

Scriptures from New International Version unless noted

The Healing

"The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"
Mark 1:15

- **Repent (Greek "metanoeo") – change your mind**
  Meta- "to turn" or "to change"
  Noeo- "mind"

"*...you grieve because of what I've told you. But in fact, it is best for you that I go away, because if I don't, the Advocate won't come. If I do go away, then I will send him to you. And when he comes, he will convict the world of its sin, and of God's righteousness, and of the coming judgment... When the Spirit of truth comes, he will guide you into all truth."*

John 16:6-8,13 NLT

1. We forget to breathe.

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves... When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness...

Galatians 5: 16,19-21 NLT

2. We will fail more than we get it right.

Surely the arm of the Lord is not too short to save, nor his ear too dull to hear. But your iniquities have separated you from your God.

Isaiah 59:1-2

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:8-9

...where the Spirit of the Lord is, there is freedom. And we... are being transformed into his image with ever-increasing glory...

2 Corinthians 3:17-19