



*Healing hearts
transforming lives*

BIBLICAL HEALING

A Weekly Biblical Healing Newsletter

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Repentance

People who are hurting often have an incredible ability to collect more hurt and to add it to what they are already carrying. When there is reaction such as unforgiveness or anger as sin, the hurting person usually turns in on him or herself, heaping on much greater condemnation and making ministry all the more difficult. Confession and repentance are powerful and necessary prerequisites to deep level healing. Confession is threefold: confession to God, confession to others and confession to oneself. Sharing our sin burden with others and letting them share theirs with us are powerful components of a complete healing process.

A broken and a contrite spirit (Ps 51:17) seems to be the key to breakthrough for 2010. It looks like forgiveness is again the key. Once we have completed the process of forgiving others, we need to get to the throne room of God to ask and receive the forgiveness that He promises us if we meet His condition. This part of forgiveness is termed 'repentance'.

Repentance is a gift of the Spirit, as He alone can convict of sin. "for godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death." (2 Cor 7:10)

Until we have forgiven others, we are in no position to confess our sins to God (Mt 6;14-15/1 Jn 1:9) and to ask for His forgiveness. If we ask for forgiveness with a repentant heart – a heart that is full of remorse and ready to change – God promises that He will grant forgiveness, cleanse us and heal us. A revival hit the land when a preacher preached about a true spirit of repentance.

Repentance

Repentance truly means coming to God with a broken spirit and a contrite heart relating our sins sincerely to Him from the heart and to commit to Him to walk in His ways. The commitment to change is the main key in repentance. But how sincere is our repentance? Repentance is not asking for forgiveness and yet still maintain you are right in the whole process even though you have released forgiveness.

God promises two things in repentance: forgiveness and cleansing (1 Jn 1:9). His response to our confession is restoration: restoration of our lives and of our relationship with Him as we free ourselves from guilt, shame and defilement. He not only refill us with His Holy Spirit but also reaches out His hand to us enticing us to hold onto His hand and obey His commands and to walk with Him daily never to let go of His hand. The worst thing that ever happens

**... Confession
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confession
to God,
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to a person or a ministry is to hear that God has left the church or the person. Two scriptures speak about forgiveness to a repentant heart.

Jn 20:23

"If you forgive anyone his sins, they are forgiven; if you do not forgive them they are not forgiven."

James 5:14-16

"Is anyone of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective."

But what are the hindrances to your repentance? Stay tune to our next newsletter.



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