

## **6/25/17 Handout – Holistic Health and Healing in the Books of Proverbs-to-Isaiah**

### **1. The heart of Jesus understands our struggles and offers redeeming, healing, and help**

Isa 40: *like a shepherd, he will carry the lambs in his arms, holding them close to his heart. He will gently lead the mother...with their young... how can you say the LORD does not see your troubles?... He gives power to the weak and strength to the powerless...those who trust in the Lord will find new strength (NIV)*

Isaiah 53:3: *A Man of sorrows and acquainted with grief...has borne our griefs And carried our sorrows ...chastisement for our peace was upon Him, And by His stripes we are healed...* (all NKJV unless noted)

Isaiah 61:1-3: *He has sent Me to heal the brokenhearted ...To comfort all who mourn, To console ...To give them beauty for ashes, The oil of joy for mourning...* (note how Jesus applied this in Luke 4:18-22 to His coming and ministry, including opening eyes to see and setting free ‘those who are oppressed’)

### **2. The Lord calls His people to extend His ministry to those needing help and healing**

Isaiah 58:6-11 *‘loose the bonds of wickedness...undo the heavy burdens...let the oppressed go free, And ...break every yoke...bring to your house the poor who are cast out... healing shall spring forth... If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness ...The LORD will guide you continually, And satisfy your soul in drought, And strengthen...’*

Isaiah 1:17: *Learn to do good. Seek justice. Help the oppressed. Defend the cause of orphans (NLT)*

For further study on ways we can learn to do good to help, read Rooted guide on pursuing holistic health. Scriptural framework for p. 55-56 (exercise, time outside, stimulation, stress reduction, mindfulness, etc.): *There is a time for everything, and a season for every activity... a time to heal... a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace... a time to mend, a time to be silent and a time to speak, a time to love... He has made everything beautiful in its time... banish anxiety from your heart and cast off the troubles of your body... Remember your Creator in the days of your youth...* (Eccl 3:1-11, 11:10-12:1 NIV). Note also the NT affirms ‘bodily exercise is of some value,’ ‘glorify God with your body,’ the importance of a ‘sound mind,’ etc. Also note how Jesus looked to the physical needs in addition to the spiritual needs, etc.

### **3. We can learn much from God’s example parenting difficult children in need of healing**

Isaiah 1:2-6: *Pay attention, earth! This is what the LORD says: “The children I raised and cared for have rebelled against me...My people don’t recognize my care for them...Your head is injured, and your heart is sick...wounds— without any soothing ointments...”* (NLT, or NIV has ‘not soothed with oil...’)

Isaiah 30:26: *the LORD binds up the brokenness of his people, and heals the wounds inflicted ...* (ESV)

Isaiah 57: *Are you not children of rebellion... When you lied, and did not remember Me, Nor give Me a thought? Was I not silent even for a long time... I have seen his ways, but I will heal him; I will lead him and restore comfort to him...peace to him,” Says the LORD, “and I will heal him...”* (v. 4, 11, 19 NAS)

### **4. God the Father gives us practical wisdom for relating to those in need of healing**

Key proverbs on the impact interactions can have: *‘A cheerful look brings joy to the heart ... A cheerful heart is good medicine ... the tongue of the wise brings healing ... a trustworthy envoy brings healing ... Pleasant words are a honeycomb, sweet to the soul and healing’* (15:30, 17:22, 12:18, 13:17, 16:24 NIV).

Proverbs 4:20, 22: *‘my words...are life to those who find them and health to a man’s whole body.’*

Proverbs 14:30: *‘A peaceful heart leads to a healthy body...’* (NLT, others translations ‘sound / tranquil’)

## **Related Resources on Health and Healing for further study**

See pdf online for links at church website 6/25 ([www.sermonaudio.com/gcbc](http://www.sermonaudio.com/gcbc))

### **Related online videos I've found helpful**

#### **Shorter (usually 3-6 minutes):**

Tapestry Ministry, "Meeting Physical Needs to Help Regulate Behaviors," <https://vimeo.com/188726469>

Dr. Purvis, "Children from Hard Places" – what they need to heal, be whole, <https://vimeo.com/8444867>

"", Empowered to Connect, "Understanding Sensory Processing," <https://vimeo.com/21253086>

"", Empowered to Connect, "Understanding Neurotransmitters," <https://vimeo.com/12458115>

#### **Longer videos (50+ minutes):**

Irving Bible Church conference, "Healing" seminar, Ryan & Kayla North, <https://vimeo.com/154645972>

Dr. Purvis, "Impact of Hard Places on Brain, Beliefs, Body, and Behavior," <https://vimeo.com/152938496>

Brain – altered brain development and an overactive amygdala (\*see especially 30:00-43:45)

Body – altered physical development, neurochemistry and ability to process sensory inputs

Beliefs – altered belief systems (fear, safety, trust, etc.)

Behavior – altered ability to self-regulate in response to stressors

Dr. Lawson (occupational therapist), "More than meets the eye: understanding how sensory processing can impact behavior," Tapestry Ministry seminar, <https://vimeo.com/117110874>

Dr. Makhoul (nutrition scientist), "Adoption Nutrition 101," CAFO webinar <https://vimeo.com/78675267>

### **Defining "trust-based relationships" as used in this study guide and Christian ministries**

Larry Bergstrom, M.D, Complementary and Integrative Medicine, *Rooted*, p. 58: 'we must understand and address these trust and control issues. This foundationally begins through a deep understanding of God's love for us and the transformational healing power of redemption and grace found in Jesus.' *Rooted* p. 44: 'Building trust-based relationships with our children is hard work, but it's essential as we move toward helping them. We help our children because God, in his love, helped us...How does God help us change?'

- Not based on trusting our children, but based on how difficult backgrounds make it hard for a child to trust his parents, this model gives tools for trust-building and relationship-building.  
Ex: Tapestry, Irving Bible Church, Empowered to Connect (see <https://vimeo.com/6860006> )
- Trust-Based-Relational-Intervention (TBRI) was developed by Karyn Purvis and colleagues at Texas Christian University. She sees it rooted in how God lovingly parents us in scripture, as confirmed by scientific studies and strategies proven to help "children from hard places"
- "Hard places" include abandonment, neglect, trauma, substances or stress during pregnancy, difficult labor or delivery, and the TBRI approach takes into account research on how this can impact the brain, beliefs (including trust and fear), behavior, and body. Key principles include
  - o *Empowering* – attention to physical needs (ex: see above "online videos" heading)
  - o *Connection* – attention to relational needs (ex: <https://vimeo.com/44170860> )
  - o *Correction* – attention to behavioral needs (ex: <https://vimeo.com/6965006> )

Other examples from Tapestry Ministry / Empowered to Connect

- "is it adoption-related or not?" <https://vimeo.com/44173929>
- "will trust-based parenting work for my child?" <https://vimeo.com/45041896>
- "how do I handle manipulation and control?" - <https://vimeo.com/44365631>
- "what do I do when I've tried everything?" - <https://vimeo.com/89200879>

For more videos along these lines see: <https://vimeo.com/tapestry>