



*SOLEMN ASSEMBLY 2022*

*“Healing Our Past”*

Jeremiah 29:11

# *Jeremiah 29:11-12 Amplified Version*

<sup>11</sup> For I know the plans *and* thoughts that I have for you,' says the LORD, 'plans for peace *and* well-being and not for disaster, to give you a future and a hope. <sup>12</sup> Then you will call on Me and you will come and pray to Me, and I will hear [your voice] *and* I will listen to you.

# *What is Hope?*

Hope is the confident expectation about the future, it is not mere wishful thinking. Hope is based on the character and promises of God.

## **Romans 8:24-25**

<sup>24</sup> For in this hope we were saved [by faith]. But hope [the object of] which is seen is not hope. For who hopes for what he already sees? <sup>25</sup> But if we hope for what we do not see, we wait eagerly for it with patience *and* composure.

Hope is a joyful expectation about the future, a trust that our tomorrows will be greater than our yesterdays. Real hope combines a radical trust in God with the candid admission that we don't know the details about our own futures. What we do know, however, outweighs what we do not. We know that what awaits us is salvation, which gives us the confidence to eagerly wait for it with patience.

- Dr. Tony Evans



# *What is healing?*

- Healing is the process of making or becoming sound or healthy again
- Biblical Healing means to make solid or whole, the restoration of health, the making whole or well whether physically, mentally or spiritually



# *3 Stages of Healing*

1. **Primary Inflammation**
2. **Reparation and Proliferation**
3. **Remodeling Stage**

# *Inflammation (Pain) – Good & Bad*

Inflammation occurs to stimulate the immune system, in order to ramp up the machinery used to fight infection. It occurs to build up platelets around the lesion, which help to seal any punctures or breaks in the wound.

- Inflammation is part of the body's **response** to infection and damage, it is a protective reaction.
- There is acute inflammation (good) and chronic inflammation (bad).
- **Acute** inflammation fends off foreign invaders and heals
- **Chronic** inflammation is prolonged and can be a symptom that causes problems of its own

# *Reparation and Proliferation*

Cells proliferate (reproduce) to replace the damaged cells. This is a critical time in the injury repair process. A person must be actively **moving** the injured body part.



# *Remodeling Stage*

The repaired tissue remodels itself. The work that was laid down in the 2nd stage is **remodeled and replaced** with stronger tissues.

# *Healing Our Past*

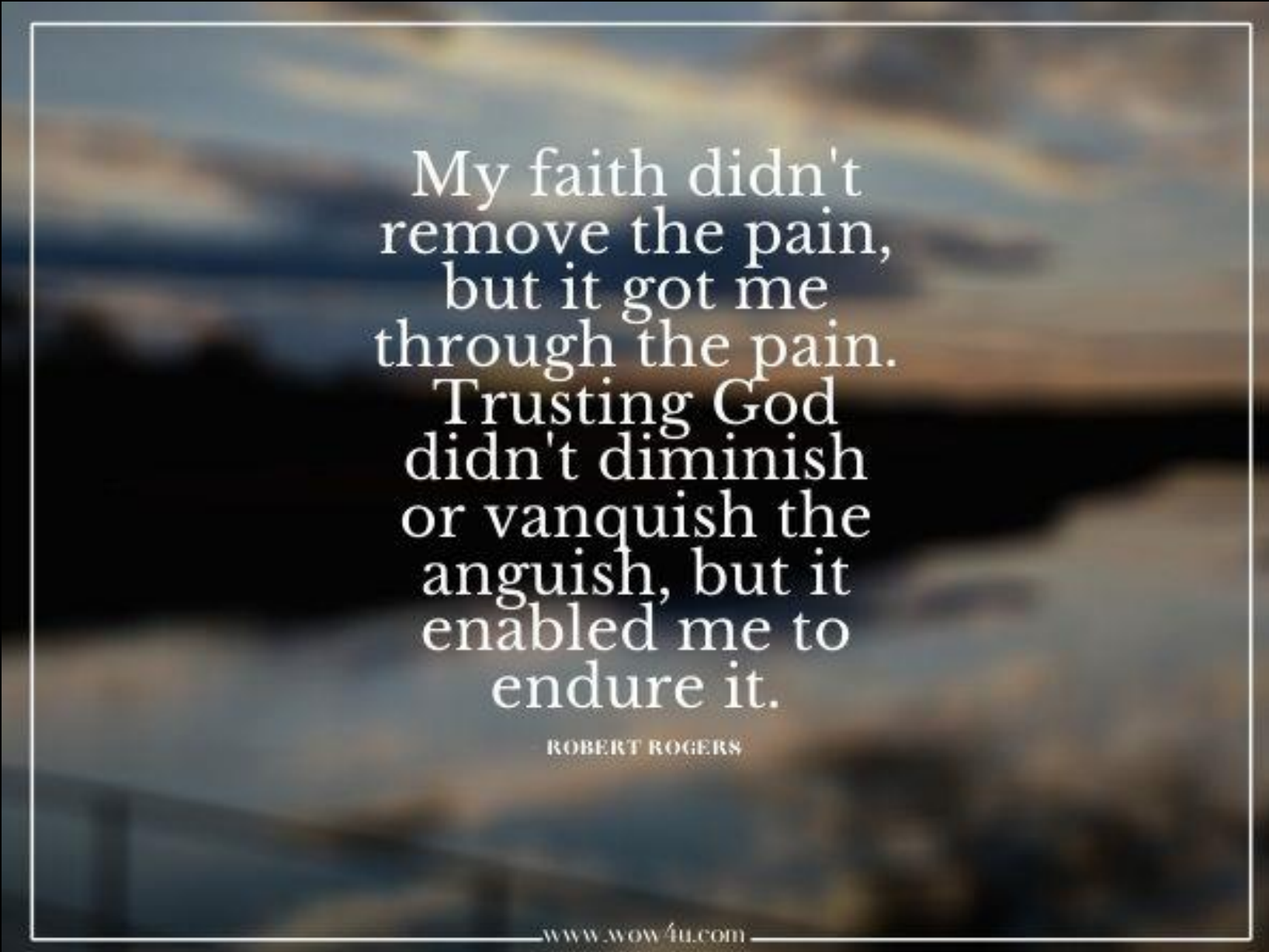
When hurt/pain is inflicted (acute inflammation) we don't see our way out. We can become isolated, depressed and unproductive. God's response to our pain is to surround us in his love. He doesn't tell us when he is going to deliver us but we know that he will. BUT we have to call on him and seek him because if we stay in our pain too long it becomes toxic (chronic inflammation).

Hurt and pain can be long but it doesn't have to be permanent. While we're in our hurt we have to continue to move (reparation and proliferation). Moving triggers the healing process. When God sees us operating in our hurt it gets his attention. We have to move in order to heal and prosper. Not moving will delay your healing. It may be painful but restoration is on the way. **KEEP MOVING!!!!**

# *Healing Our Past...continued*

When God hears your cry, when he sees your hurt/pain he will restore you! He will replace (remodeling stage) your hurt with joy. He will give you beauty for ashes. God will redeem the time lost and will remind you of you who are and whose you are. He will rebuild you with his strength so that everyone will know that IT WAS GOD!!





My faith didn't  
remove the pain,  
but it got me  
through the pain.  
Trusting God  
didn't diminish  
or vanquish the  
anguish, but it  
enabled me to  
endure it.

ROBERT ROGERS

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# *Scripture References*

Jeremiah 29:11

Romans 8:24

Psalms 34:18

Psalms 119:50