

Sunday, October 21, 2012

## Spiritual Remedies (1)

In the Gregorian liturgy, we pray saying: "As a true father, You labored with me, who had fallen. You bandaged me with all the remedies, which lead to life." The word "bandaged" means binding up and healing the wound as we put ointments on it, bund it up with a bandage until it is fully healed.

Likewise, God heals the wounds of sin in our lives with His life-giving remedies which varies in form but always suitable for each one's case and beneficial to our healing. Let's see some examples:

✠ If we fall in despair and loss of hope, God heals us with His open embrace on the cross. And with his sweet voice saying:

- ❖ *"He who comes to Me I will by no means cast out"* (John 6:37)
- ❖ *"Those who are well have no need of a physician, but those who are sick. I did not come to call the righteous, but sinners, to repentance."* (Mark 2:17)

✠ If we fall victims to fear or low self esteem, God heals us with His uplifting words:

- ❖ *"Since you were precious in My sight, You have been honored, And I have loved you."* (Isaiah 43:4).
- ❖ *"For I, the LORD your God, will hold your right hand, Saying to you, 'Fear not, I will help you.'" (Isaiah 41:13).*
- ❖ *"Fear not, for I have redeemed you; I have called you by your name; You are Mine."* (Isaiah 43:1).

✠ When jealousy and envy sneak into our hearts, God offers to us his life-giving remedies. He draws to our attention the many bounties that He had given us so we stop looking at the positions of others and rather thank Him and praise Him crying out saying:

- ❖ *"Thanks be to God for His indescribable gift!"* (2 Corinthians 9:15)
- ❖ *"Thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place."* (2 Corinthians 2:1).
- ❖ *"God gives us richly all things to enjoy."* (1 Timothy 6:17)



✠ If hatred enters our heart and clouds it, the Lord Jesus offers us His love as the greatest medicine. We behold Him on the Cross saying:

- ❖ *"Father, forgive them, for they do not know what they do."* (Luke 23:34)
- ❖ *"By this all will know that you are My disciples, if you have love for one another."* (John 13:35)
- ❖ *"Because the love of God has been*

*poured out in our hearts by the Holy Spirit who was given to us."* (Romans 5:5)

He who enjoys the love of Christ, his heart would be filled with light which disperses the darkness of hatred.

✠ If we are attacked by anger, revenge, and repaying evil with evil, God pours his remedies of piece in our hearts saying:

- ❖ *"Repay no one evil for evil... I will repay, says the Lord."* (Romans 12:17)
- ❖ *"Peace I leave with you, My peace I give to you; not as the world gives do I give to you."* (John 14:27)
- ❖ *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."* (John 16:33)

With the grace of Christ, we will resume our topic next article.

*Fr. Yohanna Nassef*

[fryohanna@hotmail.com](mailto:fryohanna@hotmail.com)

St. Mary Coptic Orthodox Church, Palatine, IL