

Key Text: Isaiah 53:4 & 26:3

“Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him and afflicted.”

“You will keep in perfect peace him whose mind is steadfast, because he trusts in you.”

WHAT IS INNER HEALING AND IS IT IMPORTANT?

It seems that depression and the problem of people self-medicating have escalated to unbelievable levels. Suicide is now the second leading cause of death in people under 30 years old. Death from opioid overdose is now the leading cause of death in people under 50 years of age. All while the manufacturing and use of these drugs have become one of the most lucrative industries in the United States. Why? Well, the need is unavoidable...people are carrying burdens and sorrows without any real hope of healing. Even in some religious circles, you might experience a lack of power to overcome the need. (See *Luke 11:46; 2 Timothy 3:5*) So the message of inner healing is just as important today as it was when the prophet Isaiah first shared those words in Isaiah 53:4 & 26:3. **Jesus declared in Luke 4:18 that He came to HEAL the BROKEN-HEARTED, and people need this message today.** Inner healing is simply the healing of the “unseen” part of a person. Today, there might be a long list of reasons for why our broken hearts and sorrows exist but God wants to carry the sorrow regardless of why it is there. God wants to carry the burden of everyman and heal the broken hearted. Only Jesus can “CARRY” the sorrow of all mankind and heal the inner man.

JESUS CAN RELATE TO YOUR INNER PAIN AND UNDERSTAND - YOU ARE NOT ALONE

Did you know that Jesus was described as a man of sorrows? Here are seven different ways in which Jesus can identify with someone’s inner pain.

1. Jesus was stigmatized - Mark 6:3,4
2. Jesus was betrayed - John 13:18
3. Jesus was misunderstood - John 7:5;
4. Jesus was rejected - Luke 9:35;
5. Jesus was despairing - Matthew 26:39,42
6. Jesus was lonely - Matthew 26:40; John 16:32
7. Jesus was abandoned - John 6:66,67; Mark 15:34

“He was despised and rejected by men, a man of sorrows, and familiar with suffering.”
Isaiah 53:3

Jesus experienced severe treatment...This is why he can sympathize with us. (*Heb.4:15*)

Take a minute to review some of the sorrow that Jesus endured for you. As you consider what it was that Jesus endured, be encouraged that you can face anything with His Spirit!

(See *Hebrews 12:3* so you do not lose heart.) **JESUS KNOWS HOW TO HELP YOU DURING YOUR DIFFICULT TIMES.**

Matt. 27:27-44 Then the governor’s soldiers took Jesus into the palace and gathered the whole troop around him. **28 They took off his clothes and put a bright red cape on him.** **29 They twisted some thorns into a crown, placed it on his head,** and put a stick in his right hand. **They knelt in front of him and made fun of him** by saying, “Long live the king of the Jews!” **30 After they had spit on him, they took the stick and kept hitting him on the head with it. ...39 Those who passed by hurled insults at him,** shaking their heads. **...41 In the same way the chief priests, the teachers of the law and the elders mocked him.** **42** “He saved others,” they said, “but he can’t save himself! He’s the King of Israel! Let him come down now from the cross, and we will believe in him. **43 He trusts in God. Let God rescue him now if he wants him, for he said, ‘I am the Son of God.’” 44 In the same way the robbers who were crucified with him also heaped insults on him.**

DEALING WITH DEPRESSION: Depression is almost always the result of many different pressures. So there are no simplistic solutions. But here are some reasons for depression and a focus on Biblical principles for dealing with this particular inner pain.

Some reasons for depression:

1. Guilt over wrong things we have done: Psalm 51:1,12
2. Heavy Burdens: Numbers 11:10-15; 2 Corinthians 1:8
3. Disappointments: Proverbs 12:12
4. Constant worry: Proverbs 12:25
5. A loss of Hope: Psalm 27:13
6. Foolish comparisons with others: Psalm 73:1-17
7. Sickness: 1 Samuel 1:5,6,10
8. Oppression from demonic spirits: Mark 9:22

HOW DID DAVID DEAL WITH DEPRESSION?

These points are concluded from observations of Psalms 27, 42, 43, 51 and 73.

1. *Stop looking at yourself and start looking at God.*
2. *Stop looking at the past, and start looking at the future.*
3. *Stop looking for reasons and start resting on promises.*
4. *Stop blaming the devil and start praising God.*

What is your “**Night Song**”? This is a reference to Psalm 42:8. What is the song that you sing about God in the midst of your darkest moment, that is your night song.

THE GOD OF ALL COMFORT

Read 2 Cor. 1:3-5 & 2 Cor. 7:6-7. The truth in these scriptures is evident. God uses us to bring comfort to others. your presence is needed so that you can show compassion and empathy in the same way that Christ has shown it. This is how we can serve others in need.

- Listen
- Provide tangible help in difficult circumstances...Don't simply pray and leave them alone if they need more.
- Our zeal, care, and joy can be contagious in the same way that our bad attitude and critical attitude can be poisonous.
- Do not be “Overly Spiritual” instead be kind and sincere. This is done by avoiding the Cliched verse or simple advice which is supposed to cure all wrongs. Be slow to speak in these times and quick to listen.
- Encourage and focus on the word of God.
- Focus on things which are praiseworthy and of good report.
- Pray and intercede in prayer for the needs of others.

Last thought: God will not kick you when your down! There is no condemnation in Christ and Christ will never break a “Bruised-Red”. This means that you can give yourself a break and refuse to wallow in misery. He is the God of all comfort. (*Matthew 12:20; Romans 8:1; Matthew 11:29 - Rest for your soul!!!!!!*)

DEALING WITH INNER HURTS/Burdens:

The most important thing to remember is that inner sorrow must be brought out into the light. You can't stay silent about it forever, you will waste away. (*Psalm 32:3*) This is not as scary as it sounds. You just simply bring the matter to God. you can start by yourself but it must eventually include others. Specifically other believers and especially a proven disciple of Christ. (*See how Moses was going to be destroyed by His burden except it was brought into the light and dealt with. Exodus 18:14-24*) Here is a roadmap for dealing with inner hurts.

1. **Acknowledge** them as real hurts or a burden.
2. **Understand** that everybody suffers inner hurts.
3. Learn to be completely **honest** with God.
4. **Believe** that it will not always be this way.
5. Begin to **praise** God by faith.
6. **Comfort** someone else when you have healed sufficiently. Comfort them with the comfort that you have personally found...SEE COMFORT

GOD KNOWS YOUR LIMITS

Job experienced incredible pain and sorrow. He looked for reasons and yet few were ever given. The reality for Job was that God gave and God allowed Satan to take away. God didn't allow Satan to do whatever he wanted, God put limits on Job's suffering. Only God knows how much you can handle.

Remember:

1Cor. 10:13 No (*TRIAL*) temptation has overtaken you that is not common to man. God is faithful, and he will not let you be (*TESTED*) **tempted** beyond your ability, but with the (*TRIAL*) temptation he will also provide the way of escape, that you may be able to endure it.