



Link in Community Making a Way

Without a sense of caring,
there can be no sense of community.
A. Burgess

Attitudes of a Healing Community [there is a recognition that...]

Everyone Hurts – I hated life, All of it is meaningless, a chasing after the wind. Ecc 2:17

Everyone is looking for help -- If one falls down, his friend can help him up (Ecc. 4:10)

We can Help! -- Forget yourselves long enough to lend a helping hand. Phil 2:4

▶ People need to be **lifted up** to Jesus

Four people came, carrying a paralyzed man. (v.3)

▶ All healing is first a healing of the **heart**

"Young man, your sins are forgiven." (v.5)

▶ **Miracles** happen best in community

The people were amazed and praised God. They said,
"We have never seen anything like this!" (v. 12)

Creating a Healing Community at First Church

Receive Healing – Come to me, all you who are weary and I will give you rest.

Hospitality Team – Share with God's people who are in need. Practice hospitality. Rm 12:13

Visitation Team – I was sick and you came to visit me. Mt 25:36

The church is like a hospital, you are either a patient or a healer.

Core Values – *A Community of Healing*
First United Methodist Church



Although the world is full of
suffering, it is also full of the
overcoming of it

Helen Keller

We all need healing...

Spiritual – Our relationship with God is the greatest and most important area of healing. If you feel estranged from God or His family than come and receive forgiveness and feel the strength of God's Spirit.

Emotional – Our relationships with one another are often marked by competition, envy, and conflict. Healthy relationships need God's healing. It begins when we receive forgiveness for our sins, and then offer grace to others. Emotional health is often neglected as the expense of the others. None are separate, but an integrated whole.

Mental – Mental stress, depression, and isolation are not always obvious to others, but can make life seem like a dark tunnel of anxiety and hopelessness, when forces of worry weighting heavily upon us. In community, we receive are lifted up by others and receive healing from private demons.

Physical – Bodily healing is always uppermost in our mind, for that is healing which enables us to be fully functioning in our daily lives. Prayer for healing and strengthening is not a rejection of the skills and activity of medicine which are also part of God's grace. God uses many different means for our healing; the talents and gifts of the doctors and nurses as well as the power of hands folded in prayer are all part of physical healing

Almighty God, we pray that for all those who have come to received your blessing that they may be comforted in their suffering and made whole. When they are afraid, give them courage; when they feel weak, grant them your strength; when they are troubled, grant them peace; when they feel lost, offer them hope; when they are alone, move us to their side. In the name of Jesus Christ we pray. **Amen.**

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NEW BEGINNINGS

Mark 2:1-12 (NCV)

A few days later, when Jesus came back to Capernaum, the news spread that he was at home.² Many people gathered together so that there was no room in the house, not even outside the door. And Jesus was teaching them God's message.³ Four people came, carrying a paralyzed man.⁴ Since they could not get to Jesus because of the crowd, they dug a hole in the roof right above where he was speaking. When they got through, they lowered the mat with the paralyzed man on it. ⁵ When Jesus saw the faith of these people, he said to the paralyzed man, "Young man, your sins are forgiven."

Some of the teachers of the law were sitting there, thinking to themselves, "Why does this man say things like that? He is speaking as if he were God. Only God can forgive sins."

⁸ Jesus knew immediately what these teachers of the law were thinking. So he said to them, "Why are you thinking these things? ⁹ Which is easier: to tell this paralyzed man, 'Your sins are forgiven,' or to tell him, 'Stand up. Take your mat and walk'? ¹⁰ But I will prove to you that the Son of Man has authority on earth to forgive sins." So Jesus said to the paralyzed man, ¹¹ "I tell you, stand up, take your mat, and go home." ¹² Immediately the paralyzed man stood up, took his mat, and walked out while everyone was watching him.

The people were amazed and praised God. They said, "We have never seen anything like this!"

A People Place

If this is not a place where tears are understood
Where can I go to cry?

If this is not a place where my questions can be asked
Where can I go to seek?

If this is not a place where my heart cries can be heard
Where can I go to speak?

If this is not a place where I can try, fail, and then try again,
Where do I go to learn and grow?

If this is not a place where my spirit can take wing
Where do I go to fly?

Keep in mind that our community is not composed of those who are already saints, but of those who are trying to become saints. Therefore let us be extremely patient with each other's faults and failures. Mother Teresa

All healing is first a healing of the heart. -- Carl Townsend

Although the world is full of suffering, it is also full of the overcoming of it. -- Helen Keller

Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead, forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future. -- Lewis B. Smedes

Healing yourself is connected with healing others.-- Yoko Ono

The practice of forgiveness is our most important contribution to the healing of the world. -- Marianne Williamson

To heal from the inside out is the key. -- Wynonna Judd

We are all broken and wounded in this world. Some choose to grow strong at the broken places." Harold J. Duarte-Bernhardt

Healing does not mean going back to the way things were before, but rather allowing what is now to move us closer to God. **Ram Dass**

Without a sense of caring, there can be no sense of community." -A D'Angelo

Perhaps what some of our congregations need is to be interrupted by human need to remind us what we are about. In the minds of the many 'paralytics' of need in our societies: what do we have to do to be heard? **Unroof the churches!"**

"How many of our congregations are "paralyzed"? Unable to move? Stagnant? Stuck? What keeps them that way? What would it take for them to know and believe that the power and authority of God is in their midst? What is the mat that they live on? their comfortable place to stay? that carries them? that they think they need? What would it take for them to get off the mat and carry it?"

During the 1930's in Germany, theologian Karl Barth said, "When the church bells ring and call the villagers to worship, they come with one question on their hearts. The question: "Is it true?"

These days in America, however, if anybody comes to church with a question, the question is more likely to be, "What's in it for me?" Some of the fastest growing churches in America are designed like shopping malls with a different boutique for a different taste. As they hold multiple worship services on

the weekend, they target different appetites. There will be a contemporary service, a contemporary-lite service, a traditional service, an ethnic music service, and so on and so forth.

When we worship in the name of Jesus, we take part in his story. We reclaim what the world out there wants to take away from us.