

Urban Legends: Time Heals All Wounds
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Lynn Haven UMC

Introduction

¹Let all that I am praise the Lord;
with my whole heart, I will praise his holy name.

²Let all that I am praise the Lord;
may I never forget the good things he does for me.

³He forgives all my sins
and heals all my diseases.

⁴He redeems me from death
and crowns me with love and tender mercies.

⁵He fills my life with good things.
My youth is renewed like the eagle's!
(Psalm 103: 1-5 NLT)

When we encounter hurting people we might attempt to console them with a heartfelt sentiment we hope will help them realize one day this pain shall pass. But how can we know the expiration date of another's sorrow? There may never be a day (this side of heaven) that their wounds are "healed" and they are able to receive words such as "time heals all wounds." In some cases, time does nothing more than elongate the suffering. So why have we become so convinced that uttering this phrase will bring comfort? Do we believe it or is it something we've stored in our mental rolodex as an appropriate response? Could this idea be another one of those spiritual urban legends we have been discussing the past few weeks? (Cue the X-Files theme music.)

Digging Deeper

THE MYTH: Time heals all wounds, so we WAIT and SEE.

- If we can put off a potential stress or heartbreak, we will because procrastination in the face of turmoil feels good in the moment, right? But taking a wait and see approach is like saying, "I am banking that I will have all the tomorrows I need, so I will just bury my head in the sand and hope it all just disappears on its own." Unfortunately, life doesn't work that way. Pain left unchecked will fester and manifest itself in the form of addictive behaviors, soured spirits or even general apathy. How has a "wait and see" approach failed you in the past? Is there something God has been pulling on your heartstrings to finally face and lean on His strength and guidance to overcome?

THE TRUTH: God heals all wounds, so we TRUST and OBEY.

Physical Healing

- Whether you like yours or not, you get one body and it was made perfectly on purpose for a reason. When a body breaks down it isn't a sign of poor construction or lack of care in manufacturing. Sometimes it is operator error. Other times sicknesses befall us for reasons we will never understand. But If we trust and believe God when He says that we were wonderfully made in His image and physically formed for His perfect purposes, we can be confident of the

promise that He is working in all things for the good of those who love Him and are called according to those purposes (Romans 8:28, paraphrased). Do you find it challenging to trust God for healing when you don't feel well or are facing a serious health crisis? How can we overcome the need to retreat from, or become angry at, God when we find ourselves in such situations? Are there things you could be doing differently to take better care of the body you've been given?

Emotional Healing

- Emotional wounds can be the deepest and least likely to be healed by time alone. Thankfully, God is ready and willing to step into His role as Mighty Counselor if we only allow Him to speak to our hearts. Are there deep hurts from your past that you've buried as a means of self-protection? What is the most powerful truth you've learned through suffering?

Spiritual Healing

- In the same way as a physical injury, when our spiritual wounds are left unchecked, we run the risk of damaging our souls. This is a serious problem that can quickly spread to the rest of our lives, poisoning our faith and our relationship with God and others. So what must we do to achieve spiritual healing? Trust and obey! Have you experienced the healing power of being able to truly release your troubles to God? How can your testimony be used to help others who might be struggling?
- Do you have a favorite Bible verse that helps lift your spirits? As the psalmist points out in Psalm 103, God always has our back, so let us praise His name with all that we are!

Relational Healing

- When we are the victim of some form of abuse or rejection we often internalize that pain which can lead to bitterness that stagnates our relationships with God and others. No matter how much time passes, we'll never be completely well until we forgive those who have trespassed against us. Are you trapped in a cycle of bitterness and resentment due to an unresolved conflict? If we are truly trusting and obeying God we should be moving toward His kind of forgiveness that not only frees the other person, but releases us from the internal damage caused by harboring all the pain of the offense.

Conclusion

We learn things about ourselves and God in the hills and valleys of life that we can't learn any other way. Joyful times fill us with love and hope while problems force us to look to God and depend on Him instead of ourselves. And in those valleys, you'll never fully realize that God is all you need until God is all you've got. And He is more than capable of handling every form of healing we need. You see, it's an urban legend that time heals all wounds. The truth is God heals all wounds.