

Outline Notes for Discussion
on
The Article
Take Heart: A Christian Approach to Healing
by
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Lyn Breck, RN, CAC II, LPC spent 20 years in the nursing and 24 years as a psychotherapist. She has taught applied spirituality and supervised pastoral theology internships in Orthodox seminaries. In 1993 she co-founded Orthodox Women in Healing Ministries. For 11 years, with her husband Fr. John Breck, she directed a retreat house for clergy and clergy families in South Carolina/

- **“Take heart, have no fear. It is I.” (Matthew 14:22-33)**
Jesus says to Peter ... “Come”
Peter, just being human (JBH) says”Lord save me”
Jesus then says ... “Of little faith, why did you doubt?”

- We need to be fed before we can feed others

- **Five basic Rules of God in Scripture - 1) God is the Lord**
2) You are not God

- Healing needs cover our: Hearts; Minds; Emotions; Relations; and Past Difficulties

- Christ heals in the Gospel – The Blind Man - (Bartimaeus – (Mark 10: 46-52)
The Paralytic - (Matthew 9: 1-8)
Woman with the flow of blood – (Luke 8:44)
St. Paul –blinded; then eyes opened and Ananias baptizes (Acts 9)

Lyn’s prayer of Desire

“Lord Jesus Christ reveal to me who I am in your sight. And reveal to me who you truly are. Amen

This prayer connects for a true image of Christ and the Love of Christ so important for our image.

Christian healing requires that WE CHANGE. Created in God’s image and our honor is to reflect it faithfully.

Adam and Eve chose knowledge over trust in God

We are “DP’s” wounded and in need of healing

Fortunately, God did not abandon us – He sent his Son, Jesus, to reconcile us and make us co-workers in the process of salvation in the world.

Our church is a healing church through a variety of what she calls “Threads” listed on page 6.

Some of our illnesses come from keeping secrets. The area of addictions has imploded our society and our church communities.

Addictions range from:

alcoholism; drugs; sexual; gambling; religiosity (including phariseeism, workaholism, and love addiction)

- **The Hallmark of addiction is – DENIAL**
- **Recovery is to become the image we were created for by:
Embrace the truth & Ask forgiveness**

Christ has told us:

- He will make all things new
- He will not leave us as orphans (John 14)
- He will send us the Holy Spirit to guide you in all things (John 16)

Metropolitan Anthony Bloom – each one of us is like a wounded icon that needs to be treated with tenderness and reverence, honoring what remains of its beauty rather than what has been lost.

Dorothy Day – “when you love people, you see all the Christ in them.”

Much of healing is about truth telling.

Hospitality is not necessarily a meal. It can be the heartfelt welcoming of a person behaving in a way that conveys the message “you are important to me.”

- **Healing activities include:**
We can listen.
We each have story.
We can engage in common goals, work, and ministry.
We can live in a Christian community
We can pray for one another

- **“Take heart, have no fear, it is I.”**

Take the risk to encounter the Holy One, the Son of God, to be in His presence.

Get out of your comfort zoneGet out of your boat.....Pray the Jesus prayer.....

Acknowledge Him as truly the Son of God, The Savior, And The Anointed One

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