

## ARE YOU A WOUNDED HEALER?

*“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’*

Matthew 25:40

We are all wounded by pain at one level or another—whether it be physical, emotional, or spiritual. Wherever we look, we’ll see the wounded around us—the sick, the lonely, the hungry, the thirsty.

In his book, *The Wounded Healer*, Henri Nouwen wrote how, “in our own woundedness we can be a source of life for others.” If you, as a person who understands another’s wounds will reach out to help, you may—as the Bible says—be doing it for Christ himself (What you do for them, you also do for him.)

Each of us can be a wounded healer because on certain levels we will be able to relate to the pain of others. There comes a time when we must stop looking at our own wounds and start looking on the woundedness of others. When we take the focus off ourselves we won’t be as aware of our own pain.

Our understanding of others’ pain will help us show the love of Christ by being present with them and by being the good listener they need to have. To know you’re being heard is one of the greatest healers.

Have you thought of this? Read what Isaiah 53:5 NLT had to say about Jesus:

*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.*

Jesus was a wounded healer. *“He was beaten so we could be whole.”*

What better example do we have to follow?

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