

## **And I Will Give You Rest**

Man's every misery arises from the heart. All blessings also come from the state of man's heart and mind. In fact, all who are in Christ have no reason not to receive complete psychological peace and freedom. A saint's psychological miseries all come from psychological wounds which have not been healed. The beginning of psychological healing lies in our death and resurrection together with Christ. The completion of psychological healing lies in our enjoyment of Christ's promises in everyday life.

### **1. All psychological illnesses are related to spiritual problems, and all are originated from deeply rooted causes**

- 1) Received all kinds of disturbing hints and attacks from the spiritual world → unease, fear, worry
- 2) Unresolved sins in the heart → guilt, condemning and passing of judgment, excuses, shifting of responsibility
- 3) Incorrect understanding of one's own life → inferiority complex, self-infliction, arrogant, excessive self-flaunting, headstrong
- 4) Incorrect understanding of human relationships → comparison, jealousy, despising, excessively seeking others' favour, worshiping man
- 5) Wounds in the heart and thoughts of being victimised → complaining, wrath, hatred, phenomenon of autism
- 6) Past experiences of failure → feelingly defeated, feelingly powerless, negative perceptions
- 7) Strong selfish motives → stubbornness, excessive achievement motivation, competitive, ambitious thoughts, over-confident
- 8) Incidents that ever have an impact on him → unusually sensitive reactions
- 9) Experiences of poverty and scarcity → greedy, stingy, squandering without control
- 10) Have been brought up with excessive love, or ill-treatment → selfish, heartless

### **2. If no healing is received, psychological miseries will continue to recur endlessly**

- 1) Provide a lot of channels for Satan; always encounter spiritual problems
- 2) Always face hindrances in communication with God
- 3) Relationship with oneself is broken; always weary and burdened
- 4) Face a lot of struggles and problems in interpersonal relationships
- 5) Often display "sudden behaviours", and always flaunt oneself excessively
- 6) Often easily discouraged, failing to get up after setbacks
- 7) Will solidify into diseases as days go by, becoming the root of mental illness

### **3. Must use "Christ's precious blood and promises" to perform surgery, to eliminate the cancer which is deeply rooted in the heart <Col 2:6-12>**

- 1) Because of our death and resurrection with Christ, we have already become new creations
- 2) Through Christ, we already knew that "our lives are exceedingly loved by God"
- 3) Through Christ's promises, we know that our tomorrows and eternal days are filled with the glory of God's Kingdom
- 4) Christ's goodwill and plans are in all the earthly living fields and conditions
- 5) Christ's Spirit is forever with us, to give us timely conviction and wisdom, and to protect and guide us

- 6) Although there are troubles in this world, but each time when we call on the name of Christ, we can surely triumph exceedingly
- 7) Now, all the problems of the past become answers and testimonies:
 

(1) Uneasiness → Prayer	(5) Weaknesses → God's Power
(2) Guilt → Thanksgiving	(6) Problems → Opportunities
(3) Inferiority → God's Plan	(7) Hardships → Important things
(4) Hurts → Answers	(8) Late fulfilment → Big Vessel

**4. After surgery, must live in Christ's promises everyday, so that psychological strength can be built up gradually <Eph 3:14-21>**

- 1) Affirm the goal and direction of your life everyday (glorify Christ, bless all peoples, establish the Kingdom)
- 2) Confirm the identity of your life, as well as use the identity of God's glorious child to ponder, judge and behave everyday
- 3) Hand over the sovereignty of your life to God completely, and centre your life on the Word of God and conviction of the Holy Spirit everyday (prayer and blessed schedule)
- 4) Affirm your determination, rejecting all negatives perspectives, and discover the reasons to give thanks and rejoice in all things everyday
- 5) When you discover the intrusion of certain psychological illnesses, do not allow the problems to perpetuate, but hold onto Christ's name to pray and overcome
- 6) Always interact with spiritual Christians, praying for one another, complementing each other
- 7) Always share the gospel and testify, and help those who are weak, so that our lives can receive swifter and deeper healing

**5. One who receives true psychological healing can enjoy the blessings of the era <Isa 60:1-5>**

- 1) Regardless of time and place, will enjoy the power of peace and freedom that comes from heaven
- 2) The greater the problem, the greater the appearance of God's power. Moreover, important things will follow
- 3) In the process of being healed, will receive many answers and answered prayers
- 4) Doors of evangelism open naturally, and the power of the gospel appears immeasurably
- 5) Those who continue to come in contact with him also gradually receive healing and restore God's power
- 6) Through the blessing of meetings, many disciples are gathered, and the ministry of nurturing disciples is raised up
- 7) Boundaries continue to expand, and God's ministries flourish increasingly