

JESUS

HE HIMSELF BORE OUR SINS
IN HIS BODY ON THE TREE,
THAT WE MIGHT DIE TO SIN
AND LIVE TO RIGHTEOUSNESS.
BY HIS WOUNDS YOU HAVE
BEEN HEALED.

1 PETER 2:24

The Wounded Healer

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The concept of the “Wounded Healer” serves as a profound bridge between human suffering and divine redemption, rooted in the biblical promise from Isaiah 53:5 and 1 Peter 2:24 that “by His wounds, we are healed”. It refers to the passion of the suffering servant, the future Messiah, Jesus Christ. This theological truth portrays Jesus as the “salve” (anointment) for humanity’s brokenness—the innocent, silent lamb who took on the physical and spiritual weight of sin.

The sheer depth of this sacrifice is vividly captured in the visions of St. Bridget of Sweden, which detail the thousands of blows, thorns, and drops of blood lost during the Passion, illustrating a total self-emptying, or kenosis. This sacrificial offering does more than just acknowledge pain; it actively replaces punishment with grace, defeating darkness and death.

In our daily lives, particularly during Good Friday or in every Eucharistic celebration and in the sacrament of confession, we are invited to bring our own fresh or lingering wounds. Just as St.

“But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.” – Isaiah 53:5

Henri Nouwen’s “Wounded Healer” suggests that the Messiah sits among the suffering, ready to take care of others despite His own pain, we find healing through His Body and Blood, allowing His historical sacrifice on Calvary to become a present reality of restoration in our souls. The wounded healer is available to heal us by his wounds and sacrifice. ■