



Max Solbrekken  
Box 44220 Garside  
Edmonton, AB  
[max@maxsolbrekken.com](mailto:max@maxsolbrekken.com)  
T5V 1N6

# **NEIGHBOURHOOD BIBLE STUDIES**

Max Solbrekken / World Mission



No 8.

## **THE SECRET OF INNER HEALING**

### **1. ASK CHRIST FOR CLEANSING FROM ALL SIN - **1 John 1:7****

“But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.”

- (a) Humble Yourself - **James 4: 6-10** - “But he giveth more grace unto the humble. Submit yourselves therefor to God. Resist the devil and he will flee from you. Draw nigh to God and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. Be afflicted, and morn, and weep: let your laughter be turned to mourning and your joy to heaviness.

**Humble yourselves in the sight of the Lord, and he shall lift you up.”**

(b) Confess your sins - 1 **John 1:9** - “If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from unrighteousness.”

(c) Forsake your sins- **Isa. 55:7**-“Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon.”

**89% of physical sickness is caused by worry, stress, anxiety and fear!**

2. **FORGIVE THOSE WHO HAVE WRONGED YOU!** – **Matt. 6:12-14** -

“And forgive us our debts, as we forgive our debtors. And lead us not into temptation but deliver us from evil for thine is the kingdom and the power, the glory, forever Amen. **For if ye forgive men their trespasses, your heavenly Father will also forgive you.**”

**2 Peter 4:9** - “Use hospitality one to another without grudging.”

**James 5:9** - “Grudge not one against another, brethren, lest ye be condemned: behold, the Judge standeth before the door.

3. JUDGE NOT LEST YE BE JUDGED – Matt. 7:1 – “Judge not, that ye be not judged.”

Rom. 14:10 – “but why dost thou judge thy brother? Or why doest thou set at nought thy brother? For we shall all stand before the judgment seat of Christ.”

4. BE GENEROUS WITH GOD & MAN -

(a) Generous in giving - **Luke 6:38** -

“Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.”

(b) Generous in mercy & longsuffering -Matt. 5:7 -

“Blessed are the merciful: for they shall obtain mercy.”

**Gal. 5:22-23** “But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance, against such there is no law.”

5. DON'T LIVE IN THE PAST -**Phil. 3:14** - “I press toward the mark for the prize of the high calling of God in Christ Jesus”

Don't dwell on past sins, problems or even successes!

6. DON'T BE TOO CONCERNED ABOUT THE FUTURE - **Phil. 4:6** -

**“Be careful for nothing;** but in everything by prayer and supplication with **thanksgiving** let your request be made known unto God.”

**1 Tim. 6:7** - “For we brought nothing into this world, and it is certain we carry nothing out.”

**2 Cor. 6:10** -“As sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing all things.”

**Matt. 6:19-21-** “Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: but lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: For where your treasures is, there will your heart be also.”

**Matt. 6:25-26** - “Therefore I say unto you, Take no thought for your life, what ye

shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns: yet your heavenly Father feedeth them. Are ye not much better than they?”

**“I don’t know about tomorrow, I just live from day to day I don’t borrow from the sunshine, For the skies may turn to gray; I don’t worry o’ver the future for I know what Jesus said, For His presence go before me and I’m covered by His blood.”**

**7. BE KIND & HELPFUL TO YOUR NEIGHBOUR & BROTHER - Col.-3:12-13 -**

“Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering, Forbearing one another, and forgiving one another, If any man have a quarrel against any: even as Christ forgave you, shall also do ye.”

**1 Cor. 13:14** -“Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up.”

**Gen. 4:9** - "...Am I my brother's keeper? YES!

**Luke 10:29** - "...who is my neighbour?" Those who have fallen prey to the devil.

**Gal. 6:2** - "Bear ye one another's burdens, and so fulfil the law of Christ."

**1 Cor. 10:24** - "Let no man seek his own, but every man another's wealth."