

# His Healing Handbook

## **Symptom:** *I feel isolated from others (because I am unworthy)*

I feel so unworthy when I look at others in my church. I am struggling when everyone else seems to be doing so well. And I can't talk to anyone about it because they'd just look down on me.

## **Diagnosis:** *No one is worthy*

The LDS Church teaches that people are basically good. It also emphasizes that members always put their best face on.

The truth is that **no one** is good. Heavenly Father teaches that all are unworthy from birth. He said "the imagination of man's heart is evil from his youth". Jesus said: "none is good, save one, that is, God". The Psalms record: "Behold, I was shapen in iniquity; and in sin did my mother conceive me."

You are no more or less worthy than your fellow church members. You are isolating yourself from those who only **appear** more worthy than you. Yet this knowledge alone will not relieve your pain because your isolation from others is masking the underlying source of your pain. While you may no longer feel isolated from your peers, your unworth still isolates you from Heavenly Father.

Ironically, in this you are not alone. It is a condition shared by all humans. Sin is the cause of unworthiness and ultimately isolation from God. Every human is infected with sin. "For all have sinned, and come short of the glory of God"

## **His Healing Now (Cure):** *The blood of Christ washes away your unworth*

There is no direct cure for sin. While Christ lived a perfect life; nobody else has or will. No one can ever stop sinning.

But while there is no cure for sin there is a cure for unworthiness. Christ's sacrificial blood cleanses us by removing all our sin: "Jesus Christ ... washed us from our sins in his own blood." By His perfect life he freely gives what you could never achieve – worthiness (righteousness): "he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness"

## **Treatment:** *Credited with righteousness through faith*

Use the knowledge of your own unworthiness to embrace the truth that no one is or can ever be worthy to receive God's blessings by what they do. Then follow the path of the Prophet Abraham: "Even as Abraham believed God, and it was accounted to him for righteousness." Believe that you are credited with the perfect life lived by Jesus Christ. Believe that Jesus has washed away all your sin. Believing this will transform you. You will instantaneously join the throng of countless other saints who also freely acknowledge their unworth while wearing Christ's robe of righteousness. No longer will you be isolated from these saints or from Heavenly Father.

## **Suggested Reading:**

To read more about Heavenly Father's assessment of the worthiness of mankind [Click Here](#). This link will take you to an article on the Latter Day Saint Woman blog titled **No One is Good but God!** (<http://latterdaysaintwoman.wordpress.com/2009/03/06>)

To read more about being credited with worthiness (righteousness) [Click Here](#). This link will take you to an article on the Latter Day Saint Woman blog titled **Why is the Cross the Symbol of Christianity?** (<http://latterdaysaintwoman.wordpress.com/2009/08/10>)

## **Bible Reference(s):**

**Genesis 8:21:** And the LORD smelled a sweet savour; and the LORD said in his heart, I will not again curse the ground any more for man's sake; for **the imagination of man's heart is evil from his youth**; neither will I again smite any more every thing living, as I have done.

**Luke 18:19:** And Jesus said unto him, Why callest thou me good? **none is good, save one, that is, God.**

**Psalms 51:5:** Behold, I was shapen in iniquity; and in sin did my mother conceive me.

**Romans 3:23:** For all have sinned, and come short of the glory of God

**Revelation 1:5:** And from **Jesus Christ, who is the faithful witness, and the first begotten of the dead, and the prince of the kings of the earth.** Unto him that loved us, and **washed us from our sins in his own blood**

**Isaiah 61:10:** I will greatly rejoice in the LORD, my soul shall be joyful in my God; for **he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness,** as a bridegroom decketh *himself* with ornaments, and as a bride adorneth *herself* with her jewels.

**Galatians 3:5:** Even as Abraham believed God, and it was accounted to him for righteousness.