

Kasey Kaimann

Seek God, Seek Healing

“If you ask anything of me in my name, I will do it” (John 14:14). Woah Jesus! Hold up right there. Anything? That’s right! Jesus is telling us He can do anything for us if we ask Him with faith. That’s bold, Jesus!

So why do I bring this up? I bring this up not because I want you to view Jesus as Santa Clause or a magician, because that’s not who He is or how He works, but because I want you to know how much He loves you and how much He wants to help you with whatever you are going through.

We all experience suffering. There is no way around it. Whatever you are going through, whether that’s a broken bone, headaches, depression, loneliness, loss of a loved one, feelings of unworthiness, distance from God, shame from sin, insecurities, rejection or constantly being bullied by people, pain is there. We are either suffering from something or are just simply weighed down by what life demands of us. Life can be hard, folks.

The good news is, God sent his son down on this earth to die for you and help you carry your cross. He came to give us not only life, but an abundant life (John 10:10). Isn’t that relieving? We don’t have to feel burdened by our crosses all the time! But we also must know, we can’t fix our problems by ourselves either.

No matter how much medicine we take, how many self-help books we read, or how many naps we take, we will never be fully healed without God’s help. He knows what you need, and He wants to help. All we must do is surrender it to Him and ask Him.

Okay, so how do I turn to God? Well, here a few things to help.

First, pray to Him every day begging for Jesus to be with you on this journey and for Him to heal you. Don’t worry about making your words sound pretty. He just wants you to be real with Him, so do that.

Second, if you are Catholic, receiving the sacraments is extremely powerful, especially reconciliation and receiving the Eucharist. They cleanse your soul, giving more room for Jesus to enter your heart.

Third, get others to pray for you: friends, family, and the saints. And, if you don’t have anyone to ask, I will always be willing to pray with you, just contact me.

Fourth, expect results. Jesus tells us “If you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there and it will move. Nothing will be impossible for you.’” (Luke 17:6).

Fifth, pray in Jesus’ name. His name has so much power that even demons tremble.

If you seek God with all you have, He will give you an abundance in return. Trust He will heal you. Have faith. Have patience. He is a gentle healer.