

winstongettingwell

*John 5:5-6 One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?" NIV*

### **Why Some People Receive Counsel and Are Healed**

(Over the past 38 years I have observed some common factors in the behaviors of those who are healed of their emotional problems. These people ultimately enjoy abundant lives and close personal relationships with others including their spouses, children, family, and friends.)

#### **Those who *get well* and *stay well* inevitably:**

- 1. Develop a deep trust in their "counselor/mentor" and submit to his or her advice**
- 2. Experience a "big yes" - *a strong desire to change* (generally this occurs when the person realizes that they are about to lose something of great value)**
- 3. Truly receive God's forgiveness through faith in Jesus Christ**
- 4. Stop blaming others for their problems**
- 5. Accept responsibility for their own behavior**
- 6. Feel deep remorse for their sin and repent of it**
- 7. Develop healthy friendships within the "church"**
- 8. Develop a daily habit of prayer and journaling**
- 9. Develop the disciplines of meditating upon and obeying God's Word**
- 10. Diligently forgive all those who have hurt them in the past**
- 11. Develop a plan to improve each area of weakness in their life**
- 12. Never give up; they will not allow set backs to deter them from their goals**

**"I have found that if a person truly connects with God and "keeps on swinging," he will in the end *always* prevail." FMN**

*John 8:9-11 When the accusers heard this, they slipped away one by one, beginning with the oldest, until only Jesus was left in the middle of the crowd with the woman. Then Jesus stood up again and said to her, "Where are your accusers? Didn't even one of them condemn you?" "No, Lord," she said. And Jesus said, "Neither do I. Go and sin no more." NLT*

