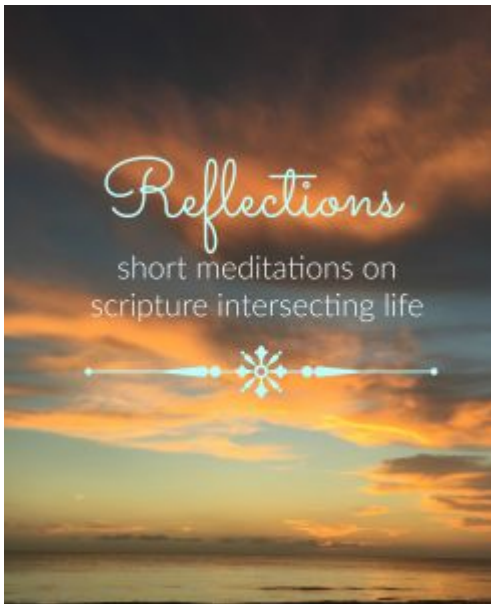


Reflections #22: The Faith of Miracles



Then they came to Him, bringing a paralytic who was carried by four men. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. When Jesus saw their faith, He said to the paralytic, 'Son, your sins are forgiven you.' Mark 2:3-5

The healing of the paralytic man is an incredible story. Jesus is in Capernaum, where so many healings happened. Not coincidentally, the people in this region had a strong faith. That realization made me stop and ask myself this question:

[Do I have a faith that allows miracles to grow and blossom, or is mine a stunted, puny faith where the seeds of miracles wither and die?](#)



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What is God wanting to do in my life, but He is waiting on my faith to grow up and catch up?

Perhaps you've wondered this same thing. Finish listening to this 5-minute meditation by clicking on the arrow below, or [subscribe to our podcast on iTunes](#). If you like it, we'd appreciate if you'd leave us a review.

Thanks for listening. May your soul's meditation be fuel for Spirit-led actions today!

Jane

Short & Sweet: Trust and Relax



For this reason I also suffer these things, but I am not ashamed; for I know whom I have believed and I am convinced that He is able to guard what I have entrusted to Him until that day.

2 Timothy 1:12

“Just relax through the pain.”

“Relax through the pain?” I thought to myself, “what an oxymoron. Who can relax through pain?”

I was suffering from something called a frozen shoulder. It happened one day when I was at recess with my students. Why I thought I had to do a cartwheel at the young age of 50 was beyond me. But I did it, and I stuck the landing.

However, I paid the price.

Now I could barely put my arm behind my back, or lift it above a 30-degree angle. I had been to the doctor several times, but

I was making very little progress.

During the course of this inconvenient injury, I was attending a conference at a posh hotel in South Carolina. That's when I met Michael—an angel who disguises himself as a massage therapist. I scheduled a massage.

Michael greeted me for my appointment and as protocol dictates, asked me the usual pre-massage questions. I saw a spark of interest ignite in his eyes when I told him I was there not to relax, but to seek healing for my injured arm. This was not just a typical bored pampered housewife appointment—I needed real help.

[There is no progress without pain.](#)



[Tweet This](#)

As he began to go deep into the injured arm, Michael said, “Just relax through the pain.” I turned over this comment over in my mind. *Relax through the pain.* How do these concepts mesh? Is it possible to hurt yet rest? How does a person relax in pain? Michael worked as I breathed in and out.

**Mind wandering. Muscles releasing.
Stress draining.**

Suddenly, I realized to my astonishment, I was relaxing through the pain. Why? How? One word—*trust*. I trusted Michael. He knew when to stop. He knew how to probe the injury to a depth that brought healing not harm. I did not have to protect myself because he was protecting me. But he didn't protect me

out of my healing. I could relax and let him work because I trusted him.

Same thing with God.

He asks us to trust him through the pain; to give our wounds into His healing hands and let Him go deep. He knows when to stop, and when we've had enough. Left on our own, we would protect ourselves right out of our healing. But God knows how to heal, not harm. We can relax and let Him work because He is trustworthy. Healing wrapped in pain. A salve of wholeness and hurt. Buried pain exposed, cut away and removed.

Pain then healing. Hurt then wholeness.

We can relax through the pain of life because we are safe in His hands.

Trust in Him.

Action Points:

- 1. What are you holding back?** Is there a painful situation you need to turn over to God? Take a step of trust and tell Him as best as you know how at this moment, you are giving this hurt to Him to heal.
- 2. Envision yourself completely healed.** What would be different? What would you finally dare to do because you are completely healed?
- 3. Take the first step.** What is your first step? A move? A career change? The end of a relationship? Letting go of decades old guilt or shame? The first step can be scary but also very freeing and empowering!
- 4. Seek the help you need.** Counselor, pastor, doctor, mentor— whatever it takes, do it!
- 5. Cover everything in prayer.** Ask God to give you His best

and open wide your arms to receive it.

Life is sweet! Trust and relax.

Mary Kane

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i pray: trust



bring the sacred into your
everyday

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short podcasts to bring the sacred into your everyday

*Do you only have a few minutes for prayer today? You're in the right place! Try one of our new **i pray podcasts**. A few minutes is all you need to pray God's word into any situation by interceding for friends, family, and yourself.*

Show Notes

Today we are praying about trust. Perhaps like me, you may sometimes have a problem fully trusting God because of current or past hurts and troubles. You're afraid of being hurt again. And, when we're honest, we wonder why God allowed these things to happen in the first place.

This world is a beautiful, messed up place, and both beauty and evil spill over into our lives. Let's use scripture to help us pray through our brokenness and healing – and our place in God's plan to redeem the world.

Today we're going to pray through two scriptures:

- Psalm 9:8-10
- John 16:33

To pray with us, just click on the arrow below. Feel free to leave a comment or your own prayer as you process the issue of trusting God.

Jane

i pray: broken hearts



i pray

short podcasts to bring the sacred into your everyday

*Do you only have a few minutes for prayer today? You're in the right place! Try one of our new **i pray podcasts**. A few minutes is all you need to pray God's word into any situation by interceding for friends, family, and yourself.*

Today we're praying about **broken hearts**. While our emotions may betray us, we can't always see the state of a person's heart. Many of us, however, are walking around with broken hearts due to divorce, estrangement, a tragedy, the death of a loved one, or failed relationships. Whether you're suffering or someone you love is, join Only By Prayer today in praying for the brokenhearted. God *can* bring about healing. We will be using Psalm 34:18 and Psalm 147:3 to pray.

<http://onlybyprayer.com/wp-content/uploads/2016/02/ipraybrokenhearts.m4a>

The 12 Days of Thanks Giving: Day 5, Restoration



Day 5: Restoration

"Return to the stronghold, you prisoners of hope, even today I declare, *that* I will restore double to you." Zechariah 9: 12

Restoration: [res-tuh-rey-shuh n] noun

1. a putting back into a former position, dignity, etc.
2. something that is restored, as by renovating.
3. the act of restoring; renewal, revival, or reestablishment. the replacement or giving back of something lost, stolen, etc.

The Garden of Eden. A place of joy, fellowship, righteousness and purity. Man gave away the blessing of Eden by believing a lie of Satan. God waits to restore His blessing to man when he believes the truth of the Gospel. The Enemy comes to kill, steal, and destroy. **But God** comes to replace, renew, revive, rebuild, re-purpose, recycle and restore. But wait- not just restore, check the verse above—restore **double**. The Hebrew word for **restoration** is *shuwb*, which means *to return, to go back, to turn away from sin, to turn back to God*. Restoration only comes through God and the power of His Word. According to the definition, our responsibility is to turn from sin, and turn to God. Speak His Word into your broken places, and let the restoration begin.

Pray For Restoration

Restoration for Relationships: Dearest Father, because of our sin, we have many broken, damaged **relationships**. First and foremost is our relationship with You. Thank You that by accepting Jesus' death on the cross, our relationship with You is **restored**. We pray for Your healing in strained relationships with our spouses, parents, friends, coworkers, in-laws and siblings. Your specialty, Lord, is bringing dead things to life. Please restore our relationships. We give

thanks for Your goodness and healing. In Jesus' Name, Amen.

Restoration for Hearts: Father, we give thanks that You provide restoration for broken **hearts**. Our hearts have been shattered because of our choices, the choices of others, sickness, death, and job loss. Your Word promises that You use ALL things for our good. Please **restore** our hearts to health so they will beat only for You. We thank You, Father. Amen.

Restoration for Minds: Heavenly Father, we thank You for healing of our minds. Help us to think correctly so we may act correctly. Our minds have been influenced and damaged by lies we have been exposed to by the Enemy and by our own choices. Please **restore** our minds so we will love You with all our hearts, souls and minds. Thank You that You have given us **sound minds**. May the words of our mouths and the meditations of our minds be pleasing in Your sight, oh God, our Rock and our Redeemer.

More Restoration

Prayer of Restoration a specific prayer by Mary Kane

Scriptures for a Sound Mind an article by Joyce Meyer

My Peace I Give You Part 2 a blog post by Jane Vanosdol

Comment

Please leave a comment below in the **Speak Your Mind** section on what God teaches you today about **restoration**.

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