



Plaza del Encuentro

Do you want to be healed? John 5:1-9

Esly Regina Carvalho



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1. What is your “sickness”?

- What has you emotionally “paralyzed”?
- The human heart can be hurt by emotional “splinters”...
- If not treated, they will get “infected” and create emotional sores.



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“Splinters” in the heart...

- Experiences with the family of origin
- Experiences with school and friends
- Situations of sexual, physical and verbal abuse, domestic violence, alcoholism, abandonment, etc..



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2. What is your excuse?

- All he had to do was say “yes” ... but he offered an excuse for not getting healed.
- There are many excuses because healing has an emotional price tag.



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Common excuses...

- “I’m scared. It’s too scary to go back there and deal with this.”
- “Me? Forgive? But *I’m* the victim!”
- “Forget? Are you nuts?”
- “I want revenge!”
- “I’m afraid of failing/being ridiculed if I try something new.”



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3. What is your response?

- The young rich ruler said no because he loved the way he lived more than healing and holiness.
- The desperate father said, “I believe! Help Thou my unbelief!”



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Steps to healing...

- Admit that you have been hurt and that there is a splinter in your heart.
- Identify what that splinter is.
- Ask God to do whatever it takes to get healed.
- Share your broken places with one other human being that you absolutely trust.



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More steps to healing...

- Forgive those who have hurt you.
- Decide to live in a new relationship with your past, present and future.
- Give yourself time to convalesce and recover.
- Spend time with God.



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