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Hope & Healing Today!

Jesus suffered, died and rose from the dead. Jesus did not just die for our sins; he suffered and died. Jesus died for the sins we have committed but he suffered for the sins that our committed against us. By the death and resurrection of Jesus Christ we can obtain eternal life. But through his suffering we can have physical, mental, emotional and spiritual healing in our lives today. The apostle Peter writes that by Jesus stripes (suffering) we were healed.

²¹ For even hereunto were ye called: because **Christ also suffered for us**, leaving us an example, that ye should follow his steps: ²² Who did no sin, neither was guile found in his mouth: ²³ Who, when he was reviled, reviled not again; when **he suffered**, he threatened not; but committed himself to him that judgeth righteously: ²⁴ Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: **by whose stripes ye were healed.** (1 Peter 2:20-24)

Let us look at why Jesus can identify with each and every pain that afflicts our mind, emotions, heart, and body. We'll see that he was betrayed by a friend and abandoned by his friends; the religious leaders conspired against him; he was falsely accused, wrongly convicted and sentenced to death; he was humiliated and shamed, stripped naked and spit on; he was verbally, mentally and physically abused; he was crucified and died.

Peace & Healing

We Can Have Peace That Passes All Understanding

The peace that we can have through Jesus Christ passes all understanding because it is supernatural! This peace does not make sense. Jesus promises to give us peace when depression, pain, suffering and mental anguish should be our natural response. What He promises is beyond our understanding and often beyond our imagination. Yet, when we put our trust and faith in Him, in what He has promised and what He has done, He will bring healing and peace into our lives.

Philippians 4:6-7 – ⁶ Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷ And **the peace of God, which passeth all understanding, shall keep your hearts and minds** through Christ Jesus.

Jesus Heals

Malachi 4:2 – ² But unto you that fear my name shall **the Sun of righteousness arise with healing in his wings**; and ye shall go forth, and grow up as calves of the stall.

1 Peter 2:24 – ²⁴ Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: **by whose stripes ye were healed.**

James 5:16 – ¹⁶ Confess your faults one to another, and **pray one for another, that ye may be healed**. The effectual fervent prayer of a righteous man availeth much.

Jesus Suffered For Us!

The Religious Leaders Conspired Against Jesus

Matthew 26:4-5 – ³ Then assembled together the **chief priests, and the scribes, and the elders** of the people, unto the palace of the high priest, who was called Caiaphas, ⁴ And **consulted that they might take Jesus by subtilty, and kill him**.

Luke 22:1-6 – ¹ Now the feast of unleavened bread drew nigh, which is called the Passover. ² And **the chief priests and scribes sought how they might kill him**; for they feared the people. ³ Then entered Satan into Judas surnamed Iscariot, being of the number of the twelve. ⁴ And he went his way, and communed with the chief priests and captains, how he might betray him unto them. ⁵ And they were glad, and covenanted to give him money. ⁶ And he promised, and sought opportunity to betray him unto them in the absence of the multitude.

Matthew 26:59 – ⁵⁹ Now **the chief priests, and elders, and all the council, sought false witness** against Jesus, to put him to death;

Matthew 27:1-4 – ¹ When the morning was come, all **the chief priests and elders of the people took counsel against Jesus to put him to death**: ² And when they had bound him, they led him away, and delivered him to Pontius Pilate the governor. ³ Then Judas, which had betrayed him, when he saw that he was condemned, repented himself, and brought again the thirty pieces of silver to the chief priests and elders, ⁴ Saying, **I have sinned in that I have betrayed the innocent blood**. And they said, What is that to us? see thou to that.

Matthew 27:11-18 – ¹¹ And Jesus stood before the governor: and the governor asked him, saying, Art thou the King of the Jews? And Jesus said unto him, Thou sayest. ¹² And when **he was accused of the chief priests and elders**, he answered nothing. ¹³ Then said Pilate unto him, Hearest thou not how many things they witness against thee? ¹⁴ And he answered him to never a word; insomuch that the governor marvelled greatly. ¹⁵ Now at that feast the governor was wont to release unto the people a prisoner, whom they would. ¹⁶ And they had then a notable prisoner, called Barabbas. ¹⁷ Therefore when they were gathered together, Pilate said unto them, Whom will ye that I release unto you? Barabbas, or Jesus which is called Christ? ¹⁸ For **he knew that for envy they had delivered him**.

Jesus Was Tempted

Matthew 26:39 – ³⁹ And he went a little further, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.

Luke 22:41-44 – ⁴¹ And he was withdrawn from them about a stone's cast, and kneeled down, and prayed, ⁴² Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but

thine, be done. ⁴³ And there appeared an angel unto him from heaven, strengthening him. ⁴⁴ And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.

Jesus Friends Did Not Comfort Him

Mathew 26:36-40 – ³⁶ Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder. ³⁷ And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. ³⁸ Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me. ³⁹ And he went a little further, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt. ⁴⁰ **And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour?**

Jesus Was Betrayed By A Friend

Matthew 26:14-16 – ¹⁴ Then one of the twelve, called Judas Iscariot, went unto the chief priests, ¹⁵ And said unto them, What will ye give me, and I will deliver him unto you? And they covenanted with him for thirty pieces of silver. ¹⁶ And from that time he sought opportunity to betray him.

Mark 14:43-46 – ⁴³ And immediately, while he yet spake, cometh Judas, one of the twelve, and with him a great multitude with swords and staves, from the chief priests and the scribes and the elders. ⁴⁴ And he that betrayed him had given them a token, saying, Whomsoever I shall kiss, that same is he; take him, and lead him away safely. ⁴⁵ And as soon as he was come, he goeth straightway to him, and saith, Master, master; and kissed him. ⁴⁶ And they laid their hands on him, and took him.

Jesus Was Abandoned

Psalms 69:8 – ⁸ I am become a stranger unto my brethren, and an alien unto my mother's children.

Psalms 69:20 – ²⁰ Reproach hath broken my heart; and I am full of heaviness: and I looked for some to take pity, but there was none; and for comforters, but I found none.

Matthew 26:55-56 – ⁵⁵ In that same hour said Jesus to the multitudes, Are ye come out as against a thief with swords and staves for to take me? I sat daily with you teaching in the temple, and ye laid no hold on me. ⁵⁶ But all this was done, that the scriptures of the prophets might be fulfilled. Then **all the disciples forsook him, and fled.**

Matthew 26:69-75 – ⁶⁹ Now Peter sat without in the palace: and a damsel came unto him, saying, Thou also wast with Jesus of Galilee. ⁷⁰ But he denied before them all, saying, I know not what thou sayest. ⁷¹ And when he was gone out into the porch, another maid saw him, and said unto them that were there, This fellow was also with Jesus of Nazareth. ⁷² And again he denied with an oath, I do not know the man. ⁷³ And after a while came unto him they that stood by, and said to Peter, Surely thou also art one of them; for thy speech bewrayeth thee. ⁷⁴ Then began he to curse and to swear, saying, I

know not the man. And immediately the cock crew. ⁷⁵ And Peter remembered the word of Jesus, which said unto him, Before the cock crow, thou shalt deny me thrice. And he went out, and wept bitterly.

Matthew 27:32 – ³² And as they came out, they found a man of Cyrene, Simon by name: him they compelled to bear his cross.

Mark 15:21 – ²¹ And they compel one Simon a Cyrenian, who passed by, coming out of the country, the father of Alexander and Rufus, to bear his cross.

The soldiers got Simon the Cyrenian carried Jesus cross because non of Jesus friends were there to do it for him.

Jesus Was Innocent And Wrongly Convicted

John 18:38 – ³⁸ Pilate saith unto him, What is truth? And when he had said this, he went out again unto the Jews, and saith unto them, I find in him no fault at all.

John 19:6-16 – ⁶ When the chief priests therefore and officers saw him, they cried out, saying, Crucify him, crucify him. Pilate saith unto them, Take ye him, and crucify him: for **I find no fault in him**. ⁷ The Jews answered him, We have a law, and by our law he ought to die, because he made himself the Son of God. ⁸ When Pilate therefore heard that saying, he was the more afraid; ⁹ And went again into the judgment hall, and saith unto Jesus, Whence art thou? But Jesus gave him no answer. ¹⁰ Then saith Pilate unto him, Speakest thou not unto me? knowest thou not that I have power to crucify thee, and have power to release thee? ¹¹ Jesus answered, Thou couldest have no power at all against me, except it were given thee from above: therefore he that delivered me unto thee hath the greater sin. ¹² And from thenceforth **Pilate sought to release him**: but the Jews cried out, saying, If thou let this man go, thou art not Caesar's friend: whosoever maketh himself a king speaketh against Caesar. ¹³ When Pilate therefore heard that saying, he brought Jesus forth, and sat down in the judgment seat in a place that is called the Pavement, but in the Hebrew, Gabbatha. ¹⁴ And it was the preparation of the passover, and about the sixth hour: and he saith unto the Jews, Behold your King! ¹⁵ But they cried out, Away with him, away with him, crucify him. Pilate saith unto them, Shall I crucify your King? The chief priests answered, We have no king but Caesar. ¹⁶ **Then delivered he him therefore unto them to be crucified**. And they took Jesus, and led him away.

Mark 15:9-15 – ⁹ But Pilate answered them, saying, Will ye that I release unto you the King of the Jews? ¹⁰ For he knew that the chief priests had delivered him for envy. ¹¹ But the chief priests moved the people, that he should rather release Barabbas unto them. ¹² And Pilate answered and said again unto them, What will ye then that I shall do unto him whom ye call the King of the Jews? ¹³ And they cried out again, Crucify him. ¹⁴ Then Pilate said unto them, Why, **what evil hath he done?** And they cried out the more exceedingly, Crucify him. ¹⁵ And **so Pilate, willing to content the people**, released Barabbas unto them, and **delivered Jesus, when he had scourged him, to be crucified**.

Luke 23:13-5 – ¹³ And Pilate, when he had called together the chief priests and the rulers and the people, ¹⁴ Said unto them, Ye have brought this man unto me, as one that perverteth the people: and, behold, **I, having examined him before you, have found no fault in this man** touching those things whereof ye accuse him: ¹⁵ No, nor yet Herod: for I sent you to him; and, lo, **nothing worthy of death is done unto him**. ¹⁶ I will therefore chastise him, and release him. ¹⁷ (For of necessity he must release

one unto them at the feast.) ¹⁸ And they cried out all at once, saying, Away with this man, and release unto us Barabbas: ¹⁹ (Who for a certain sedition made in the city, and for murder, was cast into prison.) ²⁰ Pilate therefore, willing to release Jesus, spake again to them. ²¹ But they cried, saying, Crucify him, crucify him. ²² And he said unto them the third time, Why, **what evil hath he done? I have found no cause of death in him:** I will therefore chastise him, and let him go. ²³ And they were instant with loud voices, requiring that he might be crucified. And the voices of them and of the chief priests prevailed. ²⁴ And **Pilate gave sentence that it should be as they required.** ²⁵ And he released unto them him that for sedition and murder was cast into prison, whom they had desired; but **he delivered Jesus to their will.**

Jesus Was Physically Abused

Isaiah 52:14 – ¹⁴ As many were astonished at thee; his visage was so marred more than any man, and his form more than the sons of men:

Matthew 26:67-68 – ⁶⁷ Then did they spit in his face, and buffeted him; and others smote him with the palms of their hands, ⁶⁸ Saying, Prophesy unto us, thou Christ, Who is he that smote thee?

John 19:1-3 – ¹ Then Pilate therefore took Jesus, and scourged [whipped] him. ² And the soldiers platted a crown of thorns, and put it on his head, and they put on him a purple robe, ³ And said, Hail, King of the Jews! and they smote [hit] him with their hands.

Jesus Was Humiliated and Shamed

Psalm 69:7 – ⁷ Because for thy sake I have borne reproach; shame hath covered my face.

Psalm 69:19 – ¹⁹ Thou hast known my reproach, and my shame, and my dishonour: mine adversaries are all before thee.

Psalm 22:13 & 18 – ¹³ They gaped upon me with their mouths, as a ravening and a roaring lion.... ¹⁸ They part my garments among them, and cast lots upon my vesture.

Matthew 27:35 – ³⁵ And they crucified him, and parted his garments, casting lots: that it might be fulfilled which was spoken by the prophet, They parted my garments among them, and upon my vesture did they cast lots.

Isaiah 50:6 – ⁶ I gave my back to the smiters, and my cheeks to them that plucked off the hair: I hid not my face from shame and spitting.

Matthew 26:67-68 – ⁶⁷ Then did they spit in his face, and buffeted him; and others smote him with the palms of their hands, ⁶⁸ Saying, Prophesy unto us, thou Christ, Who is he that smote thee?

Matthew 27:28-30 – ²⁸ And they stripped him, and put on him a scarlet robe. ²⁹ And when they had platted a crown of thorns, they put it upon his head, and a reed in his right hand: and they bowed the knee before him, and mocked him, saying, Hail, King of the Jews! ³⁰ And they spit upon him, and took the reed, and smote him on the head.

Matthew 27:39-43 – ³⁹ And they that passed by reviled him, wagging their heads, ⁴⁰ And saying, Thou that destroyest the temple, and buildest it in three days, save thyself. If thou be the Son of God, come down from the cross. ⁴¹ † Likewise also the chief priests mocking him, with the scribes and elders, said, ⁴² He saved others; himself he cannot save. If he be the King of Israel, let him now come down from the cross, and we will believe him. ⁴³ He trusted in God; let him deliver him now, if he will have him: for he said, I am the Son of God.

Jesus Was Tortured

Isaiah 52:13-15 – ¹³ Behold, my servant shall deal prudently, he shall be exalted and extolled, and be very high. ¹⁴ As many were astonished at thee; his visage was so marred more than any man, and his form more than the sons of men: ¹⁵ So shall he sprinkle many nations; the kings shall shut their mouths at him: for that which had not been told them shall they see; and that which they had not heard shall they consider.

Psalms 22:14-17 – ¹⁴ I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels. ¹⁵ My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death. ¹⁶ For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet. ¹⁷ I may tell all my bones: they look and stare upon me.

Psalms 69:21 – ²¹ They gave me also gall [poison] for my meat; and in my thirst they gave me vinegar to drink.

Matthew 27:34 – ³⁴ They gave him vinegar to drink mingled with gall [poison]: and when he had tasted thereof, he would not drink.

Mark 15:36 – ³⁶ And one ran and filled a sponge full of vinegar, and put it on a reed, and gave him to drink, saying, Let alone; let us see whether Elias will come to take him down.

Jesus Felt Abandoned By God

Psalms 22:1-2 – ¹ My God, my God, why hast thou forsaken me? why art thou so far from helping me, and from the words of my roaring? ² O my God, I cry in the daytime, but thou hearest not; and in the night season, and am not silent.

Mark 15:34 – ³⁴ And at the ninth hour Jesus cried with a loud voice, saying, Eloi, Eloi, lama sabachthani? which is, being interpreted, My God, my God, why hast thou forsaken me?

Matthew 27:46 – ⁴⁶ And about the ninth hour Jesus cried with a loud voice, saying, Eli, Eli, lama sabachthani? that is to say, My God, my God, why hast thou forsaken me?

Strong Holds of Bitterness

Watch Out For Bitterroot Strong Holds

Jesus came to set the captives free. Bitterness over the sins others have committed against you can lead to a stronghold of bitterness that can bring you into captivity. It can defile you and take away your peace.

Hebrews 12:12-15 – ¹³ And make straight paths for your feet, lest that which is lame be turned out of the way; but **let it rather be healed.** ¹⁴ Follow peace with all men, and holiness, without which no man shall see the Lord: ¹⁵ Looking diligently lest any man fail of the grace of God; **lest any root of bitterness springing up** trouble you, and thereby many be defiled;

Prayer Is Our Weapon Against Strongholds of Bitterness

2 Corinthians 10:3-6 – ³ For though we walk in the flesh, we do not war after the flesh: ⁴ (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) ⁵ Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; ⁶ And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

Summary

Jesus suffered for us. The leaders of His church conspired against Him; He was tempted; His friends failed to comfort Him; He was betrayed by a friend; His Friends abandoned Him; He was wrongly convicted; He was humiliated and shamed, stripped naked and spit on; He was verbally, mentally and physically abused; He felt abandoned by God; He was crucified and died. Because of all that Jesus suffered, He can identify with each and every pain that afflicts our mind, emotions, heart, and body.

Jesus suffered and by His stripes we are healed. We are promised the peace that passes all understanding. This peace can only come from God; it is a miracle. This miracle of God will keep us from developing a strong hold of bitterness. If we have developed a stronghold of bitterness, Jesus can heal it and take it away. A strong hold of bitterness can often be the root cause of nagging sin problems in our lives.

We can obtain the healing through Jesus' suffering by having faith in the fact that Jesus has healed us. We then go to God in prayer and thanksgiving. We ask God to search our hearts and mind and to reveal to us our negative thoughts and feelings (Psalm 129:23-24). We then simply turn all that pain and suffering and negative thoughts and feelings over to God. We ask Him for the healing that He has promised and we thank Him for answering our prayer and for providing our healing through

Christ's suffering.

Prayer For Healing

Step 1: Prayer

Oh my my loving God and Father, I humbly come before you to ask for your healing and for the peace that passes all understanding. Search my thought and try my heart oh God. Please reveal my negative thoughts and feelings and my hidden pain. Father, I am particularly seeking those negative thoughts and feelings that are the bitterroot strongholds behind (list your sin problems).

Step 2: Wait In Silence

[Wait in silence for God to reveal your negative thoughts and feelings and your hidden pain.]

Step 3: Prayer

Dear Jesus, I thank you for suffering and dying for me, in my place. Thank you for taking all my sins, pain and suffering upon yourself including: (List your sins, pain and suffering, thoughts and feelings; particularly whatever God revealed to you in Step 2.)

After dieing, you rose again in order to heal my wounded heart and set me free from (List your sins, pain and suffering, thoughts and feelings; particularly whatever God revealed to you in Step 2.) Your light of love and truth is now shining in my heart as I receive my true identity as you (son/daughter). In the name of Jesus Christ I pray, Amen.

Step 4: Repeat As Necessary

My loving God and Father, are there any other sins, wounds or lies that are keeping me from experiencing the peace that passes all understanding which you have promised and giving me total freedom in (list area in your life for which you need healing and freedom), I thank You for hearing and answering my prayer. [Wait in silence for God to speak.]¹

¹ This study and prayer is based on the work of Paul and Cristina Coneff in association with Straight 2 the Heart, Inc. You can visit their website at <http://www.straight2theheart.com/>