shalom, Jeremiah 29:7[1]

Shalom defined

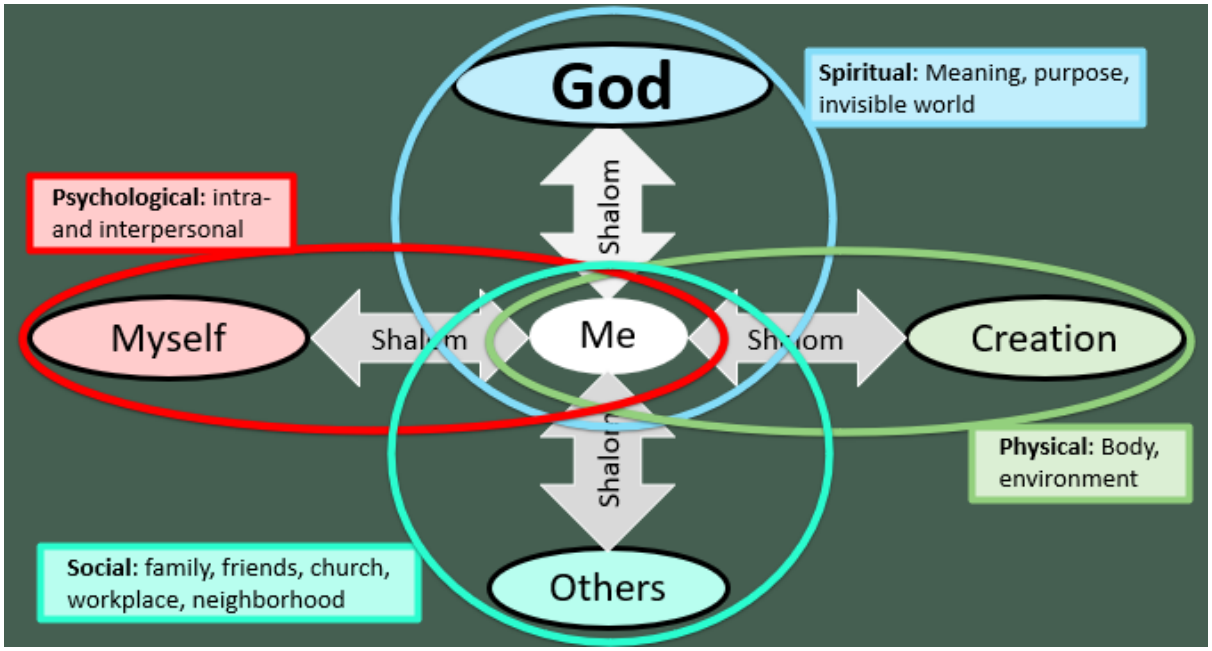
- Shalom / health is comprehensive flourishing in our relationships with God, with others, with ourselves, and with God's creation.
- Shalom is universal flourishing, wholeness, and delight - a rich state of affairs in which needs are satisfied and gifts fruitfully employed, a state of affairs that inspires joyful wonder as one's Creator and Saviour opens doors and welcomes the creatures in whom He delights.
- Shalom is the way things ought to be. The new heaven and the new earth will be ultimate expression of shalom for us humans

For further personal study you could also consider the SHALOM pictures painted by the Lord in Isaiah 65:17-25 and in Zechariah 8:3-21.

[1] This is the calling of all believers who work/live in cities

Digging Deeper

Shalom is the fundamental relational basis of what health and healing is all about.



Trap to avoid: Biomedical Tunnel Vision

It is so easy to only consider the biomedical aspects of a patient's complaints. As integral caregivers we want to consider all aspects of health and healing = integral health and healing.

Discussion based on the Word Study about Shalom

- What examples of shalom healthcare have you come across in your workplace / country?
- What could you and your colleagues do to avoid the trap of "biomedical tunnel vision"?
- What are the two most significant things you learnt from Jesus Christ about Shalom in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
  - For the Lord's help to implement your "I will…" statements
  - For the people on your Lost List (VIP's – Very Important Persons)
- When and where do we meet again?

Note: make sure your "I will" statements meet the SMARTIE goal criteria: S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your five social circles (family, friends, faith community, workplace, neighbourhood); E = exalting God

Meeting 2: Integral Health and History

Look Back: Celebration and Fellowship (1/3 of time)

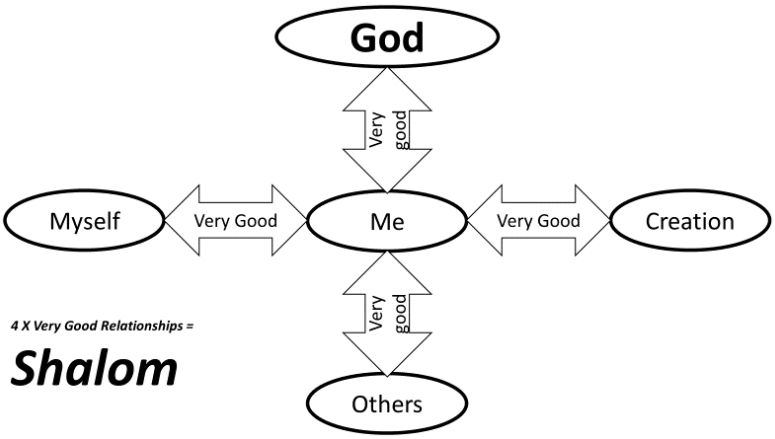
Welcome everybody and open with prayer.

- What happened in the past week that you are thankful for?
- How did it go with the implementation of your "I will…" statements?
- What challenges / struggles are you facing right now? Take time to briefly pray for one another about these matters; it is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

The Bible teaches us the history of the Good News of God's Kingdom in five chapters. In Integral Disciple Making Movements this historical overview is often referred to as **The Big Story**.

Chapter 1 Creation: The Original Very Good Kingdom



Genesis 1

Disorder to order

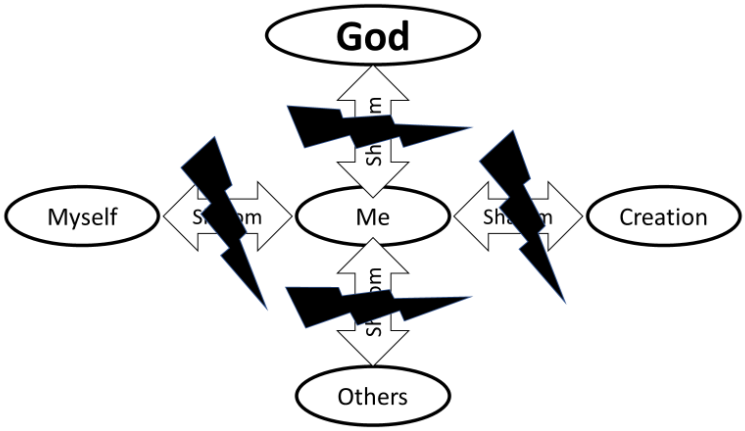
Darkness to light

Emptiness to fulness

Chaos to governance

Multiplying people who love God, who love one another as themselves, and who love God's creation

Chapter 2 The Fall: Rebellion in the Kingdom



Genesis 2 and 3

Satan's contra-narrative:

Disorder

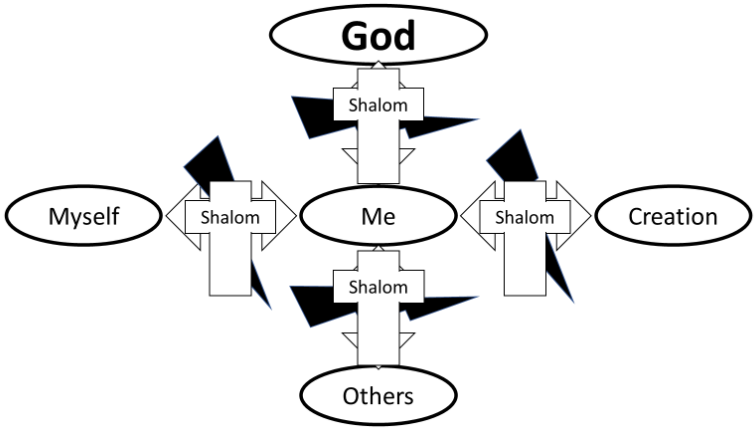
Darkness

Emptiness

Chaos

Haters of God, of one another, of themselves; damagers and destroyers of God's creation

Chapter 3 Redemption: Basis for Restoring the Kingdom

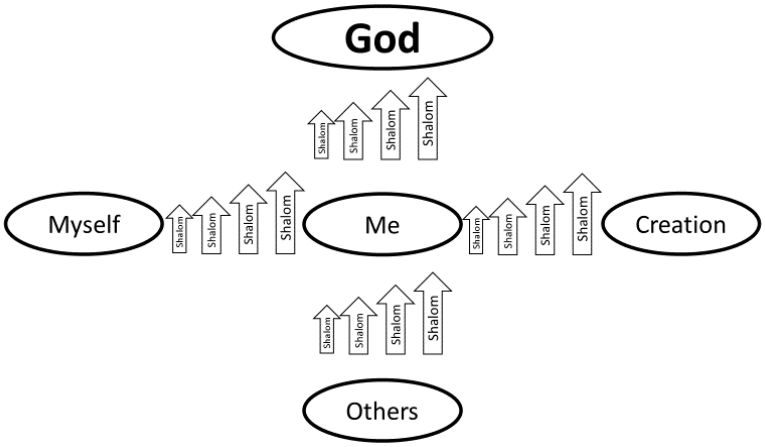


Christ makes re-creation shalom possible, Colossians 1:20:

Everything can now move in the direction God wants

We receive a key role in breaking the contra-narrative of Satan and bringing in the re-creation of God on the basis of the finished work of Christ

Chapter 4 Rebuilding: Our Present Calling in the Kingdom



Our role:

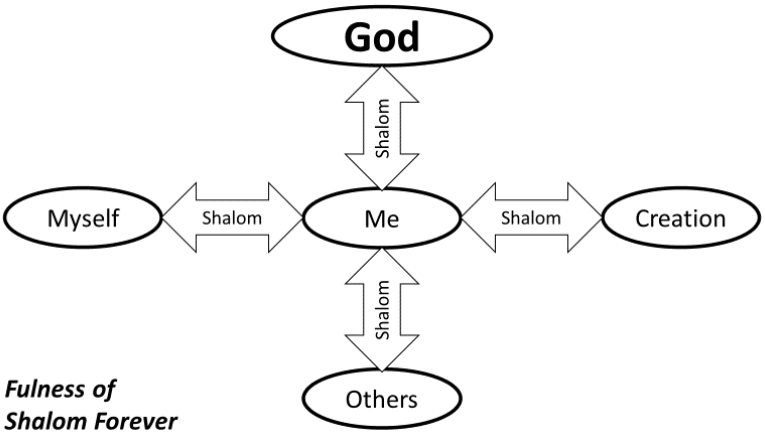
In the power of the Holy Spirit we seek to bring shalom in the key areas to the optimal extent that is possible in a broken world

Spiritual multiplication of people who love God, who love one another as themselves, and who love God's creation.

Through the Holy Spirit we are enabled to live out the new life God has given us by grace

Note: Healthcare workers bring healing and healthcare on the basis of the redemption brought by Jesus Christ. This is a high calling and an involvement in the redemptive work of Christ.

Chapter 5 Consummation: The Final Very Good Kingdom



In the new heaven and new earth there will be the ultimate and permanent fulfillment of God's New Creation Order

Perfect and eternal community filled with love of God, love of one another as we love ourselves, and love of God's creation.

This is love in present continuous tense forever.

Discussion based on the historical overview of the Good News of God's Kingdom

- What examples of how the Great Story has impacted healthcare have you come across in your workplace / your country?
- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
    - For the Lord's help to implement your "I will…" statements
    - For the people on your Lost List (VIP's – Very Important Persons)
- When and where do we meet again?

Note: make sure your "I will" statements meet the SMARTIE goal criteria: S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your five social circles (family, friends, faith community, workplace, neighbourhood); E = exalting God

Meeting 3: Integral Health and Love

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

- What happened in the past week that you are thankful for?
- How did it go with the implementation of your "I will…" statements?
- What challenges / struggles are you facing right now? Take time to pray for one another; this is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

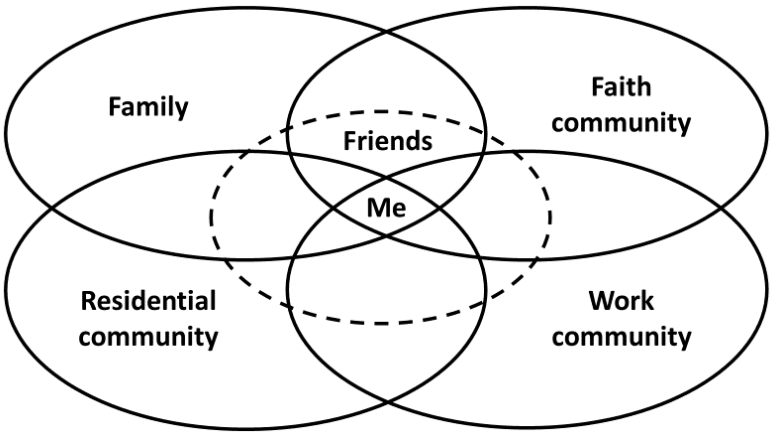
Matthew 22:39 (NKJV)

You shall love your neighbour as yourself

Christians ought to be the world's greatest relationship experts. Our example ought to inspire others to want to live in God's love as well. Putting this love into practice is our major challenge!

Three key questions: Where is my neighbour? / Who is my neighbour? / Whose neighbour am I?

I am neighbour to the people in my five social circles



I am responsible before God to love my neighbour in all five social circles

The people in these five social circles are at various distances from me:

Social Circle number	A: Nearest neighbour	B: Neighbour	C: Neighbour further away	D: Neighbour (inter)national
1. Family	Direct family	Extended family	Tribe / People group	All tribes (inter)national
2. Friends	Closest friends	Good friends	Friends	Acquaintances / Strangers
3. Faith community	Discovery Group	Home group / cell group	Local congregation	Body of Christ (inter)national
4. Workplace	Direct colleagues	Other colleagues	Institution/ Business / Clinic / etc	Professional world (inter)national
5. Neighbourhood	Direct neighbours	Neighbourhood / suburb	Town / city	Country / World

I need to show God's love to whomever I am a neighbour to

The danger is that I become too selective and "discriminatory" in choosing whose neighbour I am

I ought to start with my nearest neighbour all the way to my neighbour in other parts of the world.

This includes the last, the least and the lost

Note: Integral Health and healing is only to be found in the context of God's Agape Love

Practical exercise regarding your five social circles.

Please put the names of the person who is closest to you and the one who is furthest from you in each of your social circles. Think of close and far away not only in terms of geographical location, but also in terms of relational / emotional depth.

Social Circle	Closest	Furthest	What is God saying to you?
1. Family			
2. Friends			
3. Faith community			
4. Workplace			
5. Neighbourhood			

Considerations:

- Is a child / friend / colleague closer to me than my marriage partner?
- Is there a romantic attachment that should not be there?
- Is my relationship with God deeper and stronger than my relationships with people / a significant person?

Discussion about Integral Health and Love

- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
    - For the Lord's help to implement your "I will…" statements
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- When and where do we meet again?

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Meeting 4: Integral Health and Personal Development

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

- What happened in the past week that you are thankful for?
- How did it go with the implementation of your "I will…" statements?
- What challenges / struggles are you facing right now? Take time to pray for one another; this is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

Luke 2:52 (NKJV)

And Jesus increased in wisdom and stature, and in favour with God and men

In this passage four areas of development / growth are mentioned ➔ whole life development ➔ integral personal development. This helps to further develop our perspective on integral healing: **Integral healing and integral personal development go hand in hand.**

Wisdom ➔ Psychological development

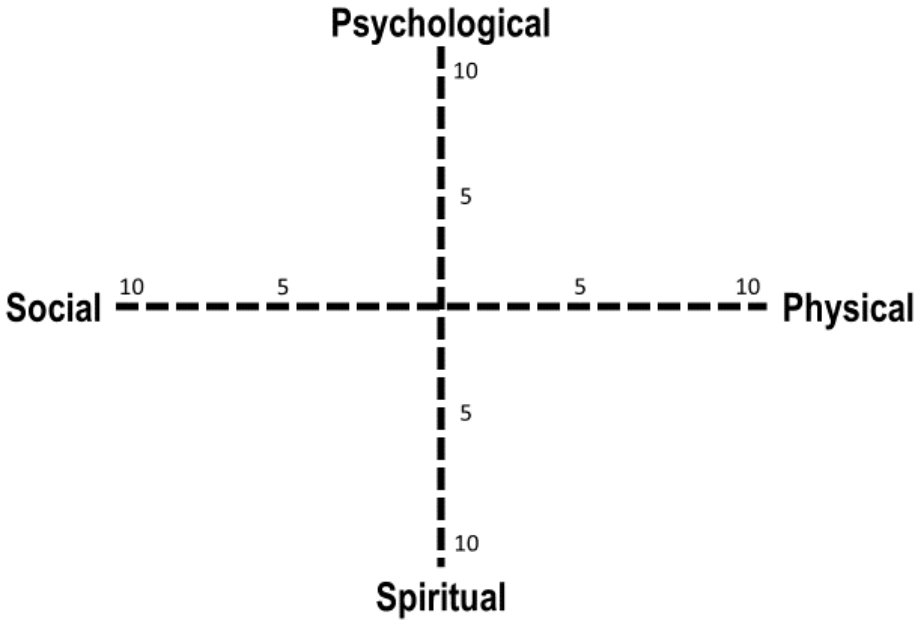
Stature ➔ Physical development

Favour with God ➔ Spiritual development

Favour with man ➔ Social development

Integral Health and Personal Development - Self-evaluation

Integral growth means that we aim to grow in all four areas just as Jesus did



Discussion about Integral Health and Personal Development

- Take a moment to consider these four areas of personal growth and development in your life. What would your score be in each of the four areas? Take turns to share your answers with one another and explain why you gave yourself these scores. The main idea is not that we should be perfect, but we need to be growing / developing in all four areas. This will help us to progress in integral development.
- Note: at the end of these notes there is an addendum with practical advice about improving your physical health
- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
    - For the Lord's help to implement your "I will…" statements
    - For the people on your Lost List (VIP's – Very Important Persons)
- When and where do we meet again?

Note: make sure your "I will" statements meet the SMARTIE goal criteria: S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your five social circles (family, friends, faith community, workplace, neighbourhood); E = exalting God

Meeting 5: Integral Healing and Jesus Christ

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

- What happened in the past week that you are thankful for?
- How did it go with the implementation of your "I will…" statements?
- What challenges / struggles are you facing right now? Take time to pray for one another; this is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

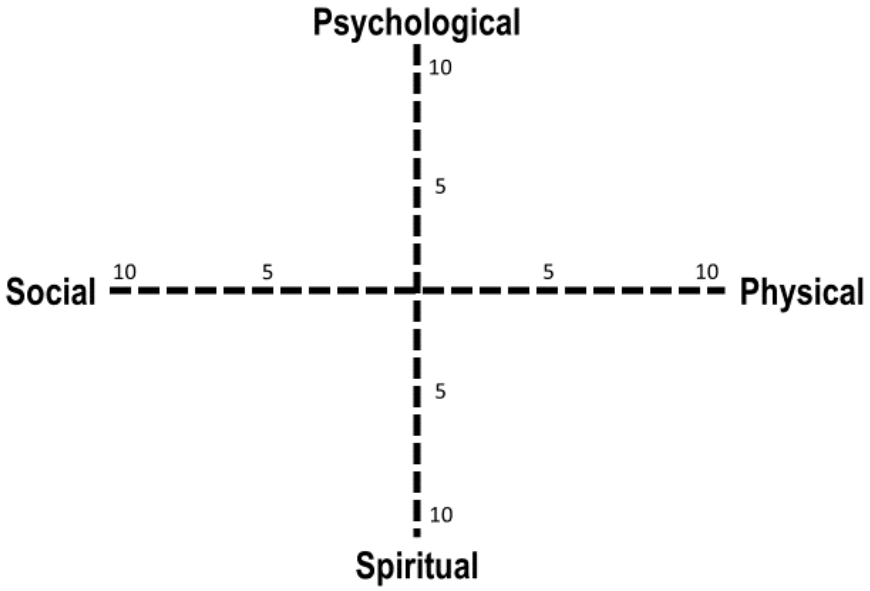
Matthew 9:1-8 (NKJV)

So He got into a boat, crossed over, and came to His own city. Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you." And at once some of the scribes said within themselves, "This Man blasphemes!" But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven you,' or to say, 'Arise and walk'? But that you may know that the Son of Man has power on earth to forgive sins"—then He said to the paralytic, "Arise, take up your bed, and go to your house." And he arose and departed to his house. Now when the multitudes saw it, they marvelled and glorified God, who had given such power to men.

1.	**Be of good cheer** Good cheer = tharseo = good cheer, courage, comforted, emboldened	**Psychological**
2.	**Your sins are forgiven you** Sins = harmartia = missing God's goal, deviating from God's moral law, an offense to God that brings guilt Forgiven = aphiemi: sent away, laid aside, dismissed	**Spiritual**
3.	**Arise, take up your bed and go** Arise = egeiro = rise up from lying down, set upright	**Physical**
4.	**Go to your house / home** He would be reintegrating into his five social circles as a person transformed by God's grace	**Social**

Integral Healing: we aim to integrate all four areas into our healing service just as Jesus did

Evaluating Integral Healing in your social circles



Take a moment to consider these four areas of integral healing ministry in one of your five social circles – choose which one of the five social circles is most important in this context. For example, if you are a healthcare worker, you might consider your workplace social circle. Or if you do community development or relief work, you might want to consider your neighbourhood social circle.

- How much time and attention do these four areas receive?
- What is the level of expertise demonstrated?
- What would the score be in each of the four areas?

Take turns to share your answers with one another and explain why you gave yourself these scores. *(The idea is to identify areas of possible improvement of your healing service to make it more integral.)*

Discussion about Integral Healing and Jesus Christ

- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
    - For the Lord's help to implement your "I will…" statements
    - For the people on your Lost List (VIP's – Very Important Persons)
- When and where do we meet again?

Note: make sure your "I will" statements meet the SMARTIE goal criteria:

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Meeting 6: Integral Health and Christ's Body

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

- What happened in the past week that you are thankful for?
- How did it go with the implementation of your "I will…" statements?
- What challenges / struggles are you facing right now? Take time to pray for one another; this is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

1 Corinthians 12:12-27 (NKJV)

For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ. For by one Spirit we were all baptized into one body—whether Jews or Greeks, whether slaves or free—and have all been made to drink into one Spirit. For in fact the body is not one member but many. If the foot should say, "Because I am not a hand, I am not of the body," is it therefore not of the body? And if the ear should say, "Because I am not an eye, I am not of the body," is it therefore not of the body? If the whole body were an eye, where would be the hearing? If the whole were hearing, where would be the smelling? But now God has set the members, each one of them, in the body just as He pleased. And if they were all one member, where would the body be? But now indeed there are many members, yet one body. And the eye cannot say to the hand, "I have no need of you"; nor again the head to the feet, "I have no need of you." No, much rather, those members of the body which seem to be weaker are necessary. And those members of the body which we think to be less honourable, on these we bestow greater honour; and our unpresentable parts have greater modesty, but our presentable parts have no need. But God composed the body, having given greater honour to that part which lacks it, that there should be no schism in the body, but that the members should have the same care for one another. And if one member suffers, all the members suffer with it; or if one member is honoured, all the members rejoice with it. Now you are the body of Christ, and members individually.

The main point of this meeting is that Jesus Christ, Who is the Head of the Body, wants to use His whole Body to serve the sick and suffering, the last, the least and the lost. We cannot serve Him well without one another – irrespective of the position, talents, and gifting we have. Everyone brings intrinsic value and worth into the ministry. That has to be accepted and nurtured. That also means the people in our five social circles

Discussion about Integral Health and Christ's Body

- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
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Meeting 7: Integral Health and Spiritual Gifts

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

- What happened in the past week that you are thankful for?
- How did it go with the implementation of your "I will…" statements?
- What challenges / struggles are you facing right now? Take time to pray for one another; this is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

1 Corinthians 12:1-11, 28-31 (NKJV)

Now concerning spiritual gifts, brethren, I do not want you to be ignorant: You know that you were Gentiles, carried away to these dumb idols, however you were led. Therefore, I make known to you that no one speaking by the Spirit of God calls Jesus accursed, and no one can say that Jesus is Lord except by the Holy Spirit. There are diversities of gifts, but the same Spirit. There are differences of ministries, but the same Lord. And there are diversities of activities, but it is the same God who works all in all. But the manifestation of the Spirit is given to each one for the profit of all: for to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another faith by the same Spirit, to another gifts of healings by the same Spirit, to another the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually as He wills.

The main point of this meeting is that the Holy Spirit gives gifts to each one of the members of the Body of Christ that will enable them to do their part in serving the sick and suffering, the last, the least and the lost. We cannot serve our Head well without using our spiritual gifts at home, in our faith communities, and in

Personal action step: If you have not yet completed a spiritual gifts survey to help you identify which spiritual gifts the Holy Spirit has given you, do an online search and complete one of the Spiritual Gifts surveys you find. For example, you could use this survey:

https://gifts.churchgrowth.org/

or

https://centrevillepres.com/wp-content/uploads/2012/10/spiritual-gifts-survey.pdf

Discussion about Integral Health and Spiritual Gifts

- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
    - For the Lord's help to implement your "I will…" statements
    - For the people on your Lost List (VIP's – Very Important Persons)
- When and where do we meet again?

Note: make sure your "I will" statements meet the SMARTIE goal criteria: S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your five social circles (family, friends, faith community, workplace, neighbourhood); E = exalting God

Meeting 8: Healing that Causes Suffering

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

- What happened in the past week that you are thankful for?
- How did it go with the implementation of your "I will…" statements?
- What challenges / struggles are you facing right now? Take time to pray for one another; this is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

- Do you think healthcare in many cases leaves its patients treated but not healed, and sometimes even worse off? If so, how, and why?

Each participant gives their answer, but the group does not discuss these answers.

Let us examine the history of a certain sick lady who found herself in a similar situation.

Matthew 9:20-22 (NKJV)

And suddenly, a woman who had a flow of blood for twelve years came from behind and touched the hem of His garment. For she said to herself, "If only I may touch His garment, I shall be made well." But Jesus turned around, and when He saw her, He said, "Be of good cheer, daughter; your faith has made you well." And the woman was made well from that hour.

Mark 5:25-34 (NKJV)

Now a certain woman had a flow of blood for twelve years and had suffered many things from many physicians. She had spent all that she had and was no better, but rather grew worse. When she heard about Jesus, she came behind Him in the crowd and touched His garment. For she said, "If only I may touch His clothes, I shall be made well." Immediately the fountain of her blood was dried up, and she felt in her body that she was healed of the affliction. And Jesus, immediately knowing in Himself that power had gone out of Him, turned around in the crowd and said, "Who touched My clothes?" But His disciples said to Him, "You see the multitude thronging You, and You say, 'Who touched Me?' " And He looked around to see her who had done this thing. But the woman, fearing and trembling, knowing what had happened to her, came and fell down before Him and told Him the whole truth. And He said to her, "Daughter, your faith has made you well. Go in shalom and be healed of your affliction."

Digging Deeper

We see here, the context is a woman who is seeking for healing from Jesus after being disappointed with earlier healthcare providers. Scripture records that she suffered greatly under many doctors, she became impoverished, and in fact her health deteriorated.

The main point of our study: Our cure-therapies / "cure only tunnel vision" can have a profound negative impact on our patients.

Key aspects of the healthcare the lady received that was counterproductive:

- Treating the presenting complaint and not the whole person.
- Providing expensive treatment that impoverishes people or negatively impacts them economically
- Inability to see the suffering the patient undergoes due to the economic burden of healthcare
- Overlooking the patient's travail or disappointment in not being healed or cured
- Ignoring the patient's socio-economic and cultural context and its influence on his / her path to wellbeing and restoration

In contrast, how did Jesus go about the healing?

- Even though the crowd did not know about the healing, it was evident to the Lord and the lady
- The demands of the day did not make Jesus less sensitive or less compassionate.
- Though he was fully aware of her situation, yet he allowed her to express all she had on her heart.
- Even though the crowd was noisy and distracting he took the effort and time to listen to her in giving her his full attention.
- He responded by addressing the whole person
    - "Daughter" – Relational healing to one personally alienated due to the illness
    - "Your faith" – Spiritual healing of a person considered spiritually unclean by the bleeding
    - "Healed you" – Physical healing from the most evident of her dimension of illness – the physical
    - "Go in Peace" - Psychological healing from an illness that left her distressed
    - "Be freed" – Mental healing being freed from the mental agony due to the illness
    - "From you suffering" – Healing from the Emotional, Cultural, and social rejection brought about by the disease

Looking at how Jesus dealt with this lady gives us a framework about how we should deal with our patients.

Trap that we should avoid: "The Healer Syndrome": This lady was forced to visit many "physicians" seeking healing or wholeness. It can be presumed that each one of them would have believed that they were the answer to her problems. Being approached for treatment and providing it would have given them a sense of satisfaction even a feeling of being a reputed "physician" though it was at the cost of her joy and dignity. This is the healer syndrome where healthcare providers believe they have to treat or provide therapy to all who come even if it is an incurable disease or will challenge their competence or experience. A syndrome of trying to cure every patient's condition wherein the "healthcare provider" feels rewarded professionally,

psychologically, and socially albeit at the expense of the patient. The healthcare provider can fall for the temptation to behave like a "god in the white coat".

Additional **study notes for personal perusal at a later stage:**

Physician: "iatros": A combination of healer and usage of medicine. In other words, one who is involved in healing using medicine. A physician's calling is to be a healer who uses medicines and curative tools compassionately, wisely, appropriately, and faithfully.

The word used in Matthew for "cure" is "therapeuo" – the root word from which the English words "therapy" and "therapist" are derived. In the New Testament, it is translated as heal / cure / serve / restore wholeness. The physician is expected to heal, to provide a cure, and to serve the patient in bringing wholeness (shalom).

Haemorrhage: In Matthew 9:20 the bleeding of the lady is called "haimorroeo" is a compound word. It comes from "haima" = blood and "rheo" = flow. In Mark 5:25 the bleeding of the lady is described as "rhysis" = flow of "haima" = blood ==> a flowing of blood. We would call it chronic heavy menorrhagia today. Though the physical bleeding or illness was primary for the lady, it overflowed into her social, psychological, and spiritual realm. This reflects the experience of many similar patients and/or of those with chronic or marginalizing illnesses.

Discussion about healing that causes suffering

- What examples of healing that causes suffering have you come across in your workplace?
- What could you and your colleagues do to avoid the trap of the "Healer Syndrome"?
- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
    - For the Lord's help to implement your "I will…" statements
    - For the people on your Lost List (VIP's – Very Important Persons)
- When and where do we meet again?

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Meeting 9: Hustle and Bustle of Healing

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

- What happened in the past week that you are thankful for?
- How did it go with the implementation of your "I will…" statements?
- What challenges / struggles are you facing right now? Take time to pray for one another; this is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

Briefly give your answers to this question: How do you look at interruptions in your workplace and how have you dealt with them? Each participant gives their answer, but the group does not discuss these answers.

Let us examine the history of how Jesus dealt with both interruptions and criticism.

Mark 5:21-43 (NKJV)

Now when Jesus had crossed over again by boat to the other side, a great multitude gathered to Him; and He was by the sea. And behold, one of the rulers of the synagogue came, Jairus by name. And when he saw Him, he fell at His feet and begged Him earnestly, saying, "My little daughter lies at the point of death. Come and lay Your hands on her, that she may be healed, and she will live." So Jesus went with him, and a great multitude followed Him and thronged Him. Now a certain woman had a flow of blood for twelve years, and had suffered many things from many physicians. She had spent all that she had and was no better, but rather grew worse.

When she heard about Jesus, she came behind Him in the crowd and touched His garment. For she said, "If only I may touch His clothes, I shall be made well." Immediately the fountain of her blood was dried up, and she felt in her body that she was healed of the affliction. And Jesus, immediately knowing in Himself that power had gone out of Him, turned around in the crowd and said, "Who touched My clothes?" But His disciples said to Him, "You see the multitude thronging You, and You say, 'Who touched Me?' " And He looked around to see her who had done this thing. But the woman, fearing and trembling, knowing what had happened to her, came and fell down before Him and told Him the whole truth. And He said to her, "Daughter, your faith has made you well. Go in peace, and be healed of your affliction." While He was still speaking, some came from the ruler of the synagogue's house who said, "Your daughter is dead. Why trouble the Teacher any further?" As soon as Jesus heard the word that was spoken, He said to the ruler of the synagogue, "Do not be afraid; only believe." And He permitted no one to follow Him except Peter, James, and John the brother of James. Then He came to the house of the ruler of the synagogue, and saw a tumult and those who wept and wailed loudly. When He came in, He said to them, "Why make this commotion and weep? The child is not dead, but sleeping." And they ridiculed Him. But when He had put them all outside, He took the father and the mother of the child, and those who were with Him, and entered where the child was lying. Then He took the child by the hand, and said to her, "Talitha, cumi," which is translated, "Little girl, I say to you, arise." Immediately the girl arose and walked, for she was twelve years of age. And they were overcome with great amazement. But He commanded them strictly that no

one should know it, and said that something should be given her to eat.

Digging Deeper

The context: Jesus was responding to a call about the critical need of a dying child. However, He takes time to address a woman who needed wholistic/integral healing on His way to the critical case. This passage gives us an insight into the Jesus Model of "handling multiple needs in a healing ministry". The main point of this study: "Our healing ministry calls us to respond to needs in creative, caring and persevering ways".

Key aspects of the healthcare interactions that Jesus modelled:

- To Jesus, interruptions to the healing ministry were seen as opportunities rather than obstacles
- The urgency of the emergency ahead did not deter Him from responding to the important before Him
- Willingness to traverse the extra mile.
- Deeply perceptive and sensitive to unobservable, inexpressible, and hidden needs or cries
- Listening ear, patient spirit and reassuring words marked His conversations
- Displayed a clear awareness of the environment and a keen connect with emerging situations
- Public opinion did not influence or deter Him from His tasks in both cases
- A simple gesture, a single word, a caring touch, a gentle spirit were His soft tools in healing
- His healings though spectacular were motivated for deliverance and not for a display
- The gifts and abilities that He had were to be used for all alike even if it would cost His time and draw the ridicule or rebuke of others

Perceived: "epiginōskō": To recognise by sight, hearing, of certain signs, to perceive who a person/ what a situation is. As healer His sense of sight, hearing, touch were all operational in both the narratives. In both the narratives this resulted in bringing healing and restoration to the individual in the whole person. This brought about a Social, psychological, and spiritual healing apart from the physical as he understood the person's challenges in her/ his social and spiritual dimension

Affirm legō: affirm over, maintain – he was affirmative and reassuring in his communications and it build around his healing a foundation of affirmation and strength. It brought healing to the emotions and mind

Trap that we should avoid: The Seek the Spectacular syndrome: The news of any miraculous healing or a transformational event performed by Jesus spread fast and wide. Many genuinely came for healing, many came to hear Him and follow Him, but many others came to see the spectacular. However, Jesus chose not to draw the attention of the crowd to the healings but to the individual and his or her need. He often cautioned those healed to not tell others of the miracle but to lead a new life. We too are called to bring healing into people's lives for their own sakes and to be cautious of the danger of seeking to heal people to draw attention or praise to ourselves. To avoid the Seeking the Spectacular syndrome we need to be humble enough to acknowledge and testify that we only provide care and it is the Lord who truly heals

- Keep in mind how Jesus dealt with both interruptions and criticism. What could we as healthcare professionals do to follow His example at work?
- Why are we so vulnerable with regards to the Seek the Spectacular Syndrome?
- What could we do to avoid it?
- What is God putting on your heart? How does He want you to handle interruptions and criticism? Think of your five social circles: family, friends, faith community, workplace and neighbourhood.

Additional study material:

Consider how Christian healthcare workers could deal with their patients by following the example of Jesus Christ. He engaged with the five common social circles

- The Family - "The Lady" & "The Childs family" – He focused on the Family by taking them with him into the room. The Lord gives righteousness and justice to all who are treated unfairly. He turned their trials into a triumph. Psalms 103: 1 &2
- The Friends - "The disciples" – Jesus wanted His disciples to see how He integrated ministry into His lifestyle through His words, works, and wonders. He wanted them to be witnesses to His act of healing and to learn from Him by 'making known His ways to them'
- The Church: The Disciples and Jesus is the Church on the move
- Workplace: For Jesus, the workplace was His ministry space. His workplace was His engagement with people as He went through life. The Lady and The Child in today's Bible reading: He took time to speak to both. For example, He spoke to the child, helped her get up and asked that she be fed. He turned her test into a testimony. Let all that I am praise the Lord; with my whole heart, I will praise His holy name. Let all that I am praise the Lord; may I never forget the good things He does for me –
- The Community - "The Crowd" - He discerned the crowd and measured the crowd but did not allow the crowd to determine His course of action. They had the opportunity to learn from Him and even to become His disciples if they wanted to. They only ended up seeing His acts. How different it could have been!

Note: We can be involved in the act of healing yet miss out on His heart of healing

Discussion about the hustle and bustle of healing

- How do you and your colleagues usually deal with interruptions in the workplace? Any room for improvement?
- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
    - For the Lord's help to implement your "I will…" statements
    - For the people on your Lost List (VIP's – Very Important Persons)
- When and where do we meet again?

Note: make sure your "I will" statements meet the SMARTIE goal criteria:

S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your five social circles (family, friends, faith community, workplace, neighbourhood); E = exalting God

Meeting 10: Collaboration for Healing

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

- How did it go with the implementation of your "I will…" statements?
- What happened in the past week that you are thankful for?
- What challenges / struggles are you facing right now? Take time to pray for one another; this is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

Briefly give your answers to this question: How important is multidisciplinary collaboration among healthcare workers for the sake of helping their patients? Why?

Each participant gives their answer, but the group does not discuss these answers.

Let us examine one situation in which Jesus Christ ministered integral healing to a sick sinner and where the collaborating "caregivers" went the extra mile to help their sick friend.

Mark 2:1-12 (ESV)

And when he returned to Capernaum after some days, it was reported that he was at home. And many were gathered together, so that there was no more room, not even at the door. And he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him, and when they had made an opening, they let down the bed on which the paralytic lay.

And when Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven."

Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak like that? He is blaspheming! Who can forgive sins but God alone?"

And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your bed and walk'?

But that you may know that the Son of Man has authority on earth to forgive sins"—he said to the paralytic— "I say to you, rise, pick up your bed, and go home."

And he rose and immediately picked up his bed and went out before them all, so that they were all amazed and glorified God, saying, "We never saw anything like this!"

Digging Deeper

The 'patient' was a paralytic man = 'paralytikos' = same meaning then as today.

Four persons saw the suffering of the paralytic and decided they wanted to do something to help him. These 'caregivers' believed Jesus Christ could do something special for the patient. So, they collaborated in taking the paralytic to Him, overcoming obstacles and even being willing to face consequences for doing something unusual as part of the process. Note: Causing damage to the roof – the usual trapdoor opening found in the roof of most houses at the time was too small, so it had to be enlarged.

Jesus sees beyond the physical – He practised integral healing

- Jesus saw: their faith (of the four)
- Jesus said: Son – relational healing
- Jesus said: Your sins are forgiven – spiritual healing
- Jesus said: I say to you, rise, pick up your bed – physical healing
- Jesus said: And go home – social healing
- The consequence: All of this healing combined made vocational healing possible in the near future where the healed man had the opportunity to contribute to his family's finances and to society

We see here the integration of faith, action, and care initiated by caregivers who were filled with compassion even though it involved cost. Their care was part of the integral healing provided by Jesus Christ.

Discussion about Collaboration for Healing

- The four 'caregivers' became involved without expecting any rewards. How does that compare with current practices in healthcare?
- The four also became involved in covering the cost of their effort to bring the patient to Jesus Christ. To what extent should we be willing to either put our money into the provision of care or seek rewards for the care we provide?
- In the current biomedical approach, there is often limited scope for the psychological, spiritual, and social aspects of healthcare. What could you do to improve this situation in your context?
- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
  - For the Lord's help to implement your "I will…" statements
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Meeting 11: Healing and Compassion

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

- How did it go with the implementation of your "I will…" statements?
- What happened in the past week that you are thankful for?
- What challenges / struggles are you facing right now? Take time to pray for one another; this is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

Briefly give your answers to this question: If strangers need our help, to what extent should we become involved? Each participant gives their answer, but the group does not discuss these answers.

Let us examine a parable that reveals what Jesus thinks about helping strangers and about the depth of our involvement.

Luke 10:25-37 (NKJV)

And behold, a certain lawyer stood up and tested Him, saying, "Teacher, what shall I do to inherit eternal life?" He said to him, "What is written in the law? What is your reading of it?" So, he answered and said, "'YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, WITH ALL YOUR SOUL, WITH ALL YOUR STRENGTH, AND WITH ALL YOUR MIND,' and 'YOUR NEIGHBOUR AS YOURSELF.'"

And He said to him, "You have answered rightly; do this and you will live." But he, wanting to justify himself, said to Jesus, "And who is my neighbour?"

Then Jesus answered and said: "A certain man went down from Jerusalem to Jericho, and fell among thieves, who stripped him of his clothing, wounded him, and departed, leaving him half dead. Now by chance a certain priest came down that road. And when he saw him, he passed by on the other side. Likewise, a Levite, when he arrived at the place, came, and looked, and passed by on the other side. But a certain Samaritan, as he journeyed, came where he was. And when he saw him, he had compassion. So, he went to him and bandaged his wounds, pouring on oil and wine; and he set him on his own animal, brought him to an inn, and took care of him. On the next day, when he departed, he took out two denarii, gave them to the innkeeper, and said to him, 'Take care of him; and whatever more you spend, when I come again, I will repay you.' So, which of these three do you think was neighbour to him who fell among the thieves?" And he said, "He who showed mercy on him." Then Jesus said to him, "Go and do likewise."

Digging Deeper

The context is the Great Commandment to love God and our neighbour as ourselves.

The parable was an answer to the question: Who is my neighbour? But Jesus turned it around into another question: Whose neighbour am I?

The main point of this study: Jesus Christ wants us to be compassionate caregivers to those who need care even if it costs us and they are strangers to us.

In this parable the healing takes place through the combination of compassionate care and the natural healing capacity of the human body as granted by God.

Key elements of how to be a loving neighbour to those who need it:

- Came where he was: do we go to those in need?
- Saw him: do we really see those in need? Do they capture our attention?
- Had compassion: do we have compassion?
- Went to him: do we get close to those in need?
- Bandaged his wounds: do we become involved ourselves?
- Poured oil and wine: do we use appropriate means?
- Set on his own animal: do we provide a way to a safe place?
- Brought him to an inn: do we have safe places for those in need?
- Took care of him: do we take good care of the whole person?
- Gave two denarii to cover costs of care by another: do we have good financial planning for the provision of good care?
- Promised to come back: do we provide continuity of care?
- Promised to cover extra costs: do we take unexpected developments into account?
- Showed compassion: taking care of those in need is a mercy ministry

Compassion: “splanchnidzomai”: deeply feeling the suffering of another; deeply enough to mobilize us into action to relieve the suffering in such a way that the other can recover and take care of themselves.

Wounds: “trauma”: a blow / stroke / wound / hurt

Took care: “epimeleomai”: to concern oneself about the well-being of another and as a result, taking care of them while they are incapacitated until they can take care of themselves.

Trap that we should avoid: The Samaritan Syndrome: People in acute need require disaster relief for a short period until they can take care of themselves again. After that, the caregivers ought to move on to development ministry, teaching them how to be self-carers who are self-sustaining and who no longer need the “disaster relief” help. Many Christians fall into the trap of never stopping the disaster relief – they keep on seeing themselves as the ‘saviours’ who must keep on providing for the needs of others, thus making them dependent on the Christian ‘saviours’. So, we feel good about how much we are doing but we do not grant them the joy and dignity of being able to look after themselves and their loved ones.

Questions for discussion:

- What examples have you seen of people who got caught in the Samaritan Syndrome trap? What consequences have you observed?
- Can you identify "strangers" in need in your five social circles? What could we as believers do about their needs?
- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
    - For the Lord's help to implement your "I will…" statements
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- When and where do we meet again?

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Meeting 12: Healing one in a crowd

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

- What happened in the past week that you are thankful for?
- How did it go with the implementation of your "I will…" statements?
- What challenges / struggles are you facing right now? Take time to pray for one another; this is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

Briefly give your answers to this question: In your experience, how often has Jesus Christ healed the people you or your church prayed for? Any examples? Each participant gives their answer, but the group does not discuss these answers.

Let us examine a situation in which Jesus healed only one of many sick people.

John 5:1-18 (NKJV)

After this there was a feast of the Jews, and Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, Bethesda, having five porches. In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water. For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had. Now a certain man was there who had an infirmity thirty-eight years.

When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me."

Jesus said to him, "Rise, take up your bed and walk." And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath.

The Jews therefore said to him who was cured, "It is the Sabbath; it is not lawful for you to carry your bed." He answered them, "He who made me well said to me, 'Take up your bed and walk.' " Then they asked him, "Who is the Man who said to you, 'Take up your bed and walk'?" But the one who was healed did not know who it was, for Jesus had withdrawn, a multitude being in that place. Afterward Jesus found him in the temple, and said to him, "See, you have been made well. Sin no more, lest a worse thing come upon you." The man departed and told the Jews that it was Jesus who had made him well. For this reason the Jews persecuted Jesus, and sought to kill Him, because He had done these things on the Sabbath.

But Jesus answered them, "My Father has been working until now, and I have been working." Therefore the Jews sought all the more to kill Him, because He not only broke the Sabbath, but also said that God was His Father, making Himself equal with God.

Digging Deeper

Note: Bethesda = Hebrew word. Meaning is 'House of mercy'.

The context: Jesus was on His way from Judea to Galilee. On the way, He ministered to the Samaritan woman (John 4:1-42). Once in Galilee, He healed the nobleman's son (John 4:43-54). Then Jesus went up to Jerusalem and it is there that He went to the Pool of Bethesda.

The key question in this passage: Do you want to be made whole?

This healing illustrates:

- Chronic ill health can lead to social isolation and fatalistic mindset, loss of normal rhythm of life
- In this instance the physical healing preceded the spiritual healing, which happened later in a separate encounter initiated by Jesus. Integral healing requires discernment about what to do when
- Note that the physically healed man went to the temple rather than his village/family. Something happened in his spiritual life in association with his physical healing
- Jesus in His sovereignty does not heal everyone
- Those who bring healing in the Name of Jesus will be persecuted just as He was
- The importance of seeing the one person whose life God wants to touch

The main point of this study: Jesus Christ heals whom He wants to heal. His decision-making processes in this regard are impossible for us to fathom.

The first conversation between Jesus and the paralysed man:

- Do you want to be made well/whole?
- I have no man…
- Rise, take up your bed, and walk. (Jesus first focused on the physical healing. We need to take physical healing seriously and it might be the only thing we can do at that moment.)

What strikes you about this first conversation?

The second conversation between Jesus and the healed man takes place in the temple when Jesus went there to meet him:

- See, you have been made well. Sin no more, lest a worse thing come upon you. (Now Jesus brings spiritual / psychological healing into focus. We need wisdom from the Holy Spirit how and when to integrate these aspects of healing in what we do).

What strikes you about this second conversation?

Questions for discussion:

- What examples have you seen of people who do not have anybody to care for them?
- Can you give some examples of "lonely/isolated people" at the "Pool of Bethesda" in your five social circles?
- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
    - For the Lord's help to implement your "I will…" statements
    - For the people on your Lost List (VIP's – Very Important Persons)
- When and where do we meet again?

Note: make sure your "I will" statements meet the SMARTIE goal criteria: S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your five social circles (family, friends, faith community, workplace, neighbourhood); E = exalting God

Meeting 13: Healing and Christ's Body

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

- What happened in the past week that you are thankful for?
- How did it go with the implementation of your "I will…" statements?
- What challenges / struggles are you facing right now? Take time to pray for one another; this is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

Briefly give your answers to this question: In what way could members of the Body of Christ collaborate with healthcare workers to provide integral care of sick people?

Each participant gives their answer, but the group does not discuss these answers.

James 5:13-20 (NKJV)

Is anyone among you **suffering**? Let him pray.

Is anyone **cheerful**? Let him sing psalms.

Is anyone among you **sick**? Let him call for the **elders** of the church, and let them **pray** over him, **anointing him with oil** in the name of the Lord. And the **prayer** of faith will **save** the **sick**, and the Lord will **raise him up**. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed.

The effective, fervent prayer of a righteous man avails much. Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months. And he prayed again, and the heaven gave rain, and the earth produced its fruit.

Brethren, if anyone among you wanders from the truth, and someone turns him back, let him know that he who turns a sinner from the error of his way will save a soul from death and cover a multitude of sins.

The focus of this passage is that members of the Body of Christ need to work together for the healing of the whole person. Integral healing is not the terrain of healthcare workers only.

Digging deeper

Note how carefully and specifically the Holy Spirit selected the words recorded also in this portion of Scripture

- First, this portion begins with those who are suffering. "Suffering" = "kakopatheo" = suffer ill or afflictions; to sustain afflictions; to endure hardships. They are told to pray ("proseuchomai" = the usual word used for prayer in the New Testament). The picture drawn by this word: we come towards the Lord on our knees with our wishes / need; we hold up empty hands before Him.
- Then those who are cheerful (euthumeo) are advised to sing psalms ("psallo").
- Thirdly, the passage continues with advice about dealing with matters of healing in the Body of Christ.
- Is anyone sick? "sick" = "astheneo" = without strength, powerless, feeble, infirm, weak, sick. It is not a description of the sickness, but of the experience of the sickness.
- Call the elders: ("presbyteros") of the church ("ekklesia")
- Let them pray: ("proseuchomai")
- Let them anoint with oil: Anointing ("aleipho") with oil ("elaion" = olive oil): In the original Greek language of the New Testament, there are two words that are translated as "anoint". The one used in our portion of Scripture is "aleipho" which means "rubbing or besmearing with oil or ointment". This could be for medicinal use, for smearing on the skin after washing, for rubbing on the head as sign of joy during feasts, and for putting on the head and feet of an honoured guest. The other word translated as "anoint" is "chrio" which was used only for sacred and religious purposes. In James 5:14, the verb "aleipho" is used in the aorist tense, active voice, participle mood, nominative case, plural. According to "The Complete Word Study Dictionary" this use of the verb means that the "anointing" with oil in this passage refers to the rubbing with olive oil as the medicinal means applied prior to or in conjunction with prayer. Rubbing with oil in the Name of the Lord implies: That church leaders should not only pray but should also be knowledgeable about the basics of simple treatments readily available without prescription, such as the use of olive oil. Note: Make sure there is a solid scientific basis for the treatment with oils, herbs, and spices – this area of science is known as herbal medicine / phytotherapy. [2] Avoid using explanatory models from non-Christian and/or unscientific philosophical/religious worldviews.
- The implication is that medicinal means and prayer ought to be integrally combined under the Lordship of Jesus Christ
- The prayer ("euche" = wish, vow) of faith shall save ("sodzo" = to save, deliver, make whole, preserve safe from danger/loss/destruction) the sick ("kamno" = those who are weary, weary of mind, worn out). "Prayer" here is "euche" and not "proseuche" which is the usual word for prayer in the New Testament. This means the elders prayerfully express their wishes for the sick person to be saved, they are not claiming a right.
- The elders pray for the saving/deliverance/making whole of the person. Of course, the wish for physical healing may be included, but the prayer is for the big picture, involving the whole life and context of the afflicted person.
- We should also pray for the sick to be saved in the same way – praying for their relationship with God, with one another (the five social circles), with themselves, and with His creation. Or put in other words, we need to pray for their "becoming whole/being saved" physically, psychologically, spiritually, and socially. Such prayer should be combined with medicinal treatment as various members of the Body each make their

[2] https://medlineplus.gov/herbalmedicine.html

contribution to the whole. This is what integral healing through the ministry of the Body of Christ is all about.
- The Lord will raise him up ("egeiro" = to rise, to wake up, set up straight again, to heal). The picture drawn here is that the Lord causes the one who is weakened in all dimensions to get up again – affecting the whole life.

Note: This passage does not guarantee the complete healing of every aspect of a person's health. Sometimes the fulness of healing will only be realized on the new heaven and earth. For example: those receiving palliative care, those who are deaf or blind, those who have physical limitations, etc.

Questions for discussion:

- What examples have you seen of the Body of Christ ministering to the needs of the whole person?
- What could we do to inspire and equip the Body of Christ to minister to the needs of the sick?
- What could we as caregivers do to improve collaboration between healthcare and local congregations?
- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
    - For the Lord's help to implement your "I will…" statements
    - For the people on your Lost List (VIP's – Very Important Persons)
- When and where do we meet again?

Note: make sure your "I will" statements meet the SMARTIE goal criteria:

S = specific; M = measurable; A = attainable; R = result-oriented; T = time-limited; I = in line with the vision to see God's kingdom come in your five social circles (family, friends, faith community, workplace, neighbourhood); E = exalting God

Meeting 14: Healing and the Perfect Future

Look Back: Celebration and Fellowship (1/3 of time)

Welcome everybody and open with prayer.

- What happened in the past week that you are thankful for?
- How did it go with the implementation of your "I will…" statements?
- What challenges / struggles are you facing right now? Take time to pray for one another; this is not a counselling time.

Look Up: Listening to God's Word (1/3 of time)

Briefly give your answers to this question: Do you think healthcare in many cases seeks to play God in situations of pain, severe illness, or impending death and why?

Each participant gives their answer, but the group does not discuss these answers

Isaiah 65:17-25 (NKJV)

"For behold, I create new heavens and a new earth; And the former shall not be remembered or come to mind. But be glad and rejoice forever in what I create; For behold, I create Jerusalem as a rejoicing, and her people a joy. I will rejoice in Jerusalem, and joy in My people; The voice of weeping shall no longer be heard in her, nor the voice of crying. "No more shall an infant from there live but a few days, nor an old man who has not fulfilled his days; for the child shall die one hundred years old, but the sinner being one hundred years old shall be accursed. They shall build houses and inhabit them; they shall plant vineyards and eat their fruit. They shall not build and another inhabit; They shall not plant and another eat; For as the days of a tree, so shall be the days of My people, And My elect shall long enjoy the work of their hands. They shall not labor in vain, Nor bring forth children for trouble; For they shall be the descendants of the blessed of the LORD, And their offspring with them. "It shall come to pass That before they call, I will answer; And while they are still speaking, I will hear. The wolf and the lamb shall feed together, The lion shall eat straw like the ox, And dust shall be the serpent's food. They shall not hurt nor destroy in all My holy mountain," Says the LORD.

Revelation 21:1-5 (NKJV)

Now I saw a new heaven and a new earth, for the first heaven and the first earth had passed away. Also there was no more sea. Then I, John, saw the holy city, New Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from heaven saying, "Behold, the tabernacle of God *is* with men, and He will dwell with them, and they shall be His people. God Himself will be with them *and be* their God. And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away." Then He who sat on the throne said, "Behold, I make all things new." And He said to me, "Write, for these words are true and faithful."

Digging Deeper:

In the present context of the fallen world that we live in there will be suffering, pain, disease and death. This will only change in the coming of the new heavens and new earth. So, we will have to contend this least desirable yet undeniable reality in every context of our present lives - including health and healthcare.

From these two passages we however learn that this will change:

- True health is the divine and sovereign will and act of God
- True health is when God lives amongst and with us
- True health is the overwhelming and ever-increasing experiencing and celebration of the new habitat - that of a "completely new universe and exciting divine world order"
- Perfect relationships
    - With God
    - With others
    - With ourselves
    - With God's creation
- Fullness of Joy and victory over sin
- No weeping or crying
- Perfect physical condition
- Infant mortality - ?0
- Life expectancy - >100
- Perfect social and professional life
- Beautiful and spacious housing and gardens
- Flourishing creativity
- Perfect professional life
- House, Job and Food security
- Professional fulfilment
- Work will produce worthwhile results
- Long term enjoyment of the fruit of one's labour
- No exploitation and no social and economic inequality

	Sin	Disease
Penalty / Punishment	Placed upon Jesus	Placed upon Jesus
Power of	Broken, therefore - Victory over sin possible - Spiritual growth possible - Can include miraculous breakthroughs and slow progress - Still struggles e.g., pride, envy	Broken, therefore - Healthy life possible - Physical healing possible - Can include miraculous healing and 'normal' healing processes - Still disease and death
Presence of	Removed in new heaven and earth	Removed in new heaven and earth

Questions for discussion:

- What do you think are the implications of the above on health, healing, and healthcare today?
- What could we as caregivers do to give realistic expectations and true hope to those who are ill and who suffer?
- What are the two most important things you learnt from Jesus Christ in this meeting?

Look Forward: Bless one another to obey (1/3)

- What does Jesus want you to do about what He taught you? Pray about it now and write down your answer. "With the Lord's help I will…" Participants share and write down one another's answers
- Pray with one another:
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Now that you have completed Discovering Integral Health and Healing, we highly recommend that you follow the series 'Growing Together as Witnesses'.

Growing Together as Witnesses is a series of meetings in which we explore how we as disciples of Jesus Christ can be salt and light in our workplace.

The materials are available for download at www.hcfglobal.org/discipleship.

Other materials that are available from the same website:

- Discovering God (the Big Story of the Bible from Genesis to Revelation)
- Discovering God's kingdom (the teachings of Jesus Christ about God's kingdom)
- Discovering Jesus Christ (What Jesus Christ said about Himself and about life)

SALINE PROCESS



Do you have that too?
That you are at work with a patient, where you would like to go beyond just a superficial conversation?
Or that you have a patient with many questions and you would like to wisely share some of your faith?
Or that you would like to work more as a Christian, but you do not know how?

Spiritual needs of patients…
Patients have a deep need for spiritual wholeness. Well-trained prayerful healthcare workers can be used by God: to be Salt, Light and a witness, to share the gospel, discerning if it is harvest time

In daily life…
Healthcare professionals have a privileged position to share the love of God with a humble heart and respect for the patient. That is why the training process called The Saline Process, developed by IHS Global and partners, provides tools to be salt, light and a witness in the workplace. As Healthcare workers are equipped to be sensitive witnesses for Christ, patients have an opportunity to see Jesus while they are receiving competent and compassionate healthcare.

Partnering for excellence

IHS GLOBAL partners with e.g. International Christian healthcare organizations, such as Healthcare Christian Fellowship Global, Nurses Christian Fellowship, Christian Medical and Dental Association. They have covenanted together with other organizations to answer God's call, reaching the patients of the world through a shared:

- Vision: fulfilling the Great Commission
- Mission: equipping witnesses for Christ in healthcare
- Priority: PRAYING always
- Tool: IHS Global's Saline Process

The Saline Process Witness Training (SPWT)
The SPWT equips healthcare professionals to impact their workplace for Christ by being SALT and LIGHT. This is a process that disciples, trains, and coaches healthcare workers to skilfully and confidently assess where a patient is in their journey towards faith in Christ. Using the ethical principles of permission, sensitivity and respect, participants are introduced to practical tools that help them to personalize an approach to share the love of Jesus according to each patient's needs. Experiential learning methods, such as role play and personal application, are used to explore five main questions:

1. Why is faith important in healthcare?
2. What are the opportunities and barriers to fulfilling God's call?
3. What is my part?
4. What tools will help me cultivate and sow?
5. Where do I go from here?

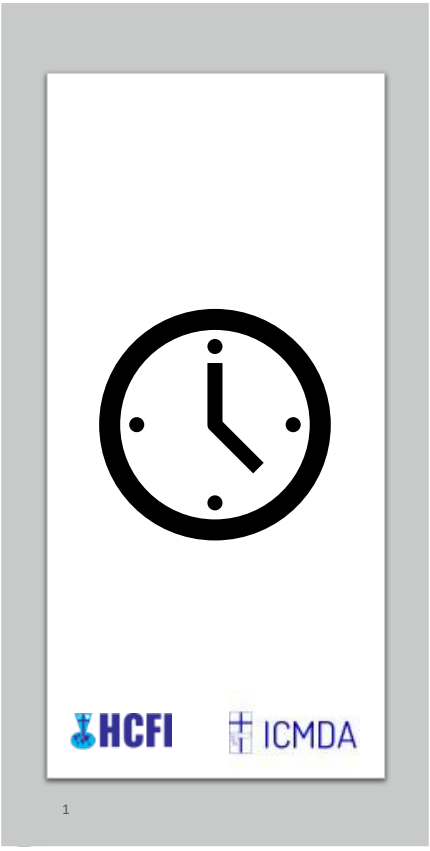
Follow an 8 hour Saline Process Witness Training to find answers to these questions.

If you are interested, you can follow a Training the Trainers course to equip you for a multiplying ministry in spiritual care in your healthcare workplace.

The SPWT is part of the **HCF Mission Statement:**
HCFI strives to inspire and equip all Christians serving in the health field to manifest Jesus Christ in daily life and work.

More info? Contact the HCFGlobal Saline Promoter: **Alette JU,** saline@hcfglobal.org, **+ 31 6 55 82 33 77**

Addendum One: S.O.A.P.S.



S.O.A.P.S.
Daily Devotional Time

Use a systematic approach to go through the whole Bible in your daily devotional times

To start with, prayerfully read one chapter a day and use a devotional notebook to write down your SOAPS notes

Option one: Start at the beginning of the Bible and proceed from there

Option two: Switch between a chapter in the Old Testament and one in the New Testament on alternate days

Option three: The Seven Sections Approach, which is explained later

Choose the option that works best for you

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Use a Devotional Notebook to record the five elements of your SOAPS

HCFI ICMDA

1. **S = Scripture**: Prayerfully read one chapter of the Bible. Write down the portion of that chapter that speaks to you
2. **O = Observation**: What does this portion of the Bible say about God, His ways, people, you?
3. **A = Application**: How does God want you to respond to what He said to you through His Word?
4. **P = Prayer**: Ask God to help you to respond to Him in a way that brings Him joy.
5. **S = Share**: With whom will you try to share what you learnt during your SOAPS time?

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The Seven Sections Approach

1. Genesis to Deuteronomy
2. Joshua to Job
3. Psalms
4. Proverbs to Song of Solomon
5. Isaiah to Malachi
6. Matthew to Acts
7. Romans to Revelation

Practical Tip:

You might want to make seven book markers, one for each section

How to go through the Seven Sections:

- **Week 1**

1st day: Read chapter 1 of section 1
2nd day: Read chapter 1 of section 2
3rd day: Read chapter 1 of section 3, etc.
After one week you will have read the first chapter in each of the seven sections

- **Week 2**

1st day: Read chapter 2 of section 1
2nd day: Read chapter 2 of section 2
3rd day: Read chapter 2 of section 3, etc.
At the end of the second week, you will have read the second chapter in each of the seven sections

- In week 3 you read chapter 3 in each of the seven sections. Continue using the same systematic approach to read the whole Bible

Once you have completed a section, go through it again. You will read some sections more frequently but that is fine

Addendum Two: Supporting Physical Health

Eat healthy:

- non-starchy vegetables

- 1 fist size fruit per day

- nuts

- healthy fats

- meat and fish

- Limit carbohydrates and do not eat processed food. Do not use processed oils.

Take supplements each morning with breakfast:

- 1000 mg slow release Vit C

- 25mg elemental Zinc

- 9000 international units Vit D3

- 400mg elemental magnesium

Deep breaths

Make sure that your lungs are well ventilated: take a maximally deep breath in and then breathe out through pursed lips. Repeat three times each time. Do this a few times a day.

Exercise

Brief daily exercise sessions for your general condition:

- If you have obesity issues, use this gentle and safe exercise program to start with: https://www.youtube.com/watch?v=qCX_F2-hMgA
- If your physical health allows it, start to use the free app: "J&J Official 7 Minute Workout" by Johnson & Johnson Health and Wellness Solutions. You can increase the intensity of your workouts over time.
- Further advice: If you have type 2 diabetes or conditions related to insulin-resistance, follow the FIRE Diabetes journey: an online programme to reverse insulin-resistance. You can find them on www.firediabetes.com