

The Weekly Message from Darren Brandon

March 15, 2023

"Healing"



Late-Night talk show host Jimmy Kimmel recently discussed a book, "Healing Back Pain" by John E. Saron. It explains in detail how a lot of the pain we experience is created by our brain to distract us from anger, stress, and psychological trauma that we haven't worked through yet. Kimmel said, "I read it in detail - I took notes and highlighted things - and I'll be my back pain went away."

Could it be that not giving our full attention to struggles, disappointment, and trauma can make us unhealthy? Healing is mysterious. Like the time Jesus visited a man in the cemetery. (Mark 5:1-20).

The man was so distraught he bruised himself and shouted day and night. The community tried without success to restrain him and believed him to be possessed. What could overtake a man to such a degree as to take control of his whole life? He is in the cemetery, could it be grief, or does it just represent how dead he feels inside?

The gospel says that Jesus went and cast out the man's demons. Jesus entered into the man's experience and listened to him. Jesus helped him name his pain and trauma and addressed the "legions" - the many things controlling him. When the community came to Jesus, they saw the man sitting there "clothed and his right mind." A new day had dawned.

What is unresolved in your life? How might your health improve if you let God into the places needing healing? After all, Easter is coming. It is the reality that Jesus Christ is risen from the dead, and life and love have the final word on every part of our life.

Blessings,

Darren