

# Christ our Healer

Samantha Kanemy - Personal Reflection  
October 11, 2022

“Blessed are the poor in spirit, for theirs is the kingdom of heaven”

This is the first of the blessed beatitudes spoken by Jesus in the gospel of Matthew.

To be poor in spirit is to recognize one’s need for God, to recognize one’s need of a saviour. To recognize one’s brokenness and need of a healer. To become small and weak so that God can be our strength.

...

## Introduction

Over the past few weeks, our community has been reflecting a lot on the importance of “exposition of self” through the lens of vulnerability and healing. Often, when we are prompted to reflect upon ourselves or to give a description of who we are, we like to keep most things hidden. We only often share the things that we want other people to know and hide those things that we may not like about ourselves. Sometimes, we even try to hide things from ourselves and avoid our weaknesses or shortcomings in hopes that they will somehow disappear.

Pondering the weakness of the human person or of ourselves is not an easy thing to do but in the eyes of God, the weakness and brokenness of humanity is the very reality that led to our need of a saviour. Essentially, our brokenness is what led to the life of Jesus Christ. To me, one of the most valuable understandings we can have as Christians is that we are all broken and that it is through this recognition of our brokenness that Jesus’s saving sacrifice becomes active in our lives. When we are able to accept our own brokenness, two things begin to happen:

1. We begin our own journey of healing and redemption with Christ
2. We learn how to accept others, how to love them in their weaknesses, and how to aid in their journey of healing

This reflection will focus on the first point, diving into what I am learning about becoming poor in spirit while emphasizing the hope and healing offered to us by Christ through this journey. Next, a follow-up reflection will be posted on participating in the healing of others.

## Personal Healing and Redemption

### Created in Wholeness, by Love and for Love

When talking about the broken nature of humanity, emphasis must first be placed on the beauty of the human person made in the image of God. When God created us, He did not create us in brokenness, rather, He created us in wholeness for the purpose of participating fully in the eternal exchange of love between the Father, the Son, and the Holy Spirit. Each of

us was created by love, to love and to be loved. Our wholeness is only truly realized when we are bound by this genuine, pure, and self-giving love, exemplified for us by the love shared between the most Holy Trinity.

Often, in society, we hear people refer to our weakness as our humanness. For example, when we mess up or make a mistake, we often find ourselves saying “well, I’m only human”. I have learned recently that this is not a true reflection of the human person as God created it. The only person who fully embodies humanness in its wholeness is Jesus Christ. Christ was fully human and fully divine, executing both perfectly and in unity. Therefore, His embodiment of humanness is our only example of what a human living in wholeness looks like. It is restoration to our wholeness as humans that we should have hope in, which can only be achieved through the redemptive work of Christ.

### **Human Brokenness and Sin**

While God created us in wholeness, brokenness has entered into our lives as a result of our sins. As true love is not forced, God gave us free will to choose against Him, to choose against genuine love. As a result, our world and our lives have been fragmented and unaligned with our purpose of love. In a way, we can view brokenness and sin as a failure of genuine love for God and neighbour.

The story of our brokenness is evident at the very beginning of the human story. In the bible, the story of Adam and Eve shows us how original sin has imprinted itself on our lives. But, as Saint Paul demonstrates in his first letter to the Corinthians, our hope lies in Christ “for as in Adam all die, so all in Christ shall all be made alive” 1 Corinthians 15:22. We are a fallen people, there is no way around that fact, but through Jesus Christ, we can be redeemed and that is where our hope lies.

### **Healing and Redemption through Christ**

Out of love, God does not desire us to remain in brokenness. And so, God has proved His love for us and His desire to restore us to wholeness in that while we are still sinners, He sent His only Son to us for our restoration and salvation.

Sometimes, it amazes me that while we are the ones who have continually chosen against God, He has always remained in love with us and in pursuit of us, His children. His desire to hold each of our hearts in His loving hands is so great that He sent His son to us with the sole mission of offering us healing and redemption by binding together our brokenness through His own wounds suffered on the cross. As Pope Benedict XVI said, “healing is an essential dimension of the apostolic mission and of Christianity. When understood at a sufficiently deep level, this expresses the entire content of redemption.”. Christ came to save us, heal us, and restore us to wholeness.

In reading the gospels, Jesus doesn't shy away from showing us His desire to heal the broken. He makes it clear that He came to be with those who are sick and in need of a doctor. As Jesus said: “Those who are well have no need of a physician, but those who are sick; I have not come to call the righteous, but sinners to repentance” Luke 5: 31-32. He came to be with those who are broken so that He can heal. He came to restore us by love and for love.

## **To be Poor in Spirit**

So, what does this mean for us? On one hand, this means that we need to be able to acknowledge that we do actually need a saviour. We need to be able to acknowledge the brokenness and sin in our lives, both our own sin and the sins of others against us so that we can recognize that we are exactly who Jesus came to save. We need to become poor in spirit.

On the other hand, this also means that we need to recognize that we were not made to remain in brokenness. We need to know our true identity of beloved sons and daughters whom the Lord desires to care for. We need to know that God desires to restore us to wholeness. We need to know that, to God, our individual healing and restoration is worth the price of death on a cross.

## **Repentance as Hope**

As Jesus began His public ministry and began to teach the people, He gave us a practical way to participate in His healing mission by calling us to repentance so that we can be set free through His sacrifice. Honest repentance is not always easy because it requires us to first become poor in spirit. It requires us to acknowledge our brokenness and need of a saviour while, at the same time, requiring us to be motivated by our recognition that we are called to something greater. Repentance is not meant to bring shame into our hearts. It is meant to be a source of hope, through which we, through Christ, can be set free, forgiven, and restored to wholeness.

If you think God expects you to be perfect or to “be better” in order to come to Him, I want to tell you that that is a lie. In one of the homilies this past week, the priest pointed out how we often fall into the trap of thinking of our lives as if we were in the Olympics, as if we have to train and become worthy or “good enough” before we are allowed to enter the competition. But this couldn’t be further from reality. In God’s eyes, we are worthy because we are His and because He loved us first. No matter what your past looks like, if you (figuratively) have a broken arm or two broken legs or lost an eye along the way, it doesn’t matter. You do not have to perform for Christ. For all He cares, you can limp to Him or crawl to Him if that is all you can do. He knows we are broken and yet He loves us with genuine love that has the power to heal us and restore us to wholeness.

Let us give Jesus permission to be who He is, our healer and our saviour. May we come to Him with open and humble hearts and let Him do the rest. He loves you.