

**CHOOSE FREEDOM SUPPORT GROUP**  
**WEEK 13 SUPPLEMENT**

**Healing in Scripture**

We first experienced sin, darkness, and evil when Adam and Eve chose to eat from the tree of the knowledge of good and evil.

Genesis 2:17 (ESV)

but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.

**Experiential knowledge of good and evil...**

Good: the same word God used when He concluded that everything He created was very "good." Everything experientially wonderful, such as: "good, beauty, the best, bounty, cheerful, glad, loving, pleasant, pleasure, prosperity, wealth, happiness, etc."

Evil: warned of everything experientially nasty: "evil (natural or moral), adversity, affliction, calamity, distress, grief, harm, hurt, ill, misery, sorrow, injury, distress, trouble etc."

Our old nature continued to eat from this tree. Once we become born again, we eat from the tree of life, Jesus.

**Healing begins with salvation.**

Hebrew: H3444. י.ש.א y.sh.a

salvation, deliverance, welfare, prosperity, salvation (by God), victory

Greek: g4982. σώζω sōzō;

...to save, keep safe and sound, to rescue from danger or destruction (from injury or peril) to save a suffering one (from perishing), i.e. one suffering from disease, to make well, heal, restore to health to preserve one who is in danger of destruction, to save or rescue...

Salvation is a gift of grace through faith from our Father in Heaven.

Zephaniah 3:15 (ESV)

The LORD has taken away the judgements against you; he has cleared away your enemies. The King of Israel, the LORD, is in your midst; you shall never again fear evil.

When Jesus taught in the temple, He read Isaiah 61. This is recorded in Luke.

Luke 4:18-19 (ESV)

"The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor (poor in anything). He has sent me to proclaim liberty to the captives and

recovering of sight to the blind, to set at liberty those who are oppressed, 19 to proclaim the year of the Lord's favor."

Psalms 103:3-5 (HCSB)

3 He forgives all your sin; He heals all your diseases. 4 He redeems your life from the Pit; He crowns you with faithful love and compassion. 5 He satisfies you with goodness; your youth is renewed like the eagle.

Jeremiah 33:6 (ESV)

6 Behold, I will bring to it health and healing, and I will heal them and reveal to them abundance of prosperity and security.

Isaiah 53:4-6 (HCSB)

4 Yet He Himself bore our sicknesses, and He carried our pains; but we in turn regarded Him stricken, struck down by God, and afflicted. 5 But He was pierced because of our transgressions, crushed because of our iniquities; PUNISHMENT for our peace was on Him, and we are healed BY HIS WOUNDS. 6 We all went astray like sheep; we all have turned to our own way; and the LORD has PUNISHED Him FOR THE iniquity of us all.

Matthew 8:16-17 (HCSB)

16 ...He drove out the spirits with a word and healed ALL who were sick, 17 so that what was spoken through the prophet Isaiah might be fulfilled: He Himself took (bore) our weaknesses and carried our diseases.

1 Peter 2:24 (ESV)

24 He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

Romans 8:10-11 (ESV)

10 But if Christ is in you, although the body is dead because of sin, the Spirit is LIFE because of righteousness. 11 If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also GIVE LIFE to your mortal bodies through his Spirit who dwells in you.

Isaiah 52:1-3

Wake up, wake up; put on your strength, Zion! Put on your beautiful garments, Jerusalem, the Holy City! For the uncircumcised and the unclean will no longer enter you. 2 Stand up, shake the dust off yourself! Take your seat, Jerusalem. Remove the bonds from your neck, captive Daughter Zion. 3 For this is what the Lord says: You were sold for nothing, and you will be **redeemed** without silver.

*The original language:*

- "stand up" means to "rise up, be established and powerful."
- "dust" is the same word God called Adam after he fell
- "shake" is associated with a lion shaking his mane as he roars! It also means "to overthrow."

- *"take your seat" literally means "to sit down as judge" and figuratively means "to dwell, remain, abide, be married."*
- *text note in the HCSB in the Hebrew tradition the words translated "remove the bonds" should read "The bonds are removed."*

Isaiah 58:11

The Lord will always lead you, satisfy you in a parched land, and strengthen your bones. You will be like a watered garden and like a spring whose waters never run dry.

Isaiah 44:3-4 (ESV)

3 For I will pour water on the thirsty land, and streams on the dry ground; I will pour my Spirit upon your offspring, and my blessing on your descendants. 4 They shall spring up among the grass like willows by flowing streams.  
(YLT) "For I pour waters on a thirsty one"

Psalms 36:8-9 (ESV)

7 How precious is your steadfast love, O God! The children of mankind take refuge in the shadow of your wings. 8 They feast on the abundance of your house, and you give them drink from the river of your delights. 9 For with you is the fountain of life; in your light do we see light.

Isaiah 35:4-7

...He will save you. 5 Then the eyes of the blind will be opened, and the ears of the deaf unstopped. 6 Then the lame will leap like a deer, and the tongue of the mute will sing for joy, for water will gush in the wilderness, and streams in the desert; 7 the parched ground will become a pool of water, and the thirsty land springs of water...

*In Adam we were lifeless dust, parched ground, separated from God. We were drying up daily in our sin, in bondage to the Devil, and subject to the effects of sin and evil.*

Romans 5:5

This hope will not disappoint us, because God's love has been poured out in our hearts through the Holy Spirit who was given to us.

*All of Him, the LIFE OF GOD has been gushed out—love, joy, peace, healing, the mind of Christ, understanding, knowledge, etc., etc., etc.!*

**Put On, Put Off**Isaiah 52:2

2 Stand up, shake the dust off yourself! Take your seat, Jerusalem. Remove the bonds from your neck, captive Daughter Zion.

John 4:14

But whoever drinks from the water that I will give him will never get thirsty again — ever! In fact, the water I will give him will become a well of water springing up within him for eternal life''.

Isaiah 12:3

3 You will joyfully **draw water** from the springs of salvation...

Isaiah 27:2-3 (ESV)

2 In that day, "A pleasant vineyard, sing of it! 3 I, the LORD, am its keeper; **every moment I water it**. Let anyone punish it, I keep it night and day;

Jeremiah 31:11-13 (ESV)

11 For the LORD has ransomed Jacob and has redeemed him from hands too strong for him. 12 They shall come and sing aloud on the height of Zion, and they shall be radiant over the goodness of the LORD, over the grain, the wine, and the oil, and over the young of the flock and the herd; their life shall be like a watered garden, and they shall languish no more. 13 Then shall the young women rejoice in the dance, and the young men and the old shall be merry. I **will** turn their mourning into joy; I **will** comfort them and give them gladness for sorrow.

*Let's look at Psalm 23:3 this week from the book by Michael Q. Pink (by permission).*

Psalm 23:3 He restores my soul. He leads me in paths of righteousness for his name's sake.

**Your soul is restored.**

Restore unto me the joy of Your salvation; and uphold me with Your free spirit. Then will I teach transgressors Your ways and sinners will be converted to You.<sup>1</sup> Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from Your presence; and take not Your Holy Spirit from me.<sup>2</sup>

Make me to hear joy and gladness; that the bones which You have broken may rejoice.<sup>3</sup> Purge me with hyssop, and I will be clean: Wash me, and I will be whiter than snow,<sup>4</sup> for You, Lord, desire truth in the inward parts: and in the hidden part You will make me to know wisdom.<sup>5</sup>

Lord, restore our health, heal our wounds, bring the captives home and have mercy on our dwelling places; And out of us will come thanksgiving and the voice of them that make merry. Then You will multiply us and we will not be few. You will glorify us and we will not be small and we will be established before You<sup>6</sup> and we will be Your people, and You will be our God.<sup>7</sup>

You have given us the former rain moderately, but You will cause to come down the former rain and the latter rain in the first month. Our floors will be full of wheat, and our vats will overflow with wine and oil, and You will restore to us the years that the locust has eaten, the cankerworm, and the caterpillar, and the palmerworm, Your great army which you sent among us. And we will eat in plenty, and be satisfied, and praise Your name and we will never be ashamed.<sup>8</sup>

Bless the Lord, O my soul, and forget not all His benefits: Who forgives all my iniquities, heals all my diseases, redeems my life from destruction, crowns me with loving kindness

and tender mercies, satisfies my mouth with good things so that my youth is renewed like the eagle's and executes righteousness and justice for all who are oppressed.<sup>9</sup>

Lord, You preach good news to the poor, heal the brokenhearted, proclaim liberty to the captives, recovery of sight to the blind, and set at liberty those who are oppressed.<sup>10</sup> You came to this world not to condemn it; but that the world through You might be saved.<sup>11</sup>

Strengthen me according to Your word<sup>12</sup> so I may walk up and down in Your name<sup>13</sup> and bring me forth to the light so I can behold your righteousness.<sup>14</sup>

For you know our frame and remember that we are dust<sup>15</sup> but You have not dealt with us after our sins or rewarded us according to our iniquities<sup>16</sup> neither will you cast off Your people or forsake Your inheritance.<sup>17</sup> Oh how great is Your goodness which You have laid up for them that fear You and trust in You.<sup>18</sup>

Though I walk in the midst of trouble, You Lord will revive me;<sup>19</sup> Though You are high, yet You have respect unto the lowly<sup>20</sup> and You will perfect that which concerns me.<sup>21</sup>

In fact, I am confident of this very thing, that the good work You began in me, You will complete<sup>22</sup> for You are not slack concerning Your promise, but instead, longsuffering toward us.<sup>23</sup>

When the righteous cry, you hear and deliver them out of all their troubles<sup>24</sup> for You are near to them that are of a broken heart and save such as be of a contrite spirit.<sup>25</sup>

In fact, You gather together the outcasts of Israel<sup>26</sup>, lifting up the meek<sup>27</sup> providing comfort in tribulation,<sup>28</sup> healing the broken in heart and binding up their wounds.<sup>29</sup>

They that wait upon You Lord will renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; they shall walk and not faint.<sup>30</sup> So, I will wait on You, being of good courage and You will strengthen my heart,<sup>31</sup> when I put my hope in You.<sup>32</sup>

Rejoice not against me, O my enemy: When I fall, I shall arise; When I sit in darkness, the Lord shall be a light to me.<sup>33</sup> He is my strength and my shield; my heart trusts in Him and I am helped,<sup>34</sup> delivered from my enemies and lifted up above those who rise up against me.<sup>35</sup>

God raises up the poor out of the dust and lifts the beggar from the dunghill, to set them among princes and to make them inherit the throne of glory.<sup>36</sup>

I put on the new man, which after God is created in righteousness and true holiness<sup>37</sup> and renewed in knowledge after the image of Him that created him.<sup>38</sup>

I am no longer conformed to this world, but rather, transformed by the renewing of my mind<sup>39</sup> having put off the old man which is corrupt according to the deceitful lusts<sup>40</sup> and

am renewed in the spirit of my mind,<sup>41</sup> day by day<sup>42</sup> having become a new creation in Christ. Behold, all things are become new.<sup>43</sup>

Scripture references:

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|----------------------|------------------------|
| 1. Psalms 51:12-13   | 23. 2 Peter 3:9        |
| 2. Psalms 51:10-11   | 24. Psalms 34:17       |
| 3. Psalms 51:8       | 25. Psalms 34:18       |
| 4. Psalms 51:7       | 26. Psalms 147:2       |
| 5. Psalms 51:6       | 27. Psalms 147:6       |
| 6. Jeremiah 30:17-20 | 28. 2 Corinthians 1:4  |
| 7. Jeremiah 30:22    | 29. Psalms 147:3       |
| 8. Joel 2:23-26      | 30. Isaiah 40:31       |
| 9. Psalms 103:2-6    | 31. Psalms 27:14       |
| 10. Luke 4:18        | 32. Psalms 31:24       |
| 11. John 3:17        | 33. Micah 7:8          |
| 12. Psalms 119:28    | 34. Psalms 28:7        |
| 13. Zechariah 10:12  | 35. Psalms 18:48       |
| 14. Micah 7:9        | 36. 1 Samuel 2:8       |
| 15. Psalms 103:14    | 37. Ephesians 4:24     |
| 16. Psalms 103:10    | 38. Colossians 3:10    |
| 17. Psalms 94:14     | 39. Romans 12:2        |
| 18. Psalms 31:19     | 40. Ephesians 4:22     |
| 19. Psalms 138:7     | 41. Ephesians 4:23     |
| 20. Psalms 138:6     | 42. 2 Corinthians 4:16 |
| 21. Psalms 138:8     | 43. 2 Corinthians 5:17 |
| 22. Philippians 1:6  |                        |

### **Transformation**

Shake the dust off (the old nature) and walk in Father's love, healing, and protection. Put off the old, be renewed in your mind, put on the new and continue in the process of transformation. **Always remember**, God does the work as we rest in Him. Remember Ezekiel 36: 25-27 and Philippians 2:13!

### **Transformation Prayer**

The MAIN thing about our salvation is being returned to the Father! The law of the spirit of life is immutable which means my new creation can ONLY experience the life of Christ. This law CAN NOT be broken! I am saved from experiencing evil and its darkness ever again. That was my old nature. I now have His joy, His peace, His love. I have His Spirit of wisdom and revelation. I have His Spirit of knowledge, understanding, counsel, power, and the fear of God. All of these are in the fountain of living water in which I abide and that flows in me and through me!!!

*Thank You, Father, for Your well of living water that springs up inside me for all eternity. You have brought me from dust to life. Thank You, Father, that Your Spirit has made my body Your sanctuary because my name is no longer written in the earth, but in Heaven. Thank You that You have shaken the dust off me. You have removed the bonds from my captivity and redeemed me. I am no longer in the darkness, excluded from Your life in me. I am brought to life in You. I am saved from death. Thank You, Father!*

*Thank You that I am like a well-watered garden that never dries out. By Your Spirit I am made whole. You give me everything I need at all times. You even pour Your Spirit on my children and on their children. They are like fast growing trees in the grass of the fallen because they are saved. Hallelujah! Delight and joy flows through me without end. Thank You that You provide protection and refuge. You provide light from the darkness and abundance in all that I ask and think. Because I trust You Father, I have no fear. You are my strength and my song. I have no more days of weakness, worry, or fear because of Your greatness. You alone are my salvation.*

*Thank You that You gave me sight to see my bondage, ears to hear Your truth, and a voice to speak of Your salvation; all because Your Spirit gushes within me and out of me. I have Your life in me, and we are one Spirit forever because You exchanged Your life for mine on the cross. I am no longer under the penalty of sin. I can no longer be punished. I have been set free from sin and death! The law of Your Spirit of life cannot be broken. I can no more experience all that evil promotes. I can ONLY experience life in Your son, Christ Jesus.*

*I stand up and shake off every speck of old nature dust and I drink from Your well of life in me. I take dominion and I put off my old nature and put on Christ. Thank You, Father that Your living water never stops providing for me, night and day. You saved me from my enemy because I did not have the strength to overcome him. You turned my mourning into joy and my sorrow into gladness. I rejoice always!*