

My Father's House

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Healing Principles

1. Christ has come primarily to heal. He comes to restore a broken humanity, to make whole and holy men and women in whole relationships. He comes primarily to heal us spiritually, physically, emotionally and relationally.
2. The Church exists to continue across time and space the redemptive, healing, evangelizing and sanctifying mission of Jesus. The Church is His Mystical Body. The members of the Church are His hands, His eyes, His feet and His lips.
3. Sacraments. Each sacrament is a healing sacrament. Through the waters of *Baptism*, we are healed of all sin and division and initiated into the one family of God. Even sick children have been healed by being baptized. Confirmation is a sacrament of healing. It strengthens our weaknesses and confirms people in prayer, in love, in unity and in service.

The *Eucharist* is the most powerful healing sacrament. At every Mass, each Catholic in receiving the body and blood of Christ says, "Say but the word and I shall be healed." Eucharistic Adoration is a powerful healing experience, as well.

Reconciliation is another powerful healing sacrament. Every time we go to confession, we experience three miracles of healing. First, we are healed of all guilt and sin through the blood of Jesus sacramentally conferred through his priests. Second, we are healed of bitterness, anger and unforgiveness as we forgive those who have hurt us. Third, we are given the awesome power to totally forgive ourselves and to be open to the joy, peace and love that the Spirit brings us.

Matrimony is a healing sacrament because of the healing power of human and divine love. Loneliness, poor self-image, alienation, and lack of affirmation can be powerfully healed within marriage and family life, especially as couples pray over one another.

Anointing of the Sick is the healing sacrament that speaks for itself. When someone is sick, we are encouraged to ask a priest to come to hear the person's confession, to anoint them with oil and to pray over them for healing.

The Ten Commandments of Healing

1. Believe that God generally wants all of us healed spiritually, emotionally and physically.
2. Receive the sacraments as often as possible to be healed.
3. Pray for the sick as often as possible.
4. Trust in the love of Jesus to heal our sicknesses.
5. Lay hands on the sick person when reasonably possible.

6. Surrender your life into the hands of Jesus.
7. Forgive all those who have hurt you or harmed you in any way, even praying for them.
8. Believe in the words of Jesus regardless of what seems to be happening.
9. Praise and thanks Jesus for His love as often as possible.
10. Realize that you, personally, are His hands, His eyes, His lips, His heart to reach out and heal.

Powerful Healing Principles

1. Let Go and Let God
2. Turn off the bad news and turn on the good news.
3. The Holy Spirit can and will do within you what you cannot do yourself.
4. Faith heals worry and fear.
5. Hope heals depression and failure.
6. Love heals loneliness, rejection and a poor self-image.
7. Forgiveness heals guilt and sin, and the giving of forgiveness heals bitterness, hatred and unforgiveness.
8. Every Mass is a healing Mass.
9. Every confession is a healing encounter with the merciful Christ.
10. Eating highly nutritional food, proper exercise and proper diet is a powerful tool in healing our bodies.
11. The power of affirming love is extraordinary.
12. Meaningful, open and loving relationships can heal much brokenness.