

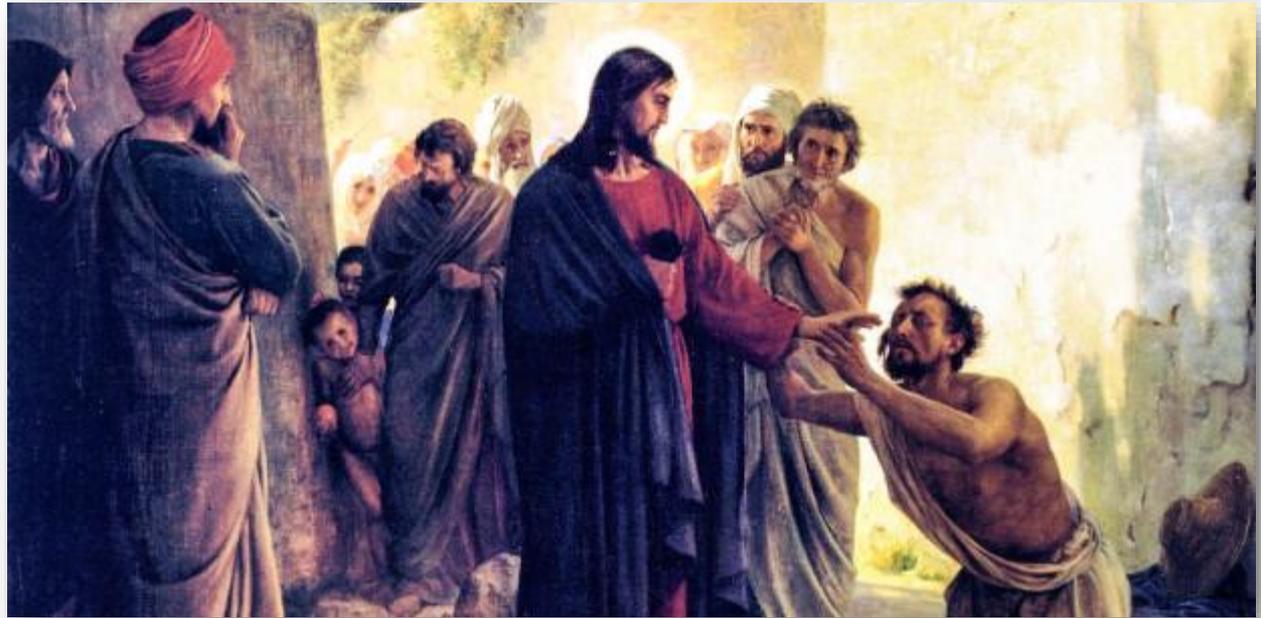


**“Do you
want to
be made
well?”**

John 5:6



Yes... How?



The Convictions of Healing

I. The Realization

- Being aware of my illness and what it leads me to: “...and I perish with hunger” *Luke 15:17*
- Knowing how much I am indebted and how unworthy I am of God’s mercy and grace



II. The Ownership

- The problem is with me, my way of thinking, my uncontrolled thoughts, my impulses, my rejection of the leadership of the Spirit of God in my life
- Freeing the other of the responsibility. He/she only manifests my weakness but doesn't cause it

You are not a failure until you start blaming others for your mistakes.

John Wooden



III. “Without Me, you can do nothing”

- It is only when Grace sides with me, then I can taste victory.
- This only happens by prayers, humbling myself with fastings and metanias, and by partaking of the Eucharist regularly with true repentance



IV. The responsibility is for the struggle ⁽¹⁾

- I am only responsible for the struggle not for the victory; for taking the medicine, not for the recovery.
- “It shall come to pass in the day the LORD gives you rest from your sorrow, and from your fear and the hard bondage in which you were made to serve” *Isaiah 14:3*



IV. The responsibility is for the struggle ⁽²⁾

- If I can find an excuse for my illness, what can I say to justify not using the medicine?



V. Avoiding the Cause

- The struggle should not be only against the end, but also to avoid the path that leads to this end.
- Defining the pattern of the fall and the usual causes behind the fall



VI. Removing the reasons that obstruct the work of Grace

- Judging others
- Anger
- Lack of forgiveness
- Stubbornness and rebellion
- Injustice



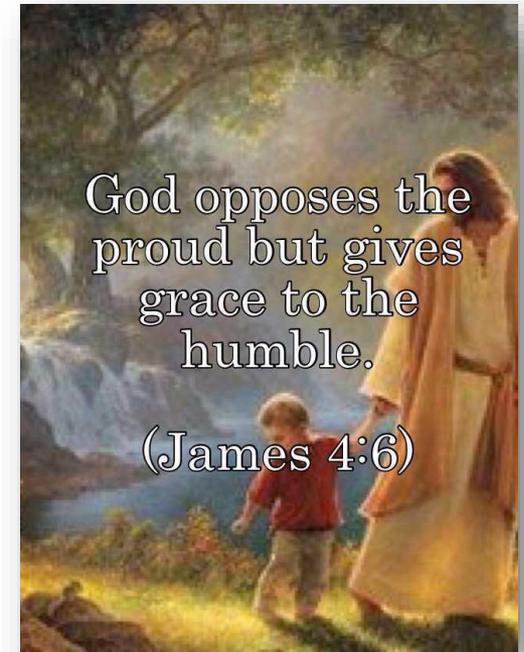
VII. “Not to lean on your own understanding”

- Not to walk without a spiritual guide
- Avoiding “felt like...”, “punished myself...”, “thought it is...”, etc.
- Revealing my thoughts in confessions
- Guided by the marks of the sheep



VIII. Struggling for true humility

- God gives grace to the humble
- Confession and its role in humbling my soul
- The people of Nineveh and sitting in sackcloth and ashes
- “Accept everything that will happen to you” *Sirach 2:4*



IX. It is “Now”...

- “And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed” *Romans 13:11*
- “Today, if you will hear His voice, Do not harden your hearts”
Hebrews 3:15



X. The Firm Hope

- “Do not rejoice over me, my enemy; when I fall, I will arise”

Micah 7:8

- “For a righteous *man* may fall seven times and rise again”

Proverbs 24:16

