

SESSION THIRTEEN

Inner Healing

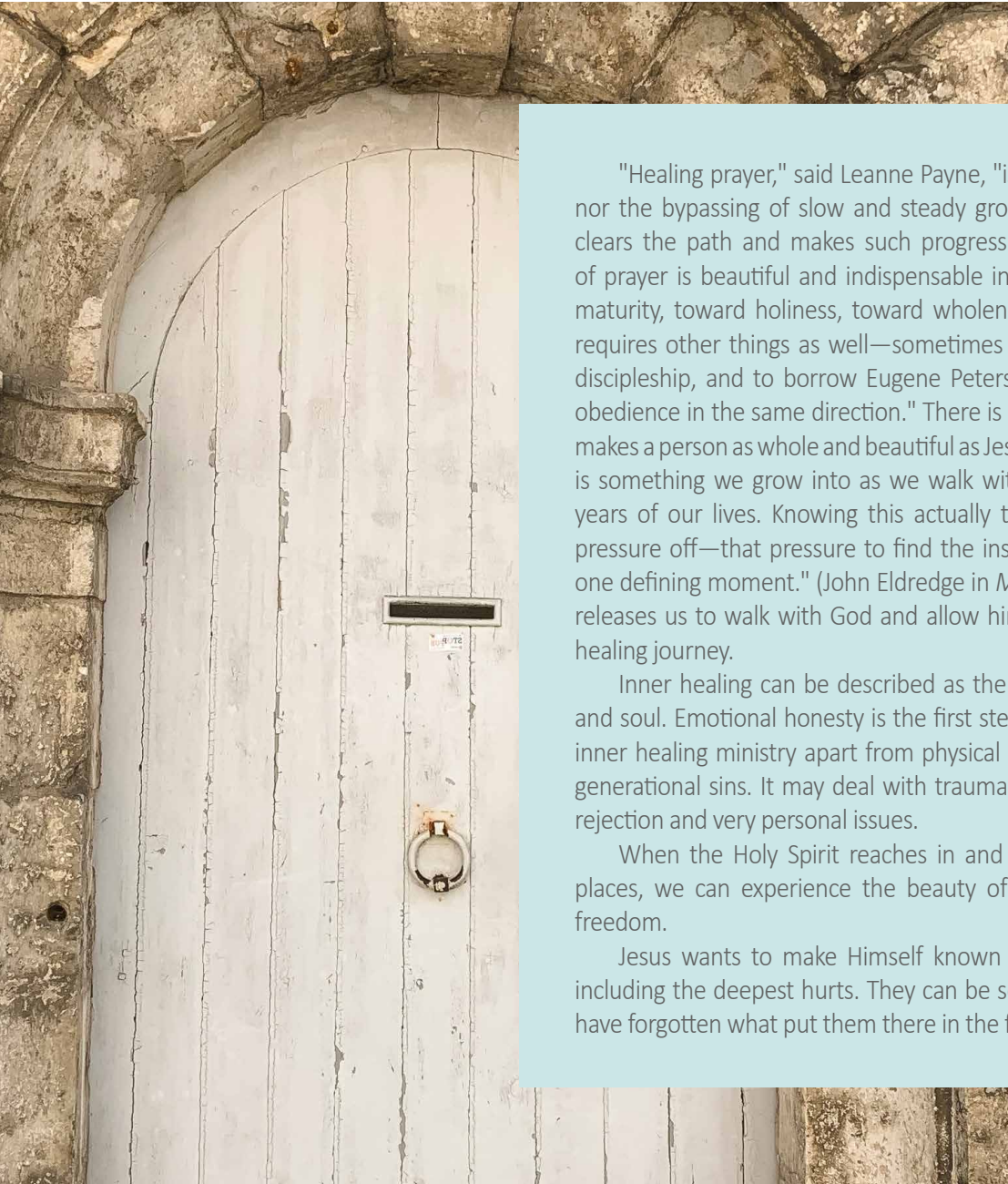
PRAYING WITH OTHERS | LEVEL TWO



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Inner Healing

THE DOORWAY



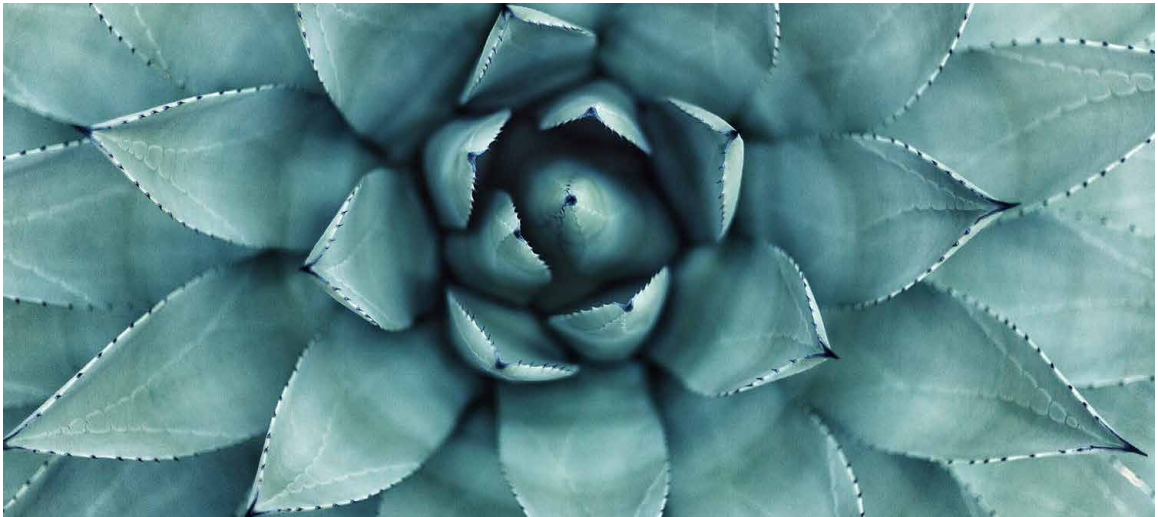
"Healing prayer," said Leanne Payne, "is not the 'instant fix,' nor the bypassing of slow and steady growth. It is that which clears the path and makes such progress possible." This type of prayer is beautiful and indispensable in our journey toward maturity, toward holiness, toward wholeness. But the journey requires other things as well—sometimes counseling, certainly discipleship, and to borrow Eugene Peterson's phrase, "a long obedience in the same direction." There is no zap that suddenly makes a person as whole and beautiful as Jesus Christ. Wholeness is something we grow into as we walk with Jesus through the years of our lives. Knowing this actually takes a great deal of pressure off—that pressure to find the instant fix or have "the one defining moment." (John Eldredge in *Moving Mountains*). It releases us to walk with God and allow him to personalize our healing journey.

Inner healing can be described as the healing of the heart and soul. Emotional honesty is the first step in healing and sets inner healing ministry apart from physical healing or healing of generational sins. It may deal with trauma, shame, abuse, fear, rejection and very personal issues.

When the Holy Spirit reaches in and touches the hurting places, we can experience the beauty of God's intimacy and freedom.

Jesus wants to make Himself known to every part of us, including the deepest hurts. They can be so deep, that we may have forgotten what put them there in the first place.

Things That Block Healing



At the very back of my basement is a door that leads to a storage room. In that room accumulates old Christmas decorations, things that have been saved from my parents' house, my old teaching supplies, bulletin boards—and basically anything I didn't know what to do with. It's been awhile since I've cleaned out the back part of the closet, and in the meantime, boxes are piling up in front. It's hard to see what's in there. There are treasures in there, but there are also broken, ugly things not worth saving and just taking space.

In a similar way, there are things in the "back closets" of our emotions and our memories. It takes some courage to want to get to the "back closet." Sometimes we forget (and want to forget) harmful memories, but they still take up space. There are things hindering our movements. Healing does not mean that we forget hurt & pain. It means that when Jesus touches it, we no longer have the intense pain we once did. We can give Jesus the key to the closet and ask that He sort it out, throw out things and get rid of "bad smells" that affect the rest of the house. He can also take what is broken and remodel it. Do you have memories that you would like Jesus to touch?

We need to listen sensitively to things that may be blocking healing. Jesus, of course, can heal memories in a moment. It often is experienced as a journey with Him.

Common blocks inner healing/freedom:

- Unforgiveness
- Lost dreams, disappointments, failures
- Guilt & Shame
- Interference from the enemy
- Judgments & Vows
- Extreme emotion or too little emotion
- Soul ties

STUDY

Read and reflect on the following scripture and how they relate to healing.



I THESS 5:23

²³May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

PSALM 69:18-20

¹⁸Come near and rescue me; deliver me because of my foes. ¹⁹You know how I am scorned, disgraced and shamed; all my enemies are before you. ²⁰Scorn has broken my heart and has left me helpless; I looked for sympathy, but there was none, for comforters, but I found none.

PSALM 31:7-9

⁷I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. ⁸You have not given me into the hands of the enemy but have set my feet in a spacious place. ⁹Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief.

PSALM 25:17

¹⁷Relieve the troubles of my heart and free me from my anguish.

PSALM 23:1,3

*¹The Lord is my shepherd...
³He refreshes my soul. He guides me along the right paths for his name's sake.*

LEVITICUS 26:11

¹¹ I will put my dwelling place among you, and I will not abhor you.

Soul Keeping:

The Practice of Grace, Growth & Gratitude

What is Soul Keeping?

It has to do with tending. It is an intentional choice to live in blessing. It is, as Eugene Peterson says, "a long obedience in the same direction".

It is living in the grace of forgiveness and being free of things from the past that are block us from freedom. It is living in intimacy with the One who made us. It is knowing grace, seeing gratitude and longing for MORE of Christ

It is a matter of our will to choose grace, gratitude and growth. These choices are made everyday.

The Practice of Grace

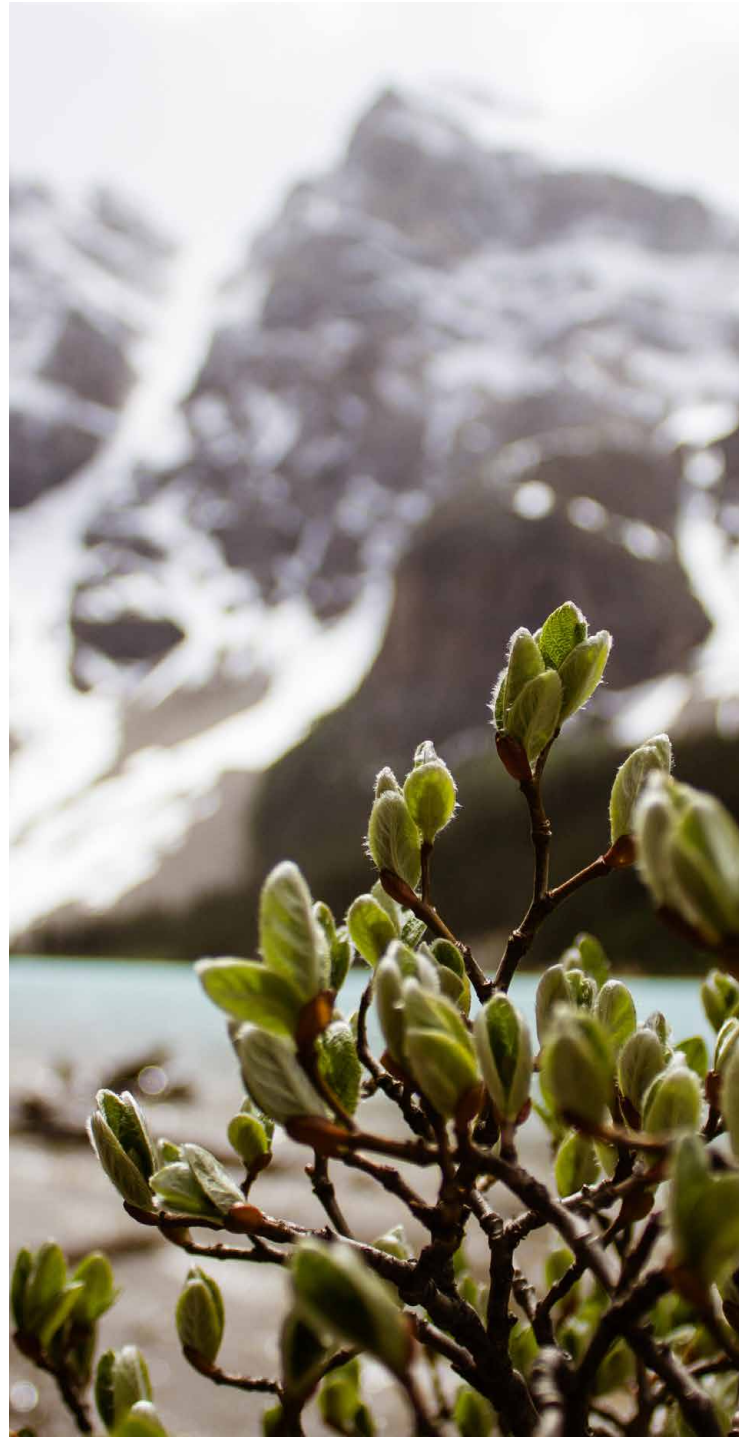
How are you practicing grace?

The Practice of Growth

How are you practicing growth?

The Practice of Gratitude

How are you practicing gratitude?



MINISTRY



Consider Inner Healing Prayer

- Invite the presence of Jesus into the wound specifically
- Name shame, guilt, lost dreams, judgments/vows
- Forgive the one who wounded
- Renounce the message, the lie, breaking any agreement with it
- Invite the presence and healing love of God there

Prayer for Inner Healing

[to be prayed by the recipient]

Lord Jesus, I open my heart to You. I open every room, every closet, and every hidden place. I thank you that You love me and that You went to the cross so that I could be whole in spirit, soul and body. Jesus, please invade every dark place and shed your light deep within my heart. Lord, all the pain I have experienced, I give to You.

All the rejection, the hurt, the betrayal, every abuse, every wounding, I give to you. I speak to the pain deep within—even that which is so repressed I no longer am aware of it. I say pain come up—come up and be healed. I give the pain to You, Lord, and I ask You to take it now. I release it all to You, Lord. Pour Your healing love into every bruised place. You carried my shame and my defilement. You carried my rejection so I could be free. I don't want to live with this pain any longer, Lord. I let it all go. I give it to You. I hold nothing back. I pour it all out. Amen.

As the prayer minister, ask the recipient to place their hand on their heart... you may place your hand over theirs. Pray for the Lord to lift all the pain and trauma from their spirit, soul and body. Pull out the pain and replace it with the love of Jesus and the fruit of the Spirit.

RESOURCES

Books

Healing for Damaged Emotions

by David A. Seamands

Changes That Heal: Four Practical Steps to a Happier, Healthier You

by Henry Cloud

Boundaries: When to Say Yes, How to Say No To Take Control of Your Life

by Henry Cloud, John Townsend

Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health

by Dr. Caroline Leaf



Notes

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