



Healing and Wholeness (3) Emotional Wholeness John 21. 3, 6, 15 - 19

Opening up! Connecting with each other.

Share with one another a time when you received some words, a gift or something was done for you that made you feel really special.

Series prayer

Come in weakness, find strength; come in sickness, find health
Come in chains, find freedom; come in confusion, find peace
Come in sorrow, find joy; come in doubt, find faith
Come in despair, find courage; come alone, find Christ.

Listening in!

- **Read John 21. 3, 6, 15 - 19**

Simon Peter was called by Jesus to follow (Luke 5.1-11). Peter affirmed his loyalty but then denied Jesus (Luke 22.31-34; 54-62), then Jesus reinstated him as a disciple and commissioned him as a leader. Jesus dealt gently with Peter's failure. Jesus restored him. He can do the same for us.

There are many stories of similar healing in the Bible:

- the woman with the issue of blood finds public acceptance (Luke 8.42-48)
- the woman at the well has identity and self-esteem restored (John 4.1-42)
- the woman caught in adultery is given respect (John 8.1-11)

All this is in line with Jesus' manifesto:

Isaiah 61.1-2 – 'He has sent me to build up the broken hearted.'

Matthew 12.20 – 'He will not break a bruised reed or quench a smouldering wick.'

Psalms 34.18 'The Lord is near to the broken hearted and saves the crushed in spirit.'

Some areas in which God brings healing:

- Security / belonging – I am wanted
- Identity – who am I?
- Self-worth – it's ok to be me
- Achievement – I am useful

Peter's relationship with Jesus meant he grew in these areas. This illustrates that we are not only human beings but human becomings.

There was an outstanding German Christian leader, Dietrich Bonhoeffer, who died at the hands of a hangman in a Gestapo prison. In prison, with the threat of death over him, he was serene and admired by fellow prisoners and captors. He wrote a poem at the time, 'Who am I?' In the poem he shares with God how from the outside everyone sees this saint, whilst inside he feels full of every kind of insecurity. He keeps asking 'Who am I?' – the one everyone sees, or the one he feels inside a lot of the time? He ends with the wonderful line, 'Whoever I am, Thou knowest, O God, I am thine!' Even great Christian leaders can struggle with security, identity, self-worth and achievement.

Looking in!

Take some time to consider what we have explored in this session and how that relates to your life. You may want to allow a short period of quiet reflection, following which you can share one or more of the following:

- Your own experiences of what has helped you in any of the areas above (a sense of security, belonging, identity, self-worth)
- Your own feelings on where you would like to feel more whole.

- Examples from Peter's life that help bring healing and wholeness to who you are.
- Other scriptures, or about how people have helped you and brought God's healing to you.

Remember, only share what you are comfortable sharing and guard confidentiality. These are very precious things to be shared, shared in trust. Each of us is responsible for making this time of sharing safe.

Looking up!

Turn your sharing into prayer as the Lord leads.