A foreign dignitary once sought help from the great English physician, Dr. Forbes Winslow. "Doctor," he said, "I don't know what’s wrong with me. I can’t sleep—My spirit is overwhelmed with guilt because of my sin." "Oh," said the doctor, "You’re talking to the wrong physician." Dr. Winslow pulled out his Bible and read from Isaiah 53:5 “But He was pierced through for our transgressions, He was crushed for our iniquities; The chastening for our well-being {fell} upon Him, And by His scourging we are healed.” They knelt down together in prayer, and the dignitary went home rejoicing in his salvation. Sleep was no longer a problem, for his heart had found rest in Christ.

Years ago, there seemed to be more of an understanding of the interaction between our spiritual conditions and our physical circumstances. People were more perceptive to the fact that not all sickness had a physical root. In fact, some physical illnesses really begin as spiritual problems.

Mark chapter 2 tells of a paralyzed man carried to Jesus on a stretcher by four of his friends. He needed healing. But when they got there, Jesus' first words to the man were, "Your sins are forgiven." This reaction didn’t make sense, and especially offended the local religious leaders. So Jesus explained, Mark 2:8 "Why are you reasoning about these things in your hearts? 9 "Which is easier, to say to the paralytic, 'Your sins are forgiven'; or to say, 'Get up, and pick up your pallet and walk'? 10 "But so that you may know that the Son of Man has authority on earth to forgive sins"--He said to the paralytic, 11 "…get up, pick up your pallet and go home."

And He did! Jesus understood that for a person to be completely whole, they must be healed both physically and spiritually. That was the purpose of the cross, to bring complete healing to a sick and broken world like ours.