

The Paradox of Power: When Healing Comes Through Humility

Scripture: 2 Kings 5:1–14

Let me start with a question:

Have you ever had a moment when all your strength, all your cleverness, all your resources just...weren't enough?



Maybe it was an illness you couldn't fix.
A relationship you couldn't mend.
A fear you couldn't shake.

Today, we meet a man named **Naaman**, a powerful general.



He had respect, honor, influence, and wealth. If you lived in Aram—modern-day Syria—Naaman was a celebrity. People moved when he spoke. He was the kind of person who didn't wait in line.

But—he had one problem. A skin disease. Leprosy. And no matter how many battles he won, **he couldn't defeat that.**

1. When Power Isn't Enough

The story tells us something we all need to hear:

No amount of power can protect us from human vulnerability.

Naaman had everything—but he still suffered. And here's the hard truth: **so do we**. All of us, no matter how old, strong, young, or wise—we all have places in our lives that need healing. And that can be humbling.

But humility is where **healing begins**.



2. When Hope Comes from the Margins

Naaman's story doesn't move forward because of a doctor, a king, or a general. It starts with a **nameless slave girl**, a child captured from Israel.



She had no power. No status. And yet—**she knew something Naaman didn't**: There's a prophet in Israel. God's healing power is real.

Children, young people, refugee, people on streets or on the margins - anyone who's ever felt invisible—hear this:

You matter. Your faith matters. God can work through you.

You don't need a title or a microphone or a platform to point someone to hope. Sometimes, **the most powerful voice in the room is the quietest one**.

3. When Pride Gets in the Way

Naaman finally goes to Israel. He brings gold, silver, gifts.
He's ready to buy his miracle.



But the prophet Elisha doesn't even come out to meet him! Instead, he sends a messenger:
"Go wash in the Jordan River seven times and you'll be healed."

Naaman is **furious**.

"This is it? I came all this way for that? At least wave your hand, say a prayer, do something flashy!"

But God's power doesn't need our drama.

Naaman almost walks away. He almost misses his healing—because his **pride** got in the way.

4. When Healing Comes Through Humility

It takes the **servants again**—the humble voices—to say,

"Master, if he'd told you to do something hard, you'd have done it. Why not just try?"

Naaman lowers himself into the muddy water



And so Naaman does something he's never had to do in his life:

He **obeys** a simple word from God.

He **lowers** himself into a muddy river.

He **lets go** of his pride. And that's when healing comes.

5. What Does This Mean for Us?

Some of us are like Naaman—we have resources, influence, even spiritual maturity. But we still carry wounds. And sometimes, the only way forward is to **come down**,



to humble ourselves, and trust God in unfamiliar ways.

Some of us are like the **servant girl**—we may feel overlooked or voiceless.



But **your faith may be the key to someone else's healing, if not your own.**

Some of us need to remember: **healing isn't always dramatic.**

Healing comes in many
forms, and I am open to
them all

Sometimes it's as simple—and as hard—as obeying the word of God, even when it doesn't make sense.

Encouragement and Challenge

To the broken and discouraged:

God sees you.



He desires your wholeness. You are not forgotten.

Healing may not come how you expect, but it will come through **faith and obedience**.

To the strong and successful:



Don't let pride close your ears to God's quiet voice.

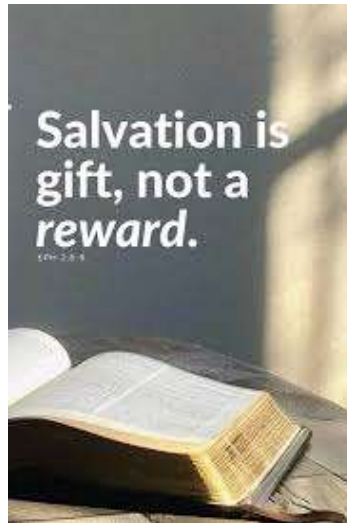
Healing won't come from your resume or your riches. It comes from **relying on Him**.

So wherever you are in the story—whether you feel like a general or a servant—remember this:

God's power flows through humility.



God's healing is a gift, not a reward.



And no one is too small—or too powerful—for His grace.



As we move to the table of the Lord Jesus Christ,



we remember that letting go of our own power, makes room for a power beyond our own to make us whole.

Just as Jesus sent out the disciples to bring healing, we do not come alone – but with those who are sent.

We come without position, knowledge, or security.

Come as a guest rather than a host.

Come to the table and receive hospitality from above – a humble piece of bread and a taste of grape juice – that you might receive the body and blood of Jesus Christ.

Humble yourself in the sight of the Lord, and he will lift you up.

Amen.