

P A S T O R

**CHARMAINE  
CHEONG**



Source: [medicalnewstoday.com](https://www.medicalnewstoday.com)

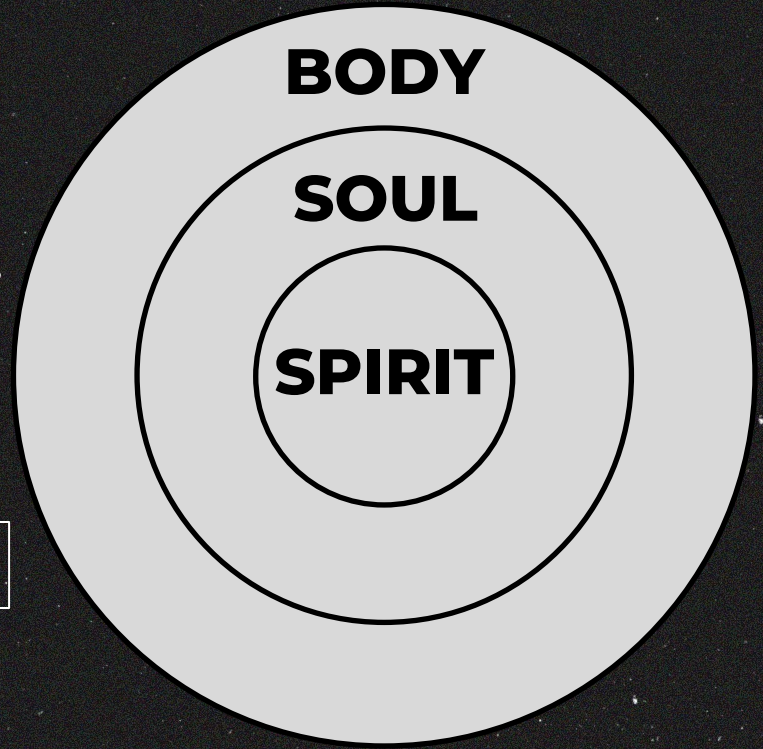


Source: [mybiblesong.com](http://mybiblesong.com)

We will all face pain in life.

- BODY** – Physical aspect
- SOUL** – Emotional, intellectual,  
& cognitive aspects
- SPIRIT** – Spiritual aspect

ALL ARE INTERCONNECTED



## 1 Thessalonians 5:23 (NIV)

<sup>23</sup> May God himself, the God of peace, sanctify you through and through. May your whole **spirit, soul and body** be kept blameless at the coming of our Lord Jesus Christ.

Whatever pain you're facing today,  
Jesus wants to heal you and  
make you whole.

## John 16:33 (NIV)

<sup>33</sup> “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”



**YOU CAN**



**YOU CAN  
BE HEALED**

Whatever pain you're facing today,  
Jesus wants to heal you and  
make you whole.



## Matthew 9:35 (NLT)

<sup>35</sup> Jesus traveled through all the towns and villages of that area, teaching in the synagogues and announcing the Good News about the Kingdom. And **he healed every kind of disease and illness.**

## Mark 5:21-34 (NIV)

<sup>21</sup> When Jesus had again crossed over by boat to the other side of the lake, a large crowd gathered around him while he was by the lake. <sup>22</sup> Then one of the synagogue leaders, named Jairus, came, and when he saw Jesus, he fell at his feet.

## Mark 5:21-34 (NIV)

<sup>23</sup> He pleaded earnestly with him, “My little daughter is dying. Please come and put your hands on her so that she will be healed and live.” <sup>24</sup> So Jesus went with him. A large crowd followed and pressed around him. <sup>25</sup> And a woman was there who had been subject to bleeding for twelve years.

## Mark 5:21-34 (NIV)

<sup>26</sup> She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. <sup>27</sup> When she heard about Jesus, she came up behind him in the crowd and touched his cloak, <sup>28</sup> because she thought, “If I just touch his clothes, I will be healed.”

## Mark 5:21-34 (NIV)

<sup>29</sup> Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. <sup>30</sup> At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, “Who touched my clothes?”



## Mark 5:21-34 (NIV)

<sup>31</sup> “You see the people crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’” <sup>32</sup> But Jesus kept looking around to see who had done it. <sup>33</sup> Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth.

## Mark 5:21-34 (NIV)

**34** He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”

How can we receive complete  
healing from Jesus?



**COME TO HIM**

**YOU CAN**



## Mark 5:27-29 (NIV)

<sup>27</sup> When she heard about Jesus, she **came up behind him in the crowd** and touched his cloak, <sup>28</sup> because she thought, “If I just touch his clothes, I will be healed.” <sup>29</sup> Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.

# PHYSICAL PAIN

**YOU CAN**



## Mark 5:25 (NIV)

<sup>25</sup> And a woman was there who had been subject to **bleeding for twelve years**.

# EMOTIONAL PAIN

**YOU CAN**





## Mark 5:26 (NIV)

<sup>26</sup> She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse.

## Leviticus 15:25 (NKJV)

<sup>25</sup> 'If a woman has a discharge of blood for many days, other than at the time of her customary impurity, or if it runs beyond her usual time of impurity, all the days of her unclean discharge shall be as the days of her customary impurity. **She shall be unclean.**

# SPIRITUAL PAIN

## Mark 5:29 (NIV)

<sup>29</sup> Immediately her **bleeding stopped** and she felt in her body that she was **freed from her suffering**.

Matthew 11:28 (NIV)

<sup>28</sup> “**Come to me**, all you who are weary and burdened, and I will give you rest.

YOU CAN



**1<sup>ST</sup> OBSTACLE:  
THE CROWD**

**YOU CAN**



## Mark 5:24 (NIV)

<sup>24</sup> ...A large crowd followed and pressed around him.

**1<sup>ST</sup> OBSTACLE:  
THE CROWD**

Will Jesus notice me?

**YOU CAN**





## Mark 5:22-24 (NIV)

**22** Then one of the synagogue leaders, named Jairus, came, and when he saw Jesus, he fell at his feet. **23** He pleaded earnestly with him, “My little daughter is dying. Please come and put your hands on her so that she will be healed and live.” **24** So Jesus went with him...

## Mark 5:30 (NIV)

<sup>30</sup> At once Jesus realized that power had gone out from him. He **turned around** in the crowd and asked, “Who touched my clothes?”

## Mark 5:34 (NIV)

<sup>34</sup> He said to her, “**Daughter**, your faith has healed you. Go in peace and be freed from your suffering.”

**2<sup>ND</sup> OBSTACLE:  
PAST DISAPPOINTMENTS**

**2<sup>ND</sup> OBSTACLE:  
PAST DISAPPOINTMENTS**

What if nothing changes again?



**3<sup>RD</sup> OBSTACLE:  
FEAR**

**YOU CAN**



**3<sup>RD</sup> OBSTACLE:  
FEAR**

What if they judge me?

## Mark 5:33 (NIV)

<sup>33</sup> Then the woman, knowing what had happened to her, came and fell at his feet and, **trembling with fear**, told him the whole truth.



Come to Jesus even  
when you feel unworthy.



## Mark 5:31-32 (NIV)

**31** “You see the people crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’” **32** But Jesus kept looking around to see who had done it.

## Mark 5:34 (NIV)

<sup>34</sup> He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”

## Mark 2:17 (NIV)

<sup>17</sup> On hearing this, Jesus said to them, “It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners.”

## John 3:17 (NKJV)

<sup>17</sup> For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

Healing begins with the truth.



## Mark 5:33 (NIV)

<sup>33</sup> Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, **told him the whole truth.**

“Lord, this is where I am.  
This is what I am struggling with.  
I need you to help me.”



## James 5:16 (ESV)

<sup>16</sup> Therefore, confess your sins to one another and pray for one another, that you may be healed...

**1<sup>ST</sup> OBSTACLE:  
THE CROWD**

Will Jesus notice me?

**YOU CAN**



**2<sup>ND</sup> OBSTACLE:  
PAST DISAPPOINTMENTS**

What if nothing changes again?

**3<sup>RD</sup> OBSTACLE:  
FEAR**

What if they judge me?

Whatever pain you're facing today,  
Jesus wants to heal you and  
make you whole.



How can we receive complete  
healing from Jesus?



**COME TO HIM**

**YOU CAN**



**WALK WITH HIM**

**YOU CAN**





## Genesis 2:7 (NLT)

<sup>7</sup> Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became **a living person**.

Romans 6:23 (NIV)

<sup>23</sup> For the wages of sin is death...

YOU CAN



## John 3:16-17 (NIV)

**16** For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

**17** For God did not send his Son into the world to condemn the world, but to save the world through him.



## Isaiah 53:5 (NLT)

<sup>5</sup> But he was pierced for our rebellion, crushed for our sins. **He was beaten so we could be whole. He was whipped so we could be healed.**

## Mark 5:34 (NIV)

<sup>34</sup> He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”

## Exodus 15:26 (NIV)

<sup>26</sup> He said, “If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, **for I am the Lord, who heals you.**”

Complete healing begins when  
we choose to walk in His ways.

**YOU CAN**





Source: [thirst.sg](https://www.thirst.sg)



My parents have passed away, and since 2005, all I've had is my older sister. She has her own family, but we sometimes meet up. She said she's so happy to see the way I am today.

EDWIN GOH

1/2



She used to say, “I only see you in two places: One place is the hospital, the other is the police station.” So now when she sees my life the way it is today, she’s very happy.

**EDWIN GOH**

## John 10:10 (NIV)

<sup>10</sup> The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

How can we receive complete healing from Jesus?



How can we receive complete healing from Jesus?

**COME TO HIM**



How can we receive complete healing from Jesus?

**COME TO HIM**

**WALK WITH HIM**

**YOU CAN**



Whatever pain you're facing today,  
Jesus wants to heal you and  
make you whole.



## Isaiah 53:3-5 (NIV)

<sup>3</sup> He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem. <sup>4</sup> Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted.



## Isaiah 53:3-5 (NIV)

<sup>5</sup> But he was pierced for our transgressions,  
he was crushed for our iniquities; the  
punishment that brought us peace was on  
him, and by his wounds we are healed.

## Mark 5:27-29 (NIV)

<sup>27</sup> When she heard about Jesus, she came up behind him in the crowd and touched his cloak, <sup>28</sup> because she thought, “If I just touch his clothes, I will be healed.” <sup>29</sup> Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.

## Matthew 11:28-30 (NLT)

**28** Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. **29** Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. **30** For my yoke is easy to bear, and the burden I give you is light.”

**YOU CAN**

