

## Fifth Sunday in Ordinary Time

A Sunday school teacher asked the children just before she dismissed them to go to church, "And why is it necessary to be quiet in church?" Little Johnny replied, "Because people are sleeping."

Dear friends,

We all get hurt by so many things. We have physical and mental issues which affect our normal way of living. I think this is the right time to talk about healing. All of us need healing in ourselves.

Today's readings talk about the pains and suffering and healings by the power of God. In the first reading, Job brings the pain and suffering that humans undergo. The whole chapter of Job 7 is a prayer describing his suffering and why me? He was not polite. But he was honest before God. If we are hurt or in pain, we need to be honest before God. Don't play games with God. Tell God what you are feeling in your own words. Be honest. If you are not honest with God, you probably aren't being honest with yourselves.

Secondly let your feelings out, whether it is anger, worry and/or anxieties. God has a big heart to handle it. Don't suppress your negative feelings within you. Let God handle it. Prayer is the way to let your feelings go away. Make your own prayer to God with your own words.

In the Gospel, Jesus cures Simon's mother in law and other healings. There are 22 healings of miracles mentioned in the synoptic gospels. Mark points out significantly Jesus' healing ministry in the first chapters of the gospel. There are multiple types of healing. I would like to reflect with you about the three basic types of healings which are interconnected each other and leads to the other: physical, emotional and spiritual healing.

We are created in God's image which has three parts. Body, soul and spirit. It all needs grace and healing. We see all the physical changes. Lot of times we try to fix the physical issues with the help of the doctors, treatments and medicines available. There are two other elements that make damages to our body invisibly. Emotional and spiritual damages that we make to ourselves.

Emotional damages can be in two ways. One is what we do to others or what others do to us. Second is the outcome of emotional damages that we hold in our heart for years. It results in damaging our physical and our spiritual life invisibly.

Jesus has done those three types of healing. We have a lot of examples in the bible. Ex; king David. He was healed emotionally and spiritually when he turned himself to God. We

can read in Psalm 32 his guilt was removed. When we make mistakes or sin, we feel guilt. Guilt is not just a fact, but it is an emotional reaction. Today's psalm praises God for healing the broken hearted. The cleansing of the leper in the next weekend Gospel is another good example.

We all need the healing of our minds, our memories, and our broken relationships. Jesus now uses counselors, doctors, friends or even strangers in his healing ministry. Our own healing process is completed only when we are ready to help others in their needs and to focus on things outside ourselves. The book of Ecclesiastes 7:39 instructs us: "Be not slow to visit the sick; because by these things you shall be confirmed in love."

Jesus takes the power by connecting himself to God every time. We need the grace and compassion of God to heal ourselves and others.

Today, I want you to think about how your own physical and spiritual and emotional healing will take place with the grace of God. We will continue to reflect the healing of God in the coming week.