



‘Healing and Wholeness’

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God's heart is restoration. - **Key Scripture:** 3 John 1:2

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

God cares about:

- Your **spirit** (relationship with Him)
- Your **soul** (mind, emotions, peace)
- Your **body** (health and strength)

Wholeness means nothing in your life remains broken or disconnected from God. Why? Because “If anyone is in Christ, he is a new creation.” The old has gone, and the new has come.

Brief Understanding of Wholeness and Healing:

God does not only want to fix one part of your life—He desires to restore the **whole person: spirit, soul, and body**. Practical discipleship helps believers **believe it, receive it, and live it**. Many believers understand *healing* as God fixing something broken, but **wholeness** is deeper.

Wholeness means every part of a person—spirit, soul, and body—being restored and aligned with God. (1 Thes 5:23).

Jesus did not only remove sickness—He **restored the whole person**. Healing may remove a disease, but **wholeness restores the person’s life, identity, and purpose**. The Greek word often used in the New Testament is “**sozo**.” It means **saved, healed, delivered, and made whole**.

Jesus showed that salvation includes the restoration of the entire person.

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Bible Example:

Luke 8:48 — “Daughter, your faith has made you whole.”

Jesus not only said the woman was healed but also that she was **made whole**.

Her Condition

For 12 years, she suffered:

- Physical sickness
- Financial loss (spent all her money on doctors)
- Social rejection (she was considered unclean)
- Emotional pain and isolation

Her life was **broken in many areas**. But when she touched Jesus' garment, **everything changed**. **Jesus said**, "Your faith has made you whole."

This means she received more than physical healing.

She received: • Physical healing • Emotional restoration • Public acceptance
• Spiritual peace

Jesus even called her "**Daughter**." That word restored her **identity and belonging**.

The Difference Between Healing and Wholeness

Healing

- Fixes the physical problem
- Removes the sickness
- Restores the body

Wholeness

- Restores the entire life
- Heals the heart and emotions - Less controlled by past wounds and forgiveness
- Restores identity and dignity
- Brings peace with God - Overcoming anxiety, stress etc.
- Faith becomes stronger in believing God for bigger things
- Relationships improve - A heart healed loves better
- Spiritual authority grows - Ministering healing to others

Jesus always wanted people to experience **both**.

A Christian who is whole is **stable, confident, and spiritually strong**.

Bring Hidden Wounds to God

Many believers are forgiven but still carry **emotional wounds, shame, or disappointment**.

Wholeness happens when we bring those areas to God in prayer.

Example prayer:

“Lord, I give you my hurt, my disappointment, and my fears. Heal every part of my heart.”

God's desire is not just that people **recover**, but that they **live complete and restored lives**.

- Psalm 103:2–3 — God forgives and heals
- Isaiah 53:5 — By His stripes we are healed
- James 5:14–15 — Prayer of faith heals the sick

Faith grows when believers understand **God's heart for restoration**

How Christians Walk in Wholeness

A Christian can pursue wholeness in daily life through a few simple practices.

- 1. Stay Connected to Jesus**
- 2. Wholeness begins with a relationship with Christ.**

- Daily prayer
- Reading Scripture
- Worship

Jesus is the source of life and restoration.

Have Faith and Action - Examples of what Jesus Said to the Sick:

- Stretch out your hand
- Rise and walk
- Go show yourself to the priest

Remember - Faith activates healing. Get up and do something different as a step of your faith in action after you prayed and confessed healing over your body, and now you thank God by getting up and starting to do things.

Healing often starts when thinking changes - Renewing of the Mind

1. Visualize you are healed
2. Speak God's promise of healing over your body

A Simple Prayer for Wholeness

Pray this prayer slowly:

“Lord Jesus, I bring every broken place in my life to You.
Heal my body, restore my heart, and renew my mind.
Fill me with Your peace and make me whole.
I trust You to restore my life. Amen.”