

# **Take your healing Now! Mary Smith**

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I was speaking at a meeting in Bavaria, and afterwards I invited women to come for prayer. One lady came to me, and I saw in her face such heaviness and strain. She said "My son died a few months ago, and I am so full of anger and bitterness. I have come to ask God to forgive me." I began to speak with her, and I explained that the things she was feeling were quite natural. In fact I also have lost a son, so I knew exactly how she felt. "These things you are feeling are what we all feel when tragedy comes to us" I said. "We don't need to be ashamed of them. God can change them, and help us find a path through our grief." Then I prayed for her, and when I had finished, she looked up at me, and through her tears said "I think I feel a little bit better now."

I have met thousands of women like her – Christian women, who have hurts and burdens, but have never come to God for healing. Why is this? After all, we know that God can heal, and wants to heal. We have seen many people healed of many things. So why is it that we women, who are trying with all our heart to follow the Lord, do not look for healing of the hurts which we carry? **Sometimes** it's because we are just too busy. Too busy caring for our families, cleaning, ironing, washing and cooking. At the end of the day, we are tired, and just haven't the energy to come to the Lord for our own healing.

**Sometimes** we think that God would not bother with our little hurts. "After all" we say "It's only a small hurt which I am carrying. God surely wouldn't have the time or the interest to deal with it. He has much bigger things to heal." **Sometimes** we have lost our faith. We keep praying, reading the Bible and going to Church, but inside we've given up. So we struggle on with our pain. We try to push it to the back of our minds, and pretend it isn't there. We just resign ourselves to it. **Sometimes** we are just too tired – too tired by the effort of living.

I have been amazed at how many things we women carry inside of ourselves, which we long to be released from, but somehow we just don't

have the courage or the energy to ask. Yet God is a gracious God, longing to help us, touch us and heal us. Sometimes he doesn't react in the way we expect. This woman who came to me didn't expect God to meet her in the way he did. We cannot guarantee how God will respond to us, how he will touch us or how he will help us. All we know is - he will.

### **One woman's experience.**

The Bible tells us one very moving story of a woman who desperately needed healing. For twelve years she had suffered from severe bleeding. We women will understand exactly what that meant to her. Day after day her energy was drained away, and she felt so bad about herself. She had tried everything, but still she was no nearer to being healed. Things were made worse for her because in her condition she was, in Jewish understanding unclean –not permitted to be around groups of other people. She was probably confined to her home, except on very special conditions. Then one day she heard about Jesus. She hoped against hope, but knew that she would never get to see Him - she was unclean. But hope still lived in her. She thought “If I just touch his clothes, I will be healed.” (Mark 5: 28)

So she slipped unnoticed into the crowd around Jesus, and reaching out her hand, she touched his cloak. Immediately she was healed. But before she could begin to think about this, Jesus asked “Who touched me?” He knew that power had gone from him. In great fear and anxiety she crept forward, expecting a rebuke. But she didn't fully understand the loving heart of Jesus. His words must have lived with her until she died: **“Daughter your faith has healed you. Go in peace and be free from your suffering.”**

She discovered where her healing was to be found, had the courage to reach out for it, and was free! So many women in our Churches need to follow her example. Jesus is the great healer, and he wants to heal. I know that He doesn't heal everything –and he has his reasons for that. But I also believe that he wants to heal – and especially us who are his handmaidens.

### **What do we need to seek healing for?**

#### **Sin:-**

Jesus was speaking in a house, and because he was there, the room was full. Four men came to the house, carrying their friend on a stretcher, because he was paralysed. They had faith that Jesus could do something for their friend.

But when they got close to the house, they couldn't find a way through the crowd. So, being resourceful and determined, they went up the stairs to the roof, and found the place just above where Jesus was speaking. They tore away the branches of the roof, and taking some ropes, lowered their friend, on his stretcher, through the hole they had made, right into the presence of Jesus. The Bible tells us "When Jesus saw their faith, he said to the paralysed man 'Son, your sins are forgiven.'" ( Mark 2:5)

Jesus has the power to forgive sins, and we women have things which we need to confess. If we do not, these things are like a festering wound inside of us. In our confession comes our healing. It's so easy for women who have followed Jesus to forget this. We know that we were forgiven when we first came to Jesus. But we need to go on confessing and being forgiven throughout our Christian lives. What specific things might Jesus want to forgive in women?

**Gossip.** We are very good at spreading rumour and gossip. The sin of gossip is so destructive, because it feeds our feminine desire to know, to share things, and to be able to pull others down. It's also very hard for those we gossip about to defend themselves. That's why we like it! But it has to stop. That means confessing this sin, and promising by the power of God not to be part of it again. You may say "but this is such a small thing!" Yes – the Bible says "The tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell." ( James 3:5 and 6)

**Slander.** Very close to gossip is the sin of slander – of saying things with great malice against other people. This is a common female sin – my husband has written and taught on this at great length. He teaches that there is a Jezebel spirit which rises up in women, especially when it comes to slander and deceit. We can be very cutting in our slander, devastating others – both men and women – and we speak it with a bitterness and an acidity which can be very painful. We need to confess these sins not just for the hurt they have done to others, but for the hurt they do to us. For if we release slander and bitterness from our mouths, we ourselves are polluted by what we say.

**Deceit.** Finally in this area, we women are very deceitful. We use our feminine ways and charms to mask our own evil plans and desires – both to promote ourselves, and to damage others. This is one of the least attractive of our feminine traits, and many of us must confess these things, so that we can be free of them. In our confession, not only do we free those who we have gossiped against, slandered and caught in the mesh of our deceits. We also set ourselves free - free to be ourselves under God.

### **Sexual sins.**

There is one particular area of our lives as women which needs to be faced, and that is our sexuality. There is no question that we can use our femininity to our advantage, and that has already been discussed. But some of us commit serious sexual sins. These include lustng after a man,lusting after another woman's husband, being unfaithful to our husband, sleeping with another woman's husband, or with another man.

Don't be tricked into saying "This part of the book has nothing to do with me." Jesus said "Any man who looks at another woman lustfully has already committed adultery with her." ( Matthew 5:28) The same must apply to us. If we think it, as far as Jesus is concerned, we have done it. Sadly, some have done it as well. This area of our lives has to be brought to the cross, for cleansing and forgiveness, for it damages us as handmaidens of the Lord, damages other men, other women, and even our families. Jesus can forgive. Jesus can heal. We can begin again. We don't have to stay prisoners to our mistakes, or suffer for our sexual foolishness. Remember, only Satan condemns us. The Holy Spirit convicts us, so that we might come for forgiveness, and can be free to begin again as pure women. Make your confession, and take your healing now!

### **Inner hurts.**

"I try to be a good wife, but my husband never stops criticising me. He criticises the food I cook, the way I dress, the things I say. And he does it in front of other people."

“I have tried to be a good mother, but my son just doesn’t take any notice of me. He just does what he likes. He seems to have forgotten that I am his mother.”

“I tried to help in the Church, but others just didn’t seem to care about me. So I’ve stopped trying.”

“When the baby died, I tried to put on a brave face. Everyone said how well I was coping.”

“When our marriage ended, everything was done properly. Now we are living our separate lives. I’m learning to be on my own again.”

These comments come from women who have been hurt – but their hurts do not show on the outside. We are very good at hiding these hurts – we put on a “brave face” in the presence of others. We wear a mask, to hide our pain. We don’t know how badly hurt Mary, the mother of Jesus was, as she watched him die, but it’s not hard to imagine how she felt. The wonderful and encouraging thing for us is that in the presence of Jesus she was not rebuked for her pain, or given any false words of encouragement. How many times have we been told to “pull ourselves together” or “to go out and have good time.” Or how many times have we had Bible verses quoted at us, as though all we need is to hear the right thing, and then everything will be well? I’ve noticed over the years that those who do this do not want to feel or share my hurt. Jesus was just the opposite. Here is the story in full:-

**“ Near the cross of Jesus stood his mother, his mother’s sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing near by, he said to his mother “Dear woman, here is your son,” and to the disciple, “Here is your mother.” From that time on, this disciple took her into his home.”**  
(John 19: 25 to 28) We can we learn many things for our own hurts and inner pains from this story:-

**Jesus understands.** We don’t have to explain anything to him, or make any apology for feeling like we do.

**Jesus accepts these hurts.** He did not need to consider the situation, and then decide whether or not his mother had a genuine need. He just accepted it as part of the agony of her life – and his.

Here is the secret and wonder of Jesus. He enters into our hurts, feels them and shares them. He cries for us and with us.

**No empty words.** He doesn't give his mother advice, offer a book to read, a counselling course or a series of consultations. We who are hurt get so tired of this. We don't need a book - we need help.

**He acted-** and he always will. For her it was a new family relationship. He did this because he knew that it was what she would most need in the coming days. Jesus acts – and in the way which is best for us. We can't tell him what to do. Mary wisely didn't even try. But we do have to have an accepting attitude - “Lord, I need help. Give me what you know I need.”

### **Spiritual & physical exhaustion.**

When Jesus came to Gethsemane, and the spiritual and physical struggle was at its height, even he found it hard to keep going. To his followers he said “The sorrow in my heart is so great it almost crushes me.” (Matthew 26:38) To his Father he cried “Father let this cup pass from me.” Psalm 22 puts it like this: “I am poured out like water and all my bones are out of joint. My heart has turned to wax; it has melted away within me. My strength has dried up like a potsherd.”

(Ps 22:14 & 15.)

Many women know this feeling of spiritual and physical exhaustion. Our lives are so crowded with things we have to do, that slowly we get worn down, until our faith is nothing more than a little spark. We fear that just a little more pressure, and we will be snuffed out. But there's never any time to rest, to recover or to take time to focus again on Jesus. We push ourselves to the point of exhaustion. Some push themselves beyond, and their spirits are broken. Jesus doesn't want us to feel like this. It's really important to understand that he was exhausted so that we need not be. Our faith flows from the Cross – to refresh and uplift us. It is hard to follow Jesus, and it gets harder, but even in the struggle we are meant to be refreshed, not emptied away, until there is nothing left.

This exhaustion damages our relationship with Jesus, with our husband and family, and with our Church. Most of all it damages our femininity. We no longer feel beautiful, holy and useful. Even worse, no one seems to understand how we are feeling – yet there are thousands of us feeling the

same way! It's so sad that we hide ourselves from each other. If we were more open, we would be less anxious, and able to share each others burdens.

If you are feeling exhausted and poured away, then I encourage you to stop, and to come to Jesus for healing and for new strength. The Bible teaches that those who hope in the Lord shall renew their strength. (Isaiah 40:31) So why do we hesitate? Sometimes we are too proud to admit what has happened to us, or too worried about what others will think. Sometimes we believe that this feeling doesn't matter or that it is too trivial for Jesus. Read these words:

**“Come to me all you who are weary and heavy laden, and I will refresh you.”** (Matthew 11:28)

Now let me ask again – why are you hesitating? Come and take your healing now!

### **Lack of love.**

All of God's creation needs love. To be loved is to be in tune with the very heartbeat of creation. The Bible says “God is love” and again “This is what love is – not that we loved God but that He loved us, and sent his son to be the means by which our sins are forgiven.” (1 John 4:10) Somehow, to be loved is an essential part of our nature. So when love is denied us, by our husband, our family or our friends, we are particularly damaged – especially if this goes on for many months or years.

I don't really understand how this happens. Sometimes, it's the result of familiarity. We get so used to each other, that we forget to show, or give love. Sometimes it's carelessness on the part of others, and sometimes it is deliberate. Whatever the reason, lack of love damages us greatly. Not only do we lose any sense of value or worth about ourselves. Worse, we lose the ability to give love to others. It seems that the more we have love, the more we are able to give love to others. When it is denied to us, then we inevitably deny it to others. Jesus loves. It is a part of his nature. To the deceitful Zacchaeus, it was “Come down ..” (Luke 19:5) To the broken adulteress it was “Then neither do I accuse you.” (John 8:11) To the thief on the cross - “This day you will be with me in paradise.” (Luke 23:43)

Over and over again, the Bible shouts at us –JESUS LOVES. He loves you, and he longs to take you into his arms, and tell you how precious and

how special you are to Him. He wants to take away that unloved feeling, and replace it with His never ending, totally dependable and eternal love.

But I hear what you are saying - "Jesus just can't love me. I'm so unlovable." My husband wrote a story once about a young woman who was full of vitality and life. Then one day she was badly injured in a car accident, and woke up to find herself with a broken body, confined for the rest of her life to a wheel chair. She grew increasingly bitter about what had happened to her. She felt cheated of life, and valueless. One night she had a dream. She saw herself as she had once been – beautiful, young and whole. Then Jesus came to her and said "That's how you will always be to me." When the woman woke up, she still had a broken body, but now she felt that life wasn't so hopeless. On the inside she was still whole and beautiful – just as Jesus had told her. On the inside, we are all beautiful, young and lovely. Come and throw yourself into the arms of Jesus. Let him take away that lack of love. Let him fill you to overflowing with genuine pure love. Come and be healed now.

Incidentally, it might not only be lack of love which has damaged you. It's also possible to be hurt by not giving love to our husbands and family. They need loving, and if we do not give love, then we only have alternatives to offer – anger, bitterness, harsh discipline, hate. These things coming out of our hearts damage us, as much as they damage others. Jesus loves and forgives. We may have to come to him for both, if we are going to be healed.

### **Family break up.**

The end of a marriage, or the disintegration of a family causes great hurt to all involved. Here in the West, we have a very high divorce rate. It is so easy to end a marriage, but not so easy to be healed of the pain and damage which come with divorce. All difficult experiences of life carry hurt with them and in them, whether we like to admit it or not. If your marriage has ended, then there is always damage which needs to be mended. If your children have gone wrong, or left you in anger, then this too damages the feminine spirit greatly. It's too easy to say "Well, this is a consequence I have to bear." There are consequences of difficult times, and we do have to live with them, but this does not include a broken spirit. Jesus does not break us. He heals, and then stands with us as we try to work out the consequences of what has happened. Too often we allow him to stand with us in the consequences, without allowing him to heal. If we do this, then things can only get worse. But it takes courage to admit the inner damage, and come for healing.

When we come, Jesus will heal the damage, and help us to find the path through the consequences. If we don't come, we are saying "I don't need you Lord to help me through. I can manage." So many times in my own life I have said "I can manage." Perhaps it is my pride, or my refusal to face the reality of situations – but again and again I have tried to manage. It never works. Now I just admit my need, and come to Jesus. Perhaps you must do the same.

### **Hopelessness.**

I remember going to see one woman who was fighting against a very serious illness. One day I called, and she looked exhausted. "I can't go on any longer" she said. "I can't see any end to things. It's hopeless." When we lose hope, we are so damaged. Hope keeps our heads up, and our courage strong. Even in the darkest hours, hope sustains and refreshes us. When hope goes, despair quickly tears us down. I didn't know what to say to her, and when I asked my husband, he suggested that I look again at Mary, the mother of Jesus. She must have been almost crushed by hopelessness, as she saw her son die. But we never read of her giving in to despair. Her hope was in the promise of God - "You will give birth to a son, and you are to give him the name Jesus. He will be great and will be called the son of the Most High." (Luke 1:31-32) And again "This child is destined to cause the falling and rising of many in Israel." (Luke 2:34) She fixed her hope not on earthly things, but on God, on His promises, and on His faithfulness. She lifted up her eyes to heaven.

If you are in despair, and have lost all hope, I encourage you to take your healing now. Spend time looking not at the situation which you are in, but in the promises and plans of God. Take out your Bible, and after you have prayed for healing, begin to read Mary's story again. (Luke chapters 1 and 2) Let the Holy Spirit touch you. Not everyone finds reading easy, and sometimes I have found it easier to find a friend, and let them read these great stories to me.

### **Sickness.**

The Bible is full of stories of Jesus healing the sick. It seemed to be second nature to him. But he didn't heal the whole world of sickness. We have to see these two experiences together. Sometimes Jesus heals, and sometimes

he doesn't. We don't always know why. Sometimes Jesus heals through his gift of medicine, and sometimes he heals directly, without any medical involvement. I encourage you to take your healing now! Come to Jesus, with your requests. This is completely Biblical. The Bible says "Let your requests be made known to God." (Philippians 4:6) Place your request in the hands of God, and allow Him to do what He feels is right. And do keep asking Him. This is also totally Biblical - "Will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly." (Luke 18: 7-8)

**One woman** came for healing, because she had a cancer which was incurable. She knelt down, and leaders placed hands on her and prayed. When she went back to the doctor one month later, he said "But this is strange. I can't find any trace of your illness. Come back in three months." Three months later there was no sign of the illness, and it never returned.

**One woman** came for healing, because she had severe bleeding. She needed an operation, but the waiting time for that operation was at least one year. "I can't stand this for one year" she said. She knelt and the leaders prayed. That night she had such a severe haemorrhage that she was rushed into hospital, and had the operation she needed that night.

**One woman** had a severe speech problem. She came for prayer for healing over and over again, but no improvement came. She grew tired and disheartened. But then she realised that even though she wasn't being healed, she was feeling the presence of God with her each time she came for prayer. She kept coming for that alone, and is still coming to this day.

**One woman** had a severe depression, and sat at home crying. Again and again she was encouraged to come for prayer for healing. "Oh no" she said "God will never heal me. He wouldn't want me." She never came, and still, to this day remains unhealed and unhelped.

Take your healing now! Put your trust in the hands of God, who will hear, and will answer as He sees is best for you. Don't wrestle, just nestle in his arms.

### **Barrenness.**

"Mama Mary, can you help me?" A lady was standing in front of me after a meeting in Africa. "I so much want a baby, but the Lord has not opened

my womb.” I felt a terrible sadness sweep over me for this woman. For to long for children, and not to be able to conceive them is a great sadness. I thought immediately of Hannah, who could have no children. Her husband said to her “Hannah why are you weeping? Why don’t you eat? Why are you downhearted? Don’t I mean more to you than ten sons?” (1 Samuel 1: 8) It was a nice thing for her husband to say, but he didn’t really understand her pain, or her hurt. There is no easy answer to this hurt. No baby is no baby. Remember that God is good, and that he does bring children to women who have not been able to conceive. Remember Elizabeth “she who is said to be barren is in her sixth month ( Luke 1:36.) I want you to hold on to the promise which follows “with God nothing is impossible.” More than anything else, I want to encourage you to bring the hurt which barrenness brings into the presence of Jesus. He does heal, he can heal and he will heal this pain. Take your healing now!

### **Abuse, rape, beating.**

One woman came up after a meeting, and she was very distressed. She just sat, unable to speak. Eventually she told me her story. On her way home from a meeting one night, she had been attacked and raped by a man.

On another occasion, a woman came to speak, and her face was battered and bruised. Her husband had gone out drinking, and then came home and attacked her with a stick. Another woman came to speak, and told me that she had been sexually abused for many years when she was young by her father. These things bring such great pain and hurt to women. They are so contrary to our nature, and bring deep and lasting scars. There is often a sense of shame, of guilt and of being dirty. These women have a very low opinion of themselves, and often lack confidence. Their experiences have left permanent scars.

One day a group of religious leaders came to Jesus, dragging with them a woman they had caught in the act of adultery. Imagine her shame and humiliation. The leaders waited for Jesus to condemn her, and I often like to think that she was cowering away from him, being sure of a bitter torrent of words. But instead, Jesus said “Let him who is without sin cast the first stone” and then bending down began to write in the dust in front of each leader. The Bible does not tell us what he wrote, but one by one, as they read, so they crept away, until only Jesus and the woman was left. Listen to his words:

**“Woman where are they? Has no one condemned you?” “No one sir” she said.” Then neither do I condemn you. Now go and leave your life of sin.” (John 8: 9-11)**

In these words and this action, Jesus healed her shame and humiliation. She did not have to live her life crippled by shame and guilt. She could hold up her head, and begin to live again. However badly you have been scarred and hurt by the terrible things that have happened to you, Jesus can heal you. I cannot promisethat it will be quick, or even easy for you. But you can come to him, and he will touch you, hold you, and begin a process which will release you and set you free to live again. Take your healing now!

### **Grief.**

A woman rang me up, and as soon as she began to speak, she started to sob. “I just can’t live without him” she said. Then she told me that her husband had died a few months ago. Another woman began to tell me about her life, then she began to cry. “I was pregnant” she said, “but yesterday I lost my baby.” I reached my hand across to her, and she sobbed and sobbed. When we lose our loved ones, we pass through a natural grief process, and this cannot be avoided. In fact, grieving is a God given process to help us. But sometimes the pain of our loss is too much for us. Jesus understands. He was passing through a place called Nain, when he came across a funeral procession of a widow’s only son. When he saw the situation, the Bible tells us “his heart went out to her and he said “Don’t cry.” (Luke 7:13)

I can’t offer you an escape from the grief process, but I can encourage you to bring your grief to the Lord. His heart will go out to you, and his arm will prove a strong one to lean on.

If you are looking for healing, then here is a very simple prayer. Pray it with simple faith, and let Jesus do whatever he wants to do.

**“Lord Jesus, I am a needy woman. I come to you, because I believe you have my healing in your hands. Forgive me for all that is wrong in my**

**life. Place your hands on me, and let your healing power flow into me right now.**

**I trust you. I know that you have touched me. Lead me on from this point, and be my strength and my song.”**