

# Living life well

Let's not fail to recognise the world's greatest healer.

**First**, God reveals that he can do what no clinical psychologist or psychiatrist can do. He can cleanse our mind by removing our shame and guilt.

Here's how it works: "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1.9. Because of this, we are able to live *at peace with ourselves*.

**Second**, God hasn't finished with us when we accept his cleansing and forgiveness. We now discover "the peace of God which surpasses all understanding" Philippians 4.7, and we learn what it's really like to live *at peace with God*.

**Third**, as we allow God to continue working on our heart and mind, he helps us produce the fruit of his Holy Spirit in our life. Although only *one* fruit is mentioned, notice it has nine effects upon human character - "love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, self-control. Galatians 5.22-23. Thus God enables us to live *at peace with our fellowman*.

Here is psychotherapy without equal - it's free, there's no waiting list, and it comes directly from God. Are we enthusiastic about his wonderful provision?

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*"Praise the Lord! . . . he heals the broken-hearted, binding up their wounds."*

- Psalm 147.1-3 (Living Bible)

**Ken Packer**