

Instruments of Healing



A Biblical Field Guide to Sickness,
Suffering, and Recovery

“...our hearts break watching the sickness we have in church; I could barely see the Lord’s supper on Sunday through tears, with my eyes on X.”

The Weight of Suffering

We are all either sick, in pain, or know someone who is. This guide serves a dual purpose:

1. To understand biblical insights on divine healing.
2. To learn how to do something positive to help hurting people.



Becoming Instruments of Healing

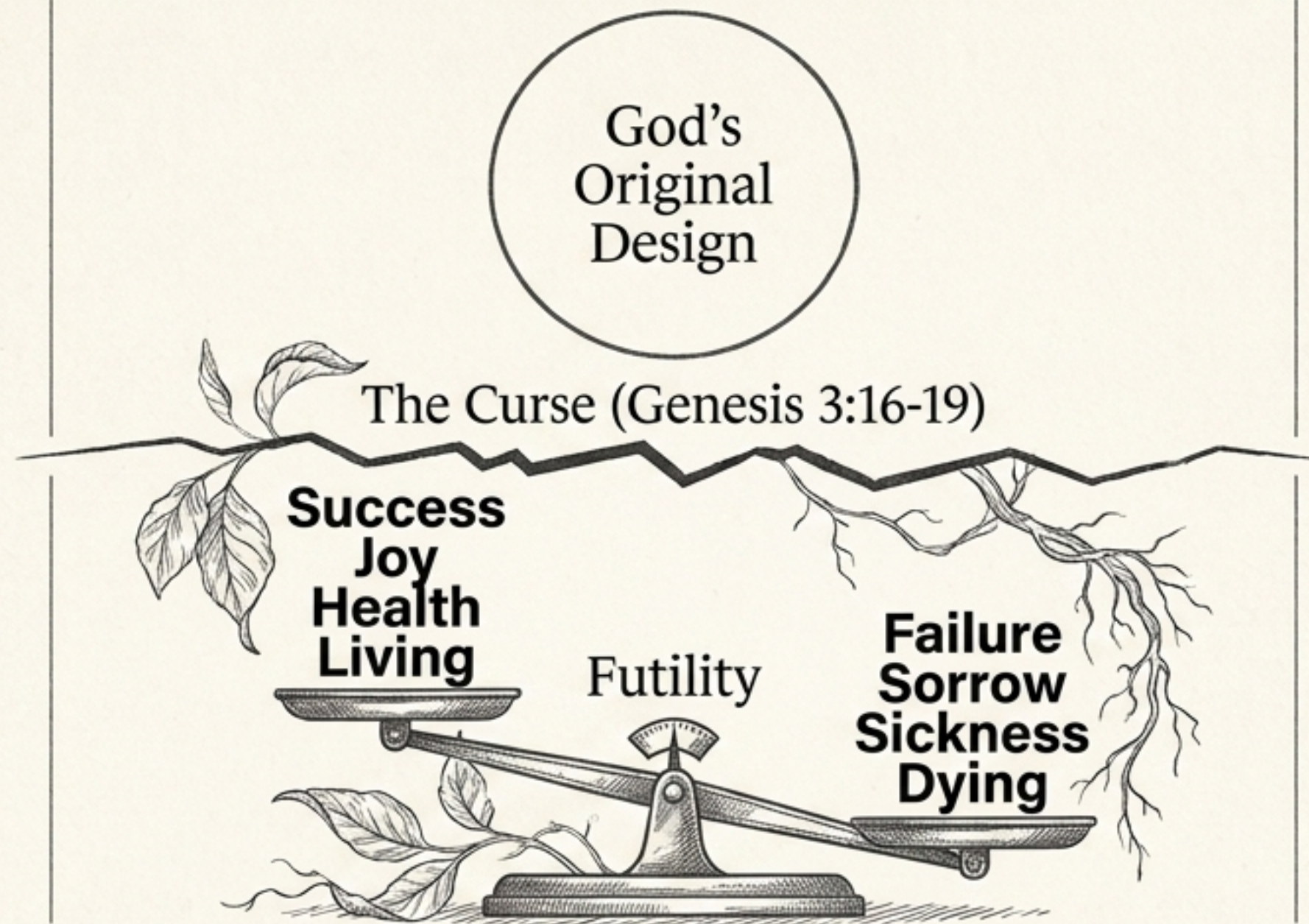
Part 1: Theology

What to Believe.
Exploring the
cosmic timeline
of the curse,
the cross, and
the coming
restoration.

Part 2: Practice

What to Do.
Practical,
gentle, and
non-intimidating
guidelines for
everyday
ministry.

The Doctrine of the Groan



Sickness is not a natural process; it is a spiritual consequence. When creation rebelled, it was subjected to futility—meaning life no longer functions as originally designed.

“For we know that the whole creation has been groaning together with labor pains until now.” — Romans 8:22

God Steps Into the Groan

Matthew 4:23-24

Reversal. Jesus steps into the futility, healing diseases, casting out demons, and actively taking authority over the groan locally.



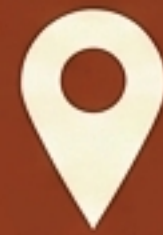
Exodus 15:26

Identity. God reveals Himself to Israel directly: "The Lord who heals you."

Galatians 3:13 & Isaiah 53:4-5

The Seal. On the cross, Jesus absorbs the curse globally. "He himself bore our sicknesses, and he carried our pains... we are healed by his wounds."

If healing is a reality,
why are we still sick,
suffering, and dying?



The Cross

Navigating the space between the
First and Second Coming of Jesus.

The Return

The Already / Not Yet Matrix

	The Already (Present Age)	The Not Yet (New Creation)
Availability	Available, but episodically applied.	Universally and permanently applied.
Current Reality	We still experience sickness, pain, and death. Sometimes Jesus intervenes to heal now.	God wipes away every tear. Death, grief, crying, and pain are no more (Rev 21:4).
Mechanism	Through the Holy Spirit empowering the Church and medical science.	Total, immediate restoration through the presence of God.



The Ultimate Guarantee

The already, not yet era will end. Complete, universal healing is waiting in the new creation.

“The tree of life was on each side of the river... The leaves of the tree are for healing the nations, and there will no longer be any curse.” — Revelation 22:1-3

Part 1: Theology

Part 2: Practice

Moving from Belief to Action
How can we become active instruments of healing for a sick or suffering friend today?

A Holistic Approach to Recovery

God is the ultimate author of all healing. When supporting a loved one, point them to all the ways God provides restoration today—rejecting the divide between science and faith.

The Avenues of Present Healing

Biological

Diet, physical exercise, and bodily stewardship.

Medical

Doctors, medical professionals, treatments, and pharmaceuticals.

God the Healer

Spiritual

Prayer, laying on of hands, and divine intervention



Rule #1: Under-Promise and Over-Deliver

- Acknowledge Presence: Remind them that God is good, loving, and actively with us in our pain.
- Manage Expectations: Clearly state that while God absolutely heals today, immediate physical healing is not guaranteed in our current era.
- Point to Grace: Focus on the certainty of God's comfort rather than guaranteeing a specific medical outcome.

Rule #2: The Anatomy of Gentle Prayer

Low Volume:
Keep it gentle.
There is no need
to shout or use a
special voice.

Specific Focus:
Ask for exact
physical or
emotional relief.

Lord, you are our healer; please
touch [Name] with your healing
power in the Name of Jesus.
Thank you for hearing this prayer
and for your constant love.

Delegated
Authority: You are
the instrument; He
is the power.

Gratitude: End by
affirming God's
constant care,
regardless of the
immediate outcome.

Rule #3: Utilize Church Structure

You are an instrument, but you are not the entire orchestra. Utilize leadership support when the burden is heavy.

Step 1: Compassion

You discover a friend is sick or suffering. Step out of your comfort zone.

Step 2: Gentle Intervention

You offer and execute the gentle prayer framework.

Step 3: Escalation (James 5:13-15)

For severe or prolonged situations, rely on the broader church body. Bring your friend to the Elders for anointing with oil and targeted healing prayer.

Step Out of the Comfort Zone

All it takes to be an instrument of healing is compassion and prayer. The next time you have a sick friend, offer to pray.

If you are sick or suffering today, please come forward for prayer after the blessing.