

## **Daily Devotional: Healing of the Soul for Deliverance**

### **Scripture Focus: Psalm 41:4**

We often face a dilemma or situation in life and wonder how to solve it or overcome it. We approach every aspect of life in terms of finding a solution or completing a task and moving to the next step. As humans, we are innately programmed to seek answers for any circumstance we encounter. This could be as simple as daily cooking, daily job, studying, purchasing home appliances or something as significant as marital issues, sickness, financial issues, etc. In any situation, our focus is singular on rationalising it, diagnosing it, finding answers, and solving it. We pray seeking answers and deliverance with this focus. We focus on external answers. But what if the answer is internal? Matthew 11:28 “Come to Me all who toil and are burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am meek and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” Why is the Lord God linking our burdens and pain to our souls? How can rest to our souls be the answers for our external problems?

What is the soul? Soul is defined as, “The spiritual principle embodied in human beings, or spiritual or moral force, or the moral and emotional nature of human beings.” (Merriam Webster Dictionary). The spiritual, moral, and emotional principles that are embedded in us is our soul. It goes beyond our physical bodies. It is the non-physical part of a human being that gives us our individuality. If this is so, how often do we pay attention to our souls? Soul is the seat of our love, desires, emotions, will, attitude, morality, principles, and character. Our soul is that which either captivates or repels God. Our sins originate in our souls. In other words, our soul is our character. Character is defined as, “The mental and moral qualities distinctive to an

individual.” (Oxford Dictionary). God cares more about our character than how perfect our lives are. Therefore, He wants healing in our souls, which He views as deliverance. Psalm 41:4 I said, O Jehovah, be gracious to me; / Heal my soul, for I have sinned against You.

God is very intentional in placing every obstacle in our lives. He has specific purposes for any challenge He places in our path. He tailors all our situations to address specific weaknesses and flaws in our souls. If we want to become accountants, we take specific math and accounting courses in 12th grade. Likewise, when God wants to see a specific character development in us or address a specific sin in our souls, He plants a specific circumstance in our lives in hope that we will submit ourselves into His hands for that training. Instead, we see the circumstance and fight to eliminate it, rather than looking at it as a character-building exercise from God. Unless our souls are healed, how can we see the face of God?

### **Reflection for Today:**

What is my primary focus in life? Do I value my character more than my physical body? Am I willing to suffer for my soul to heal or do I reject the healing and want quick fixes to my problems?

### **Prayer:**

Our Father in Heaven, we are ignorant of the unseen part of us, i.e., our soul. We pay the least attention to our morals, ethics, principles, love, desires, attitude, and character. We are more focused on getting through life smoothly and strive to ensure that at any cost. We have forgotten that You want our souls to be united with You; therefore, it needs to be healed. Unless You heal

our souls, we cannot be your children. We have sinned by ignoring our inner healing. Lord, forgive us and remind us to ask for Your mercy every day for the healing of our souls. Amen.

### **Daily Takeaway:**

God's priority is to fix our soul. A corrupted soul cannot be aligned with God. Therefore, true deliverance is the healing of our inner spiritual self. Every situation in life stems from an underlying problem. When we have a bone fracture, we do not go to the doctor and expect for it to heal the same day just because we consulted him. We undergo all the tests he orders and the treatment he prescribes for months, to heal from the fracture. Though pain and swelling are the indicators that there is an underlying fracture, we do not treat the pain and swelling, but the fracture itself. Likewise, instead of fixing the problems we have in life, we need to go to the Supreme Physician and submit to Him for true deliverance that comes from His healing work in our flawed inner moral self.

(Devotional Reflection by Sis. Jacinth Angel on behalf of Matthew 11:28 Ministry. Published 24 October 2025. All Scripture quotations are from the Recovery Version of the Bible (Living Stream Ministry)).

1. If you are seeking support in your journey of discipleship, you are warmly invited to join our weekly discipleship sessions held every Saturday 6 AM (India time). Zoom Link : <https://us06web.zoom.us/j/81144235750?pwd=RG4veEdLQkJNS1NxYW1ZWmNnb3EvQT09> (Meeting ID: 811 4423 5750 Passcode: 12345).
2. For personal counselling, please feel free to contact us. We look forward to walking with you in faith and fellowship.  
 ~ Join our WhatsApp group for updates and communication: <https://chat.whatsapp.com/FQuH58GtkEEApPCm9gN8no>  
 ~ Schedule one-on-one counselling sessions here: <https://scheduler.zoom.us/rev-immanuel-paul/appointment>