

His Healing Handbook

Symptom: *I am so weary*

I'm surviving but it seems like I'm on a never-ending treadmill to nowhere. Every time I seem to progress I trip myself up. I try so hard; so where is the joy?

Diagnosis: *Slave to obedience*

A central principle of the LDS Church is that all blessings are predicated upon obedience to God's commandments. "*Heavenly Father won't bless you unless you first prove you are worthy*". This principle spurs people on to work hard to earn God's blessings.

You think you are bound by obedience to gain God's blessings. You have become a slave. Your master is the set of laws and ordinances you must obey. You feel that you are on a *never-ending treadmill to nowhere* because:

1. You believe you cannot gain God's blessings until you prove you are worthy through your obedience.
2. Yet every time you fail to keep a condition of the laws and ordinances you prove you are unworthy.

There is no joy on this treadmill, only fatigue, failure and disappointment!

His Healing Now (Cure): *Christ bought you from slavery, giving you the victory*

Christ came to free such slaves from their bondage (**Luke 4:18-21**). He freed you by redeeming (bought) you from the commandments and its curses. (**Gal. 3:13**). His payment is your payment – given for you even though you are unworthy: "**In whom we have redemption through his blood, even the forgiveness of sins.**"

God's blessings are not predicated upon what we must do; but on what His Son already did! His redemption replaces the never-ending treadmill to nowhere. Where the LDS Church dictates works of slavery *before* receiving God's blessings; Christ's redemption frees you to perform joyous works of thanksgiving that flow from having *already* been freed from slavery! – "**abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.**"

Treatment: *Joyful works of love that flow from God's blessings*

Think of someone you love. Think of the joy you feel when you do something special for this person. Think of a Savior who has done what you could never do – be perfectly worthy and pay for your sins. Out of love for you this Savior gives you the freedom you could never earn. Think of the blessings this freedom gives you (eternal life, forgiveness, the removal of guilt, ...) Think of the joy you will feel as you return His love by living a life devoted to Him – not as a slave (because you have to) but as a freeman (because you want to)!

Suggested Reading:

To read more about being set free from slavery to God's laws [Click Here](http://latterdaysaintwoman.wordpress.com/2008/12/06). This link will take you to an article on the Latter Day Saint Woman blog titled **Are You One Hundred Percent?** (<http://latterdaysaintwoman.wordpress.com/2008/12/06>)

To read more about the easy burden of works of love and thanksgiving [Click Here](#). This link will take you to an article on the Latter Day Saint Woman blog titled **Are You Tired?** (<http://latterdaysaintwoman.wordpress.com/2009/10/03>)

Bible Reference(s):

Luke 4:18-21: The Spirit of the Lord *is* upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, ¹⁹To preach the acceptable year of the Lord. ²⁰And he closed the book, and he gave *it* again to the minister, and sat down. And the eyes of all them that were in the synagogue were fastened on him. ²¹And he began to say unto them, This day is this scripture fulfilled in your ears.

Galatians 3:13: Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed *is* every one that hangeth on a tree:

Colossians 1:12: Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light: ¹³Who hath delivered us from the power of darkness, and hath translated *us* into the kingdom of his dear Son: ¹⁴**In whom we have redemption through his blood, even the forgiveness of sins:**

1 Corinthians 15:56-58: The sting of death is sin; and the strength of sin is the law. ⁵⁷But thanks be to God, which giveth us the victory through our Lord Jesus Christ. ⁵⁸Therefore, my beloved brethren, be ye stedfast, unmoveable, always **abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.**