

Healing and Hopefulness

"Rise and go your way; your faith has made you well." Luke 17:19

Healing which makes us whole is often much more than an intervention of medical care or therapy. There is in each of us a need to feel accepted, forgiven and at peace within. Spiritual strength requires care. It means paying attention to the beliefs and values which ground us in the midst of chaos, suffering, or tough choices. It means celebrating renewal, affirming the good, trusting when we cannot see the way ahead. With Christ at the center, we seek the peace that passes all understanding.

A checklist for spiritual care:

- Do I give thanks for small blessings?
- Do I take time for quietness, reflection and worship?
- Do I trust God's compassion and love?
- Can I forgive myself for being imperfect?
- Can I let go of what I can't control?
- Am I respectful of others in their faith journey?

Help is available

If anxiety continues to seem overwhelming for you, seek help in sorting things out. your pastor or an LSS counselor can help you explore feelings or beliefs that keep you feeling anxious or fearful ... and guide you in affirming those beliefs that help to heal the spirit. If you need help working through some of these issues and want to locate an LSS counseling office close to you, please call:



Lutheran Social Service
for changing lives

Call 651.642.5990 or 1.800.582.5260
for the counseling office nearest you.

Lutheran Social Service of Minnesota serves all people regardless of race, color, creed, religion, national origin, sex, sexual orientation, handicap or age.

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Anxiety and Nurturing the Spirit

Times of intense worry and anxiety can affect anyone, at any age, limiting our capacity to enjoy life and relationships with those around us. Feelings of being “wired” or nervous may be a reaction to a current situation or we may feel overwhelmed by some sense of guilt or anxiety we can’t seem to identify.

Some warning signs of anxiety:

- Excessive worry
- Shortness of breath, rapid heartbeat
- Feeling that something bad is going to happen
- Fear of losing control
- Difficulty in concentrating or sleeping

There is much in life over which we have no control. We may be fearful of a financial crisis, feel threatened by illness, or overwhelmed by loneliness or family problems. Whatever the concern, we are most likely to have a sense of peace and hopefulness when we have nurtured a spiritual center that affirms, sustains and comforts us through difficult times in our lives.

Today, the impact of spirituality, meditation and prayer on the healing process is being studied by several medical schools across the country. There is growing awareness that our spiritual beliefs affect our capacity to overcome tremendous odds.

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