2023 CMAI Healing Ministry Week

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Being to Wellbeing

3 John 1:2

Healing Ministry Week
12th - 19th February 2023

Healing Ministry Sunday
12th February 2023

CMAI Day of Prayer
15th February 2023

"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well"

Christian Medical Association of India

National Council of Churches in India

Catholic Bishops Conference of India

CHAI+ Catholic Health Association of India

Theme for Healing Ministry 2023
"Being to Wellbeing"
(3 John 1:2)

Our Dear Fellow Workers and Ministry Partners in the Healing Ministry,

Warm greetings from the **Christian Medical Association of India** (CMAI).

2023 is a year that we are looking forward to with a sense of keen expectation in our work and professional spaces. As all of us re-discover the opportunities, new perspectives and insights the post pandemic world has showcased for us, may we seek His wisdom and discernment in this new year.

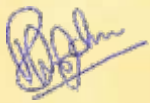
The Healing Ministry 2023 theme **"Being to Wellbeing"** from **3 John 1:2 (NIV)** reads, ***"Dear Friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well".*** This reminds us of a continuous growing process that we all need to be proactively engaged in. Reinventing, repurposing, re-envisioning are all important words to take forward this dynamic process of growth. The theme should inspire us to better versions of ourselves each day.

As we strive to be better, we bring that positivity to others beginning in our homes and then extending to our workplaces and to the society. The chosen bible verse exhorts us to enjoy good health and ensure that our soul is well too. Transition from a simple state of just 'being' to one of a physical and spiritual 'wellbeing'.

I would like to thank each of our **Authors**; Rev. Kirubakaran Daniel, Rev. Anita Julias Khristy, Dr. Ranjit Injetty, Mr. Angelious Michael, Rev. Paras Tayade, Ms. Christinal Colindas, Rev. David Rajan, the **Translators** of the Bible Studies and Order of Worship and **Co-creators** of the healing ministry material.

CMAI family wishes each one of you a life-changing experience as we grow each day in His word and in His favour.

With all good wishes and prayers,



Dr. Priya John
General Secretary, CMAI

ORDER OF WORSHIP FOR THE HEALING MINISTRY SUNDAY 12th February 2023

Call to Worship

Leader: Whether we are at a crossroad or a barricade,
Congregation: God is there with us.
Leader: Whether we are in power or with principalities,
Congregation: God is there with us.
Leader: Whether we are stereotyped or oppressed,
Congregation: God is there with us.
Leader: Whether we are bonded or free,
Congregation: God is there with us
Leader: Whether we are privileged or deprived
Congregation: God is there with us
Leader: Whether we are divided or united
Congregation: God is there with us
Leader: Whether we are just being or living to the fullest
Congregation: God is there with us, always
Leader: Come, let us worship together with Emmanuel, God with us. Amen

Opening Prayer

Leader: We have gathered together to worship you to offer the praise which belongs to you alone. Bless us as we open our hearts and minds to your presence among us. For you alone are God, the One in whom we trust each day of our lives. Fill us now with your Holy Spirit, so our worship and praise will be acceptable in your sight. Keep love at the forefront of our minds today, and the guiding Spirit for all we set out to observe and celebrate this healing ministry Sunday, in Jesus' name we pray

All: Amen

Introduction to the Healing Ministry

Healing was central to the ministry of Jesus. It was a sign of God's kingdom, bringing renewal and wholeness of life to those who turned to God in their need. Jesus sent out his disciples with the commission to 'proclaim the kingdom of God and to heal' (Luke 9:2). In every act of worship, the Church celebrates the grace of God who desires wholeness of body, mind and spirit for all people. At a service of healing, we focus on that aspect of God's character. We bring to God our frailty and brokenness - felt not just in physical illness, but in guilt, anxiety and all the burdens which weigh us down. We also bring our concerns for others and the world. Above all, we come to the God who knows our needs before we ask, and whose love revealed in Jesus Christ is stronger than suffering and death.

In India, the healing ministry was formally initiated in 1905 by a group of missionaries called the Medical Missionary Association of India (MMA). In 1926, it was renamed as Christian Medical Association of India (CMAI). At present, CMAI has 275 Christian mission hospitals which include two prestigious medical colleges in Ludhiana and Vellore. It also brings together more than ten thousand dedicated Christian health professionals in the ministry of healing. It has gone from strength to strength by contributing to the different healthcare needs of our country. CMAI members have done pioneering work in several areas like leprosy, tuberculosis, malaria, and HIV/AIDS. So the Christian Medical Association of India (CMAI) observes the Healing Ministry every year in the second week of February along with the Catholic Health Association of India (CHAI), National Council of Churches (NCCI) and Catholic Bishops' Conference of India (CBCI). This celebration and reminder of the Healing ministry are for our Churches and Institutions to be in solidarity with CMAI in the fulfilment of its mission and vision.

The goal of CMAI is to serve the churches in India by assisting in its ministry of healing to build a just and healthy society in response to the love and command of our Lord and Saviour Jesus Christ.

Call to Reconciliation

Leader: Lord, we stand before to expose our failings, hurtful words and harmful ways for all to see. Father, take these moments of reconciling to redeem us through your compassionate love to make us new people, children of the Living God. Let us come with our prayers to the One who waits to forgive us and nurtures us from being to a state of wellbeing. Please join us as we pray together, saying,

Confession of Sins

All: God of the ages and all generations, we come before you with our sins and are ashamed of our attitudes. Our life's choices are contrary to the ways of God, and we are burdened with the memories of sin. We wander from your paths of truth into paths of deceit and pride. Merciful God, forgive, heal and lead us back into the arms of your love. Grant us the courage to journey your way from being to wellbeing. Renew us, God, that you have created us for your service. We ask it in Jesus' name, Amen.

Assurance of Pardon

Leader: God is with us to forgive and restore our lives to journey with us from being to wellbeing as we live to serve in His service.

All: Amen

Scripture Reading

I Samuel 25: 2 – 6
Luke 9: 37 – 43
3 John1: 1 – 5

Theme Sermon: Being to Wellbeing (3 John 1:2)

……Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers (III John: 2) NKJV

PREPARE: Gaius: A Man with the Right Balance.

EXPLORE SECTION: Apostle John writes to enquire about the elder in that Church and we have some challenges raised in this very short book. This should be explored and addressed by us as healthcare providers in the Healing Ministry, in churches, Hospitals and Healthcare Institutions to know its importance and implications for our work as we call Men and Women to attain Biblical health and Wholeness. John here made an analogy between the condition of our health and the condition of our soul. Many Christians would be desperately ill if their physical health was instantly in the same state as their spiritual health. It is spiritual health which is to be the standard by which one's physical health is measured, not the other way around.

3 John 1, 2: Study of Key Words: The word for prosper, means "to have a good journey." It metaphorically means to succeed or prosper. It is like saying, "I hope things go well for you." Both verbs [for prosper and be in health] belonged to the everyday language of letter writing". His prayer for "health" is similar to our idea of hygiene. Gaius had a clean bill of health spiritually. Perhaps he was suffering some physical difficulty, but his soul was "ship-shape," in top condition. However, it is clear that Gaius was a man whose "spiritual health" was evident to all. How about us as agents of healing? Here is the challenge to all of us, to keep the inwardly renewed day by day though the outward man may perish. (2 Cor. 4:16).

Physical health is the result of nutrition, exercise, cleanliness, proper rest, and the disciplined order of a balanced life. **Spiritual health** is the result of similar factors. We must nourish ourselves with the Word, and then "work out" that nourishment in godly exercise (1 Tim. 4:6–7). We must keep ourselves clean (2 Cor. 7:1) and avoid the contamination and pollution that is in the world (2 Peter 1:4; James 1:27). While exercise and service are important, it is also important that we rest in the Lord and gain new strength through fellowship with Him (Matt. 11:18–30). A balanced life is a healthy and happy life, a life that honours God.

Implications in our present Work of Healing and Wholeness: We are made 'in the image of God' (Gen 1:26-28) and this metaphor of Image brings us three basic ideas. **Relationship**- implies face-to-face relationship and do I have a face-to-face relationship with God? **Reflection**- God made us reflect on him and do we reflect on God to others? And **Representation** –How far do we represent God on earth? These key factors are extremely vital to know where we stand today.

The Journey from 'Being to wellbeing' needs to be backed up by framing a proper Biblical Christian Worldview; which means that we are Immortal* (Gen 2:17); Spiritual* (Gen 2:7); Creative* (Gen 2:19); Relational* (Gen 2:18); capacity to make moral choices* (Gen 2:16, 17) and all these contribute to our wellbeing and inevitably connected to our **'Redemption'** and **'Future Hope'**. As we move away from a minimal biomedical definition of health arisen out of the reductionist approach to a maximal all-inclusive definition of WHO, we also need a definition of health, healing and Wholeness that affirms our patients as whole people made in the image of God, who are both souls and bodies.

Probably the most significant aspect of the practice of healthcare is the idea of relationships emerging out of the 'Image of God' which means Relationship with God*, with self*, with others* and with the environment which all adds up to our journey from 'Being to Wellbeing'. In addition to all of this, we must also consider the healing effect of Jesus going with us on our journey through life. However, we can only know his presence by our side if we respond in faith to his invitation: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30)

Reflection:

1. The Biblical concept of 'Shalom' involves Wholeness, well-being, vigour, and vitality in all the dimensions of human life that must be thoroughly explored, challenging though to avoid taking too narrow a view of health.
2. Healing is a movement towards health and how can I push my patient to enjoy the optimal level of it through a balanced consideration of healing to encourage them in their life journey from 'Being to Wellbeing'. Amen.

Intercessory Prayers

Leader: Father, As the event of the healing ministry Sunday continues to unfold, we know you are inspiring us through the scripture that reminds us how important we are to extend from being to wellbeing to show love for others as deeply as we love ourselves. Help us Lord to be empathetic in our extension towards care and provision. Lord in your mercy,

Congregation: Hear our prayers

Leader: Lord, we come to you in faith to thank the organisations like CMAI, CHAI, NCCI, CBCI and others who help the churches to carry the healing ministry of God to the people who are uncared for and in pain and suffering. Let your grace reach out to all of us to work together to offer the healing ministry and show the meaning and purpose of wholistic life. Lord in your mercy,

Congregation: Hear our prayers

Leader: Merciful Father, we pray for the many who do not have enough among

our people and those living in abject poverty around the world. May you cause the world, especially those who have more than enough to take note of the plight of the poor and have compassion on them. Your concerns for the poor be our concerns too. To open our hands to the needy and satisfy them with food and deny them not justice or their rights. Lord in your mercy,

Congregation: Hear our prayers

Leader: Dear God, we place our worries in your hands especially our sick under your care and humbly ask that you restore your servant to health again. Let our prayers abound and calm anxiety, offer protection for their family and friends when they may need it most. Those suffering from sickness can access a set of hopeful strengths to recenter the trust in God and focus on overcoming their current battle. Lord in your mercy,

Congregation: Hear our prayers

Leader: Gracious God, by your mighty hand we pray for leaders who govern our nation, churches, and local officials to whom you have given the authority. Grant them your peace and grace to face their unique challenges regarding war violence (Ukraine & Russia), political unrest, financial crisis, law enforcement, discrimination and so on. Please give them wisdom and guidance to show they care for the communities that long for justice and peace. Lord in your mercy,

Congregation: Hear our prayers

Leader: We pray for your emotional, physical, and spiritual protection over our family. Keep evil far from them and help them to trust you as their refuge and strength. Thank You for knowing what we need, even before we do. That you would open the right doors for our children and our loved ones, that you would close the wrong doors and protect us from those we need to walk away from. Help our children to trust your heart to walk in faith and courage, even when it is hard. Lord, continue to make our way purposeful and our footsteps firm out of your goodness and love. In the name of Jesus Christ, our Saviour and Lord,

Congregation: Amen

Benediction

Leader: May God grant you the courage to face the challenges and heal our broken lives! Go out into the world empowered with the abiding spirit of God and be healers of communities. May God travel with us from being to wellbeing and be within us always!

Congregation: Amen

Order of Worship
Rev. David Ebenezer
Secretary, Chaplains Section, CMAI

BEING A FAMILY TO NURTURING A WELLBEING HOME

Day 1

'In your relationship with one another, have the same mindset as Jesus Christ.' (Philippians 2: 5)

Being a family is a strong bond of relationship with one another, for this, each one needs to have a mindset of Jesus Christ, Phil 2:3-4 Not looking at your own interest but of others, In humility valuing others above yourself. Gen 2:18-25 God's plan is for humans to live as a family unit to be connected to God and one another to cherish the warmth and love with care.

A Nurturing Home is made of human beings and not bricks, family helps practice togetherness with a sense of inter-dependency on each other emotionally and be supportive, looking unto God for guidance, providence, protection and His presence. There are ups and downs in every individual and family life, even in relationships Some of the concerns of family life are family ruined by alcohol, drugs, and gambling, fast marriages, fast divorces, Social-media, extra-marital relationships, premarital pregnancies, financial problems, In-laws Interference, unemployment, critical illness and the list can go on; Above all the demand of modern lifestyle making the youth unable to handle failures resulting in depression leading to suicide. The need of the hour is being a family to become nurturing home where there is a family prayer every day, able to have one meal together, depending on God and His word as the standard of living, 1 Corinthian 13: 4-7 gives the key of love to make a family home, committed to each other in expressing love, provide support in every situation, encourage and be thoughtful of other's needs. Ephesians 5: 21-26 gives instructions for every role in the family. Four key words to follow being a family to nurturing home are Attention, Accepting, Available and Aware.

Be devoted one to another in love, honor one another above yourself.' (Romans 12:10).

FROM BEING TO HEALTHY WELLBEING

Day 2

'Do you want to get well?' (John 5:6)

Created in the image of God, Adam and Eve enjoyed the blessings of complete well-being. But sin marred this perfect being afflicting it with sweat, pain and eventually death (Gen. 3: 16-19, Rom. 5:12). Through the ages, humanity has suffered the consequences of the decision made in Eden. However, the plan of salvation offers hope of restoration to the likeness and image of God.

The World Health Organisation in its definition of health, emphasises wholistic well-being and "not merely the absence of disease or infirmity". Medical sciences and education have evolved to include wellness and lifestyle as part of the complete restoration of an individual's physical, mental, and social well-being. The pressing need for this restoration was emphasised during the recent COVID-19 pandemic which not only required healing from the physical manifestation of the disease but also the need to ensure mental and social wellness for a complete recovery.

The healing ministry of Jesus extended beyond the curing of the disease, He sought to bring back the perfect image that man was once created in – to make man whole. The story of the healing of the paralytic in John 5:2-9, throws light on complete healing and restoring of the individual's well-being, as Jesus asks: "Will you be made whole?" (John 5:6). It was not just a question of healing from the infirmity that the man suffered from, but a call to complete life. And on acceptance of this healing, the paralytic man was immediately made whole (John 5:9). Though sin has resulted in mortality, the plan of salvation offers us a wholistic renewed well-being. Just as medical science seeks to restore health in its entirety, God longs for His children to be restored back to His image. We are called to make a conscious choice to offer ourselves as a "living sacrifice, holy and acceptable to God" (Romans 12:1) who has provided for us an abundant life through Jesus (John 10:10), so we wouldn't perish but have eternal life (John 3:16)

FROM BEING TO ECOLOGICAL WELLBEING

Day 3

CMAI Day of Prayer

'....You renew the face of the ground' (Psalm 104:30)

The call towards ecological wellbeing is a faith affirmation of the restoration of relationships between God and human beings and between human beings and the rest of the Creation. It is about realizing God's purpose of creation and understanding Oikos – meaning God's household. Ecological being is a stage of interconnectedness and of belongingness, a space where stewardship is signified rather than dominance.

In the book of Genesis, God considers the human being as his co-creator and thus entrusts them with the responsibility to take care of the creation. God's parental love is reflected in his command to Adam and Eve to be stewards of his creation. The flood during Noah is an indication today that, when we do not care for the creation, there is a consequence. God parting the red sea is one such God's act of his control over the creation exhibited for the liberty of his people. Moses as the child getting escaped through the river Nile is a classic example of how God uses his creation in form of water to save his chosen one. This is possible in the context of ecological centeredness and ecological being as Psalm 104 beautifully illustrate the coexistence of all creation.

When human beings move from self-centeredness towards care for Creation, ecological wellbeing gets established. To be in ecological wellbeing, therefore, to experience equality, health, justice, and integrity for all. Ecological wellbeing also justifies the expectation of the prophetic pronunciation of New Heaven and New Earth. Ecological wellbeing also denotes the experience of ecological healing along with ecological nourishment.

Ecological wellbeing fulfils Christ's promise of "Life for all in abundance".

BEING SOCIAL TO TRANSFORMING THE SOCIETY
Day 4

'Well done, good and faithful servant' (Matthew 25:23)

William Wilberforce was a British politician and prominent abolitionist. He was also a committed Christian. Wilberforce turned to Christ a few years after joining politics. After his conversion, he was confronted by the question of whether he should remain in politics or join the full-time ministry. He sought counsel from a former slave trader John Newton, who had composed that beautiful hymn "Amazing Grace".

It was Newton, who advised him "not to retire from public life." Wilberforce took Newton's advice and stayed in politics and as a result of that, he changed the course of history. It was due to his efforts that slavery was abolished. As we look at Wilberforce's life, three lessons stand out that teach us the close relationship between how our spirituality impacts our social life and in turn transforms society.

1. Experience life through the lens of faith

Paul wrote in Col. 3:23- "Whatever your task, put yourself into it, as done for the Lord…" Before his conversion, Wilberforce did not have a sense of direction or purpose. In his own words "the first year in Parliament I did nothing-nothing to any purpose" In contrast when he encountered Christ he began to see his work as a God-given task. To know Christ is to recognize that all of our life is under His divine control and purpose.

2. Bloom where you are planted

"Perhaps you were born for such a time as this" Esther 4:14. The words that Mordecai said to Queen Esther apply to every believer. We are where we are for a purpose and in line with God's plan. Wilberforce recorded in his journal that his place in parliament was a "post which Providence seems to have assigned me" A Christian lives with this conviction that the Lord has a plan for him or her wherever the Lord has placed him or her. Be it in an office, school, bank or another institution.

3. Have the faith to pursue your God-given passions

"Do not grow weary in doing good…" Gal. 6:9. For 20 years Wilberforce fought against slavery. It was on July 26, 1866, the House of Commons voted to abolish the slave trade. Three days later after hearing this news Wilberforce died- a man who had fulfilled his purpose here on earth and was now ready to face his Maker. As Christians, we all have a God-given task, and it must be an endeavour to hear the master say at the end of our life "Well done good and faithful servant" Matt. 25:23

From a biblical perspective being spiritually and socially active are the two sides of the same coin.

FROM BEING PROFESSIONAL TO BUILDING A LEGACY
Day 5

'See I have set you over all the land of Egypt' (Genesis 41:41)

Being professional is having an ethic or being a model at our workplace. And it is not a one day process; it takes months and years to build a person's traits\attributes. It involves a lot of things such as a person's skillfull attitude, piety, faithfulness, integrity, commitment, and so on. And they all play a major role in being a professional. In this process, we allow ourselves personally and professionally to be crushed and moulded in different ways to build a legacy.

To say it with an illustration, when an artist decides to draw a picture, the artist first gives the outline of the picture then slowly adds detailing to the same and then completes it. But in the middle of this process if they find any flaws they rectify them immediately, up to the end of this process they keep on correcting the picture and give life to it. In the same way, in this journey of building a legacy, it is important to learn and unlearn many things. Each Step of our life we create by our actions and during this time period we rectify our mistakes on the way to our journey of being a professional.

The above mentioned bible verse talks about Pharaoh's words to Joseph and it teaches us a lot of lessons even today on professionalism. We all know that Joseph entered Egypt as a slave. Here the situation around Joseph was not constant, firstly he was in Potiphar's house, he found favour in his sight and he made him in charge of all that he had (Gen 39:4). But that didn't sustain for a long time. There he was tempted by his wife, falsely accused and went to prison, again a terrible situation in his life, but from prison, God made him an interpreter of the dream, and finally he became an authoritative person next to the pharaoh. To attain that position he suffered a lot, his journey was not at all easy. But during all those situations he never gave up on his standards. He didn't take shortcuts, he was safeguarding his virtues; he was away from sin and nowhere he was going against the will of God. Joseph was vulnerable for some time and he became authoritative after that. In both time periods, *'The Lord was with Joseph'*

Joseph knows very well that only the situations were keeps on changing. But he had the same mighty God who can make wonders. He believed in that and succeeded as a professional. Today as a professional sometimes we may be weak or vulnerable at our workplaces, and we may face consequences, harassment, and false accusations at those times we should remember, that the God who was with JOSEPH is with us today to deliver us from our troubles. So

we should move forward with that ray of Hope to be successful people at our workplaces. Today many of us hold powerful positions at our work premises like Joseph. Let us look back at where we came from, let us re-think our calling, and ask ourselves AM I building a legacy? When we find an answer we will be a blessing to the community at large. Finally, Galatians 6: 10 says, "*Whenever we have an opportunity let us work for the good of all".* So whatever profession we are in today, let us work for the good, let us be true to our calling, and let us be a person with professional ethics to build a legacy. And God will lift us up!

Reflection:

1. As a professional what is our attitude towards God today?
2. What are the hindrances we have in our workplaces to build a legacy?

BEING SPIRITUAL TO A WELLBEING MINISTRY

Day 6

'Then Elijah stretched himself out on the boy three times and prayed, O LORD my God, restore this child to life' [I Kings. 17:1-24 (21)]

The obedience of Elijah, the prophet in following the command of the Lord was his spiritual and God's provision of bread and meat through the ravens and water from the brook was towards his physical wellbeing.

Now his journey to Zarephath made him weary and ravenous. He wanted the lady to prepare his food first though she had nothing left for the next meal. However, Elijah affirmed her of God's unfailing supply and protection (cf. Ps. 23 & 91). This spirituality of faith of the woman witnessed a nonstop supply of flour and oil throughout the famine.

Despite the fact of enjoying fullness and satisfaction during drought and scarcity, the son of the Mistress fell ill and died. This toll made the lady feel that the presence of the Godman brought out her sinfulness to remembrance. Her reaction resembles Peter's confession found in Luke.5:8. Such a response could be termed as a personal spiritual awakening, as in the case of Paul (cf. Acts. 9:5). Nevertheless, much to the amazement of the medical fraternity, the prayer and action of Elijah revived the heartbeat and reinstated the boy back to life. This is an indication of the necessity of restoration.

Therefore, sincere prayer along with caring, sharing, helping, and accepting one another is considered spiritual; Good health, peace, contentment and composing life are essential for human welfare (cf. Mark. 6:34-44). Thus, "Being Spiritual to Wellbeing Ministry," is a call extended to the CHOSEN to be aware of God's presence in day-to-day life. This realization of God with us strengthens the believer to promote a holistic and disciplined life. The such ministry will comprise a life of physical fitness, mental health, satisfaction, and serenity.

Hence, the above event and all healing narratives cited in the Bible are portrayals of God's intent, for the fullness of a life on earth (cf. John. 10: 10).

Reflection:

1. Share your experiences of spirituality.
2. Discuss instances of spirituality that augment wellbeing.

ACKNOWLEDGEMENT

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Theme Sermon



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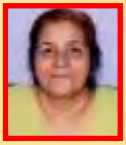
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Offering collected on Healing Ministry Sunday can be sent to:
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