

Understanding the three types of healing in the Bible

1) Physical Healing

I know that physical healing can be a controversial subject. The physical healing originated from God, understand it is His idea.

He is the one that said, "I am the Lord that Heals You" (Exodus 15:26) And it was Jesus who fulfilled the prophecy that was made concerning the coming Messiah that said the Messiah would take all our sicknesses and carry all our diseases.

It was Jesus who said that one of the signs that would follow believers is that they would lay hands on the sick and they would recover. Mark 16:17-18 declares; "And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; ¹⁸ they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."

So physical healing was God's idea, not some creation of television evangelists. They just took it and used it for their motives and gain.

2) Emotional Healing

Emotional healing or the healing of the soul is where a person no longer has an emotional reaction to either the sins that they have committed or the sins that have been committed against them.

When we sin, we feel guilt. Guilt is not just a fact, but it is an emotional reaction.

When somebody else sins against us, we feel all kinds of emotions, anger, shame, bitterness, etc. Emotional healing is when you no longer react with those emotions when you think about or remember what you did or what others do.

King David after being confronted about his sin of adultery and setting up the death of Uriah, got honest with God and received not only spiritual healing but emotional healing.

In Psalm 32:5, He says, **“Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me! All my guilt is gone.**

Not only was David forgiven but He also received the removal of the feelings of guilt. He was emotionally healed.

3) Spiritual Healing

Spiritual healing is when the human spirit becomes damaged and ill from the effects of sin in our lives. Spiritual healing then is the renewal and restoration of the human spirit. This is what is talked about by Jesus when He said a person must be born again. This healing comes when a person receives forgiveness from God by accepting the forgiveness offered by God when they start a personal relationship with Jesus.

Even for the Christian, forgiveness is something that needs to be maintained on a regular basis. If not, then once again our spirit will become ill and wounded. This is one reason why some people become spiritually proud and religious rather than walking in humility knowing that they are no better than anyone else, they are just forgiven.

They have forgotten their need to maintain a constant flow of forgiveness to others who have sinned against them.

How Are the Three Types of Healing Connected?

These types of healing can be connected. What I mean by that is that one may lead to another, or one may prevent another. This is not always the case, but many times it can be.