



# JESUS OUR HEALER

*The One who demonstrated a healthy balance in life*

“Jesus kept increasing in wisdom [knowledge] and stature [physically/emotionally] and in favor with God [spiritually] and men [relationally].”

- Luke 2:52

“Your attitudes and thoughts must be constantly changing for the better.”

- Ephesians 4:23 (LB)

To have healthy ministry (balanced) we need to focus on being \_\_\_\_\_ (balanced).

## 1. LIFELONG \_\_\_\_\_ GROWTH

### INTELLECTUAL

“Do yourself a favor and learn all you can; then remember what you learn and you will prosper.” - Proverbs 19:8 (GNB)

A leader is a reader...a reader is a leader. Be a life-long learner.

### EMOTIONAL

“May the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless...God will make this happen, for he who calls you is faithful.” - 1 Thessalonians 5:23, 24 (NLT)

Misunderstanding this area greatly influences emotional and mental burnout.

What is emotional health? (*from Emotionally Healthy Spirituality by Peter Scazzero*)

- I am free to live in the truth.
- I choose to live the unique life God has given me. I no longer live the lie of someone else's life or journey.
- I am free from the need to attach myself to accomplishments, things, or people's approval to feel okay about myself.
- I am free from the generational patterns of my family and culture that negatively shape how I relate and live today.
- I break free from the illusion that there is something richer, better, bigger or more successful than – being faithful, obedient, and committed to God's plan for today.

If you don't deal with your past – your past will deal with you.

### PHYSICAL

“Don't you know that your body is a temple that belongs to the Holy Spirit?” - 1 Corinthians 16:9

“I discipline my body and make it my slave.” - 1 Corinthians 9:27

- Work ethic
- What we eat
- How we exercise
- Physical exams
- Fasting

- Sleep
- Days off, vacation
- Sabbath
- Sexual Intimacy

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“Take the time and trouble to keep yourself spiritually fit.” - 1 Timothy 4:7 (Phillips)

“The secret things belong to the Lord.” - Deuteronomy 29:29

Focus on the source: “large crowds were gathering to hear Him and to be healed of their sicknesses. But Jesus Himself would often slip away to the wilderness and pray.” - Luke 5:15-17

## **RELATIONAL (SOCIAL)**

“Live in harmony with each other. Don’t try to act important, but enjoy the company of ordinary people.”  
- Romans 12:16 (NLT)

“Two people are better than one, because they get more done by working together. If one falls down the other can help him up.”  
- Ecclesiastes 4:9-10

“Encourage one another and build each other up.” - 1 Thessalonians 5:11

“In response to all God has done for us, let us outdo each other in being helpful and kind to each other and in doing good.”  
- Hebrews 10:24 (TLB)

A healthy leader knows him/her self and is balanced:

- Intellectually
- Emotionally
- Physically
- Spiritually
- Relationally

AND Always focuses on ...

## **2. A \_\_\_\_\_ WITH GOD**

“For my determined purpose is that I may know Christ—that I may progressively become more deeply and intimately acquainted with Him perceiving and recognizing and understanding Him more strongly and more clearly...”  
- Philippians 3:10 (Amplified Bible)

“Trust in the Lord with all your heart, and don’t lean on your own understanding; in all your ways acknowledge Him, and He will direct your paths.” - Proverbs 3:5-6 (The Message)

“I have identified myself completely with Christ. Indeed, I have been crucified with Christ. My ego is no longer central. It is no longer important that I appear righteous before you or have your good opinion.” - Galatians 2:20 (The Message)

“The more you grow like this, the more you will become productive and useful in your knowledge of our Lord Jesus Christ.”  
- 2 Peter 1:8 (NLT)

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