

# Spiritual Healing: Anabaptist Edition

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## 1 Disclaimer

This pamphlet offers insights on spiritual healing through an Anabaptist perspective. Just like the Berean Jews in Acts 17:11 who checked the Scriptures to verify teachings, we invite you to do the same. Remember, Romans 14:5 says to be convinced in your own mind. So take what resonates with you and, as advised in Proverbs 4:7, aim to get wisdom and understanding. For what doesn't click, 1 Thessalonians 5:21 reminds us to 'Test everything; hold fast what is good. Leave the rest peacefully behind.

## 2 Welcome to the Path of Spiritual Healing: An Anabaptist Perspective

In our often chaotic and uncertain world, we might find ourselves seeking solace, guidance, and healing from within. If you're feeling the weight of the world, physical illness, or emotional pain, you are not alone. The Bible has provided us with a roadmap to spiritual healing and a deeper connection with our Creator. As followers of Jesus Christ, we are called to lead lives filled with love, compassion, honesty, and faithfulness, recognizing the divine in each of us.

This guide seeks to illuminate an Anabaptist perspective on spiritual healing - a journey towards wellness that deeply intertwines our faith, prayer, divine guidance, and the support of our community. It leans heavily on the teachings of the Bible, which reminds us that as we draw closer to God, we become healthier, and as we distance ourselves, we may experience illness or face calamities.

"Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul." (3 John 1:2)

Herein, we'll explore how aspects of our lives like our fears, repressions, relationships, and communication styles could be influenced by our spiritual health. Through the wisdom of scripture, we aim to provide comfort, guidance, and tools that can assist you on this spiritual jour-

ney. Remember, you are loved, you are worthy, and you are a unique expression of God's creation.

May this guide serve as a comforting presence and a resource for you on your journey to spiritual healing. May God's peace, love, and wisdom guide us all.

## 3 Learning Through Disease: A Divine Message

Navigating life's journey, we sometimes stray from God, falling into habits that distance us spiritually. When this happens, God uses various means to guide us back, and one method can be through disease. The Bible shows us that our physical health often reflects our spiritual health. As Proverbs 14:30 notes, inner peace nourishes the body, while negative emotions can harm us.

Disease can thus serve as a wakeup call for us to reconsider our actions and realign with God's teachings. As Apostle Paul wrote in 1 Corinthians 11:30-32, suffering can be a form of divine discipline to prevent our ultimate condemnation. This does not mean every disease is a result of sin as in the book of Job it serves a higher purpose but it is an invitation for self-reflection and spiritual growth.

In trials, we can find spiritual transformation and deepen our faith as encouraged in James 1:2-4. Every challenge, including disease, is an opportunity for spiritual growth, a gift from God. Romans 8:28 reminds us of God's promise that all things, even disease, can work for the good of those who love Him and are called according to His purpose.

## 4 Addressing Root Issues: Faith, Survival, and Sexuality

Life's challenges often spring from basic survival fears and issues related to sexuality. These primal forces drive much of our behavior and

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when they are out of balance, it can lead to physical and spiritual dis-ease. In Anabaptist thought, faith provides a firm foundation to confront these fears and live a balanced life.

Survival concerns often revolve around fear of scarcity, whether it's scarcity of resources, love, or opportunities. It's essential to trust in God's provision in our lives. As Matthew 6:25-26 tells us, "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

As we confront our fears, we are called to "cast all your anxiety on him because he cares for you" (1 Peter 5:7). This means trusting that, whatever our circumstance, God is in control and His plans for us are for our good (Jeremiah 29:11).

Sexuality, too, is an integral part of our being, created by God. It's crucial that we approach this aspect of our lives with reverence and respect. The Bible calls for a pure heart and a healthy expression of sexuality within the bounds of a committed relationship (Hebrews 13:4). But it also cautions against repression, which can lead to harm.

In Song of Solomon, we see a celebration of mutual, consensual pleasure within the confines of love and commitment. The entire book is an affirmation of healthy sexuality within the context of a loving relationship.

Remember, faith in God and in His good plans for us can guide us through the difficulties that arise from survival and sexual issues. By trusting God, we can face these fears with a calm heart, knowing that "all is well and all will be well." For in Romans 8:28, we are assured, "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

## **5 Harmonious Relationships: Recognizing the Divine in Self and Others**

In the context of Anabaptist beliefs, relationships are central to our faith journey and spiritual healing. Particularly, one-on-one relationships, such as marriage or partnerships, require careful nurturing to maintain harmony and mutual respect.

An important principle to uphold in these relationships is equality and mutual submission, avoiding any dynamics that resemble dominance or subjugation. Ephesians 5:21 advises, "Submit to one another out of reverence for Christ." This

implies a relationship of mutual respect and love, far from a domination-submission dynamic.

We believe that everyone, irrespective of their status or role, embodies the divine, as stated in Genesis 1:27, "So God created mankind in his own image, in the image of God he created them; male and female he created them." This equality of worth should be reflected in our relationships, seeing and treating each other with the dignity and respect accorded to someone created in God's image.

Furthermore, we should avoid practices that dehumanize or objectify others. This is echoed in Matthew 7:12, also known as the Golden Rule, "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."

Jesus further emphasized the value of every individual in Matthew 25:40, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." This underscores that even the least among us is divine and deserving of our respect and love.

In our relationships, we must strive to foster a climate of mutual understanding, empathy, and love, recognizing the divine within each other. This recognition enhances our spiritual healing, strengthening our connections with God and each other. For "Above all, love each other deeply, because love covers over a multitude of sins" (1 Peter 4:8).

## **6 Fostering Healthy Group Dynamics: Recognizing and Respecting the Divine in Each Other**

Relationships extend beyond our one-on-one interactions and into our broader community of family, friends, and co-workers. As Anabaptists, we understand the importance of community and believe that our group relationships can also be spaces for spiritual growth and healing.

The principles that guide our one-on-one relationships apply to group relationships as well. The foundation of any group relationship must be mutual respect and equality, avoiding dynamics of domination or submission. As it says in Romans 12:10, "Be devoted to one another in love. Honor one another above yourselves."

Within the group, every person is a unique embodiment of the divine. We're reminded in 1 Corinthians 12:12-27 that each of us is a distinct part of the body of Christ, individually expressing unique aspects of the Creator, and each part is necessary for the whole.

Acknowledging the divine in each other also means practicing forgiveness, acceptance, and love. Colossians 3:13 advises us, "Bear with each other and forgive one another if any of

you has a grievance against someone. Forgive as the Lord forgave you." This forgiveness leads to peace within ourselves and our communities, promoting spiritual healing.

Learning to love and accept each other as we are is the essence of Christian community. As 1 John 4:11-12 says, "Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us."

In our group dynamics, let us seek to reflect the principles of equality, mutual respect, forgiveness, and love. By doing so, we not only foster healthier relationships but also create spaces for spiritual healing and growth.

## **7 Cultivating the Heart: Embracing Unconditional Love for All Creation**

At the core of the Anabaptist perspective on spiritual healing lies the cultivation of the heart. We're called to open ourselves to God's living water, allowing the Divine to soften and renew our hearts, transforming them from hardened stones into receptive vessels of His will.

In Ezekiel 36:26, a beautiful promise is made, "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh." This transformation becomes possible when we open ourselves to God's all-encompassing love, allowing the Living Water, as described in John 4:14, to renew us: "Whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

An open heart not only allows us to receive God's love but also awakens us to the joys and suffering of others - a deep sense of compassion. Compassion, as modeled by Jesus, extends beyond our immediate circles and even beyond humanity. Matthew 9:36 says, "When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd."

Our compassion and love must not be limited only to humans. As stewards of God's creation, our care extends to the environment, including plants and animals. Genesis 2:15 reminds us of this responsibility when it says, "The Lord God took the man and put him in the Garden of Eden to work it and take care of it." Furthermore, Psalm 24:1 declares, "The earth is the LORD's, and everything in it, the world, and all who live in it." This includes what we might consider inanimate, such as rocks and wind. All are part of God's grand creation, worthy of our respect and care.

Unconditional love is the central aspect of an open heart. It means to love without expectations, without judgment, and regardless of a person's actions or choices. It's the embodiment of Jesus' command in Matthew 5:44 to "Love your enemies and pray for those who persecute you." Jesus Himself demonstrated this unconditional love, even from the cross when He prayed, "Father, forgive them, for they do not know what they are doing" (Luke 23:34). This is the level of love we are called to embody - love without exception, even for those who cause us harm.

By cultivating our hearts and embracing this unconditional love, we can partake in profound spiritual healing, deepen our compassion, extend our care to all of God's creation, and serve as vessels of God's healing in the world.

## **8 Clear, Consistent and Honest Communication**

### **8.1 Speaking Truth in Love**

A fundamental aspect of spiritual healing and growth within the Anabaptist tradition lies in the practice of clear and honest communication. As followers of Christ, we are called to be bearers of the Truth, as Jesus himself declared, "I am the way and the truth and the life" (John 14:6). This implies a commitment to speak honestly and openly, while embodying the principles of kindness, compassion, and understanding.

Ephesians 4:15 advises us to "speak the truth in love," guiding our communication with others. This means to be forthright, but also to communicate with an attitude of love, kindness, and empathy. This approach seeks to uphold the dignity of the listener, promoting understanding and minimizing harm.

Moreover, it's essential to remember that, as followers of Jesus, we shouldn't force our teachings on others. Jesus gave us an example in Matthew 10:14, "If anyone will not welcome you or listen to your words, leave that home or town and shake the dust off your feet." We are invited to share our faith and the love of God, but always with respect for the free will and autonomy of others.

At the same time, there may be moments when we feel called by God to speak up, to convey a message, share wisdom, or create art. Such moments are significant opportunities for us to act as channels of God's grace and healing. As 2 Timothy 1:7 encourages us, "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." With courage grounded in our faith, we can voice our truths, particularly when they contribute to peace, love, and the creation of God's Kingdom on Earth.

In sum, clear and honest communication—when undertaken with love, respect for others’ autonomy, and divine courage—serves as a powerful tool for spiritual healing, mutual understanding, and the realization of God’s Kingdom.

## 9 Nurturing a Personal Connection with the Holy Spirit

In Anabaptist thought, personal relationship with God is paramount. This relationship is facilitated through prayer and meditation, which invites dialogue with the Holy Spirit.

John 14:26 tells us, “But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.” This scripture emphasizes the Holy Spirit as a teacher and guide, available to all who seek wisdom and truth.

Practicing stillness and inner listening, we may hear the ‘still small voice’ within us, which represents divine guidance. This form of meditation requires faith and patience, but it is a vital part of spiritual healing and growth.

Remember, God values you and wants you to reach out. As Jesus said in Matthew 7:7-8, “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.” This scripture underlines that God answers those who earnestly seek Him and have faith in His benevolence. It also underscores the idea that you are worthy to receive His guidance.

Sometimes, feelings of unworthiness may emerge, often rooted in fear or a sense of disconnection from the Divine. Recognize these as obstacles to clear communication with God. Romans 8:15 offers solace, “For you did not receive a spirit of slavery to fall back into fear, but you

received the Spirit of adoption, by whom we cry out, ‘Abba, Father!’” This verse tells us that we are not slaves to fear; we are children of God, deserving of His love and guidance.

Finally, it’s essential to discern the nature of the spiritual insights received. John 15:26 advises us: “But when the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me.” Always test the spirits and ask for confirmation that the guidance you receive is from God and testifies about Jesus Christ. This step is crucial to avoiding confusion or deception from negative spiritual influences.

In conclusion, a direct and honest communication with the Holy Spirit, coupled with the unwavering faith in God’s love and your worthiness to receive it, is a powerful tool for spiritual healing. Embrace this divine guidance to navigate life’s challenges, and remember to live in accordance with Jesus’s teachings. As we seek truth and wisdom, let’s also continue to embody love, peace, and forgiveness, illuminating the world around us with the light of Christ.

## 10 Conclusion: Embracing Spiritual Healing

In conclusion, spiritual healing is a journey, guided by faith, compassion, understanding, and the teachings of Jesus. God’s wisdom and unconditional love are our constant companions, teaching us lessons, showing us the divine within ourselves and others, and guiding us towards a path of honesty, love, and spiritual growth. Always remember, “I can do all things through Christ who strengthens me” (Philippians 4:13). As you continue your journey, may you find peace, health, and abundant spiritual growth, and may the power of the Holy Spirit fill you with hope (Romans 15:13). Blessings on your journey towards spiritual health and wholeness.