

The Health – Faith Connection is a series of catechetical articles for the purpose of exploring healing in the Catholic faith and preparation for the healing sacrament of the Anointing of the Sick. It is presented to the faithful of OLPH Church in Clovis as well as the Diocese of Fresno by Sally Flores, RN, FCN of Raphael Health Ministry and a Master of Arts in Pastoral Ministries from HNU.

God's Healing



“Lord, I am not worthy to receive you, but only say the word and I shall be healed.”

Have you thought or prayed about what it means to be healed by God? When we participate in Mass and prepare our hearts for the Eucharist, do we truly understand this healing we ask and long for?

Things to consider about health and healing:

- Much of what we conceive and understand as the meaning of health and healing is learned from society.
- The media portrays a healthy person as having a slim, tan, athletic, young body -- as someone you want to be around.
- The ways of the world focus on the self, greed, material gain and our outward appearance.
- Certain groups of people who are less “healthy” are considered less important and are often hidden.
- Illness is taboo. Western culture emphasizes health and beauty, and distaste for sickness of any kind.
- Even if you are healed of an illness, there is often a stigma attached.

Disconnect

There is a strong disconnect in today’s society between our spiritual well-being and physical health. Many feel that we need to go to the doctor to heal physically and to church for our spiritual health. However, the healing that humans can offer is limited and is many times destructive to our eternal salvation.

Knowing society’s view, ask yourself what it means to be healthy. How do you define health? Have you ever looked at it from God’s perspective?

The Scriptures tell us of the many times that Jesus cured the sick physically but he brought so much more. Let us look at the key elements of health and healing that Jesus brought with his mission.



Jesus brought a new meaning of health and healing that was contrary to society’s beliefs. To be healthy in God’s eyes and accept true healing, God calls us to:

- **CONVERSION** –True health requires a true conversion of the heart and a change in lifestyle.
- **FAITH** - Healing takes place because of deep faith and hope in the salvation of the soul.

- **WHOLENESS** -Jesus healed the whole person -- body, mind and spirit.
- **FORGIVENESS** - Forgiveness and turning from sin are critical elements of Jesus’ healing mission.
- **COMMUNITY** - True healing touches not only the person seeking health and wholeness, but the community in which he or she lives and interacts.
- **SACRAMENTS** - Jesus gave us the sacraments so that we are encouraged and strengthened throughout our lives to live life abundantly in the way only God’s health and healing can offer.



Real health is on the way!

As we live our life on this earth in the midst of our human experience of illness, disease and suffering, we can only know true healing through Christ. Our Catholic faith offers guidance so we may experience true healing. It starts with our faith conversion to believe in a healing God and the mission of Jesus Christ. Then it requires ongoing lifelong study and theological reflection in order to understand, believe and develop the knowledge of this healing faith. Our body is the temple of the Holy Spirit and we are called in baptism to learn a new way of healing, God’s healing!



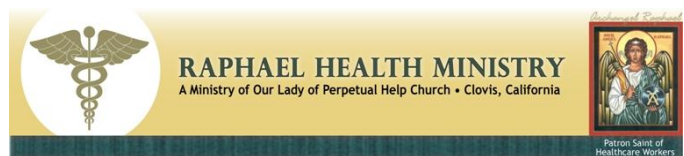
God’s Healing Plan

True healing from God requires us to look at how our faith affects our whole self. Jesus offers us a life lived abundantly in body, mind and spirit if we turn to him, believe in the Good News and seek always the kingdom of God. God’s healing comes from the hope we have in his saving grace and eternal salvation with our Lord. The true power of healing is exemplified in Jesus’ healing mission and manifested in the Church’s gifts through word, worship, prayer, sacraments and community.

Oh God, the source of all health, so fill my heart with faith in your love that with calm expectancy I may make room for your power to possess me and gracefully accept your healing through Christ our Lord.

Amen (Archdiocese of Chicago, 1995, p. 18).

Works Cited



Archdiocese of Chicago. (1995). *Rites of the sick*. Chicago: Liturgy Training Publications.