

## HOW DO YOU TAKE A STEP OF FAITH?

### 1. I Admit I Need Help

- 1 John 1:9, NIV – (9) *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*
- James 5:16, NIV – (16) *Therefore confess your sins to each other and pray for each other so that you may be healed.*
- Why does God want us to confess to another person?
  - i. So we stop pretending and performing for others, and instead admit that we've got a problem too
  - ii. So we can discover that we're not alone, that other people struggle also
  - iii. So we become accountable to do something about it
  - iv. So that we can overcome our pride, and receive God's grace for healing [James 4:6, NASB – (6) ... *God is opposed to the proud, but gives grace to the humble.*]
  - v. So that we have prayer support

### 2. I Trust In Christ To Help Me

- Romans 15:13, NIV – (13) *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

### 3. I Do What He Tells Me To Do

- 1 Samuel 15:22, NIV – (22) ... *To obey is better than sacrifice*

## TO BE HEALED

- God's Part:
  - He wants to **calm your fears.**
  - He wants to **confront your faults and failures.**
  - He wants to **challenge your faith.**
- Your Part:
  - You've got to **admit that you need help.**
  - You've got to **trust Christ to help you.**
  - You've got to **do what He tells you to do.**

## S.H.E.A.R. FORCE

### Part 3 – The Healing Church – Part 1

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## INTRODUCTION – SHEAR FORCE

- Salvation, healing, equipping, activation, and release
- In order to develop people into fully devoted followers of Christ, we need to: save the lost, heal the saved, equip the healed, activate the equipped, and release the activated
- SHEAR FORCE (physics) is an internal force in an object, caused by an external force acting perpendicular to the object, which tends to cause the material to change shape.
- God is the external force in our lives, who wants to come inside of us through the Holy Spirit, to work against our own tendencies, and cause us to change.

## GOD WANTS TO HEAL

### 1. God's Desire Becomes Our Responsibility

- Psalm 147:3, NIV – *“He heals the brokenhearted and binds up their wounds.”*
- God's desire become our responsibility, because God works through us, His people.

### 2. Bad News: Broken And Wounded

### 3. Good News: Healing And Binding Up

- He heals the brokenness of our past, and binds up the wounds of our past, so we can live in the present, and have hope for the future.
- If you live in the past, your present is paralyzed, and your future is neutralized.

#### 4. Jesus Healed According To A Pattern

- a) Jesus encouraged the person.
- b) Jesus helped them to see the *real* problem.
- c) Jesus asked the person to take a step of faith.

#### HOW JESUS HEALS PEOPLE (Matthew 9, Mark 2, Luke 5)

##### 1. He Calms My Fears

- a) Background
  - Matthew 9:2a, NCV – “Some people brought to Jesus a man who was paralyzed and lying on a mat.
- b) The Paralyzed Man’s Feelings
  - i. Helpless?
  - ii. Embarrassed?
  - iii. Fearful?
- c) Jesus’ Encouragement
  - Matthew 9:2b, NCV – “When Jesus saw the faith of these people, he said to the paralyzed man, ‘Be encouraged, son.’”
- d) Jesus Understands
  - Hebrews 4:15, NCV – “[Jesus] is able to understand our weaknesses. When he lived on earth, he was tempted in every way that we are, but he did not sin.”
- e) Jesus Cares

##### 2. He Confronts My Faults And My Failures

- a) Jesus Wants To Deal With The Real Problem
- b) Jesus Ministers To The Root Issue
  - Luke 5:20, NIV – “[Then] Jesus said, “Friend, your sins are forgiven.”

- c) Jesus Doesn’t Minimize Or Maximize Guilt – He Eliminates It!

##### 3. He Challenges My Faith

- a) Jesus Asks For The Impossible!
  - Matthew 9:6-7, NIV – “Then Jesus said to the paralytic, ‘Get up, take your mat and go home.’ And the man got up and went home.
  - You will never receive your full healing unless you let Jesus challenge your faith.
- b) “According To Your Faith – Your Faith Has Healed You”
  - Matthew 9:29, NIV – “Then [Jesus] touched their eyes and said, “According to your faith will it be done to you”.
  - Mark 10:52, NIV – “Go,” said Jesus, “your faith has healed you.”
  - Faith is something that you do
- c) God Works With Our Faith As We Step Out
  - When God asks you to do something that's impossible, He then gives you the strength to do it
  - God gives you the strength to do it, not when you make the decision to do it, but as you take the step to do it.
  - Not before I take the step of faith, but as I take the step of faith.
- d) Where Are You Paralyzed?
- e) Don’t Just Desire Healing – Take A Step Of Faith