

# Choose Healing

## 1. **Your choice is a key part of your healing.**

*When Jesus saw the paralyzed man lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?”* John 5:6 NIV

## 2. **Jesus’ purpose was to bring healing.**

*When Jesus heard this, he told them, “Healthy people don’t need a doctor—sick people do. I have come to call not those who think they are righteous, but those who know they are sinners.”* Mark 2:17 NLT

## 3. **Jesus understands our pain and need.**

*Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.* Isaiah 53:4-5 NIV

## 4. **Hope is essential to my healing journey.**

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.* Romans 15:13 NIV

## 5. **Find support so you don’t lose faith.**

*The father instantly cried out, "I do believe, but help me overcome my unbelief!"*

Mark 9:24 NLT

## **6. Don't allow resentment to take root in your heart.**

*Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.*

Hebrews 12:15 NLT

## **7. Forgiving is the foundation to much of our healing.**

*And forgive us our debts, as we also have forgiven our debtors.*

Matthew 6:12 NIV