

→ **What is Inner Healing?**

- A. Mike Flynn and Doug Gregg in their book *Inner Healing* write that inner healing is:
1. Release (pain, disappointment, fear, secrets)
 2. Correction (reactions to past hurts, view of God, exposing lies people believe, etc.)
 3. Reframing a past event (change of perspective, children observe well but interpret poorly)
 4. Exchange (ask Jesus to take rejection and replace it with His acceptance, etc.)
 5. Process more than an event (often a perk for those in counseling)
 6. Healing of memories (Holy Spirit will bring back a memory that needs healing)
 7. Application of forgiveness

Basically inner healing is a method of prayer by which Jesus Christ is invited to address the hurts of the past and heal us of their negative results.

- B. Others defining inner healing:
1. The discipline of digging deep, under the guidance of the Holy Spirit, to discover whatever roots might be springing back to life, and to bring them to effective death on the cross. (Judy Taber, Hearts Set Free Ministries)
 2. Term from Francis MacNutt which is the healing of the inner person...the roots of the false self are looked at and Jesus brings out the true self.

→ **Biblical Foundation for Inner Healing**

- A. The Bible does not command, “Go and do inner healing!” Phrases like “healing of memories” and “healing of damaged emotions” do not appear in Scripture. (But neither does the word *Trinity* appear anywhere in the Bible—but refers to the biblical reality of one God as Father, Son, and Holy Spirit. Or, to look for detailed models of inner healing in the Bible is like looking for a sample church budget in Paul’s letters.

- B. We must let the Bible inform, shape and direct our practice of prayer ministry. The Bible gives us assurance that God is interested in healing our emotions:
1. Jesus was sent to bind up the broken hearted. (Isaiah 61:1)
 2. God will deliver us from all our fears. (Psalm 34:4)
 3. Paul writes, "Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." (Philippians 4:6)
 4. God's desire is to "wipe away the tears from all faces," and to remove the disgrace of his people from all the earth." (Isaiah 25:8)
 5. David cries, "Search me O God and know my heart; test me and know my anxious thoughts." (Psalm 139: 23)
 6. God "desires truth in the inner parts; you teach me wisdom in the inmost place." (Psalm 51:6)
 7. God desires to "sanctify you through and through....may your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ." (1 Thessalonians 5:23)
 8. God knows that concealing sin is emotionally hard for us. "He who conceals his sin does not prosper, but whoever confesses and renounces them finds mercy." (Proverbs 28:13)
 9. "See to it that no one misses the grace of God, and that no bitter root grows up to cause trouble and defile many." (Hebrews 12:5)
 10. Jesus understands the need for physical healing and for deep inner healing, for he touched, affirmed and healed lepers, and then instructed them to have their healing certified by the priests so they could return to society. (Mark 1:40-45)
 11. After healing the bleeding woman Jesus asked, "Who touched me?" to identify her as daughter, give her assurance that *her* faith had healed her, and that she was and will be always healed...all this in front of the crowd who see her as *unclean*. (Mark 5:21-34)
 12. After Peter denies Jesus 3 times, Jesus asks Peter the same question to unlock the bondage of the three betrayals. Jesus heals Peter and restores him to ministry, charging him to "feed my sheep." God showed clearly here that He is about redeeming past memories so that they won't control our future. (John 21:15-19)
 13. When Jesus was in human form he could personally interact with people to heal them, but *now* he is in spirit form and this is what we facilitate in prayer ministry. We are still looking to Jesus to heal but in spirit form. It is reality that Jesus is *always* present (Matt. 28) and we are asking him to show us this in prayer ministry.

→ **How to Facilitate an Inner Healing Prayer Time**

- A. Interview the person (*5-step model, don't filter, teach, close eyes*)
- B. Open prayer by asking Holy Spirit to come and lead
- C. Bless the person with peace, freedom from fear, embarrassment; openness to whatever God wants to do, etc.
- D. Ask the Holy Spirit to take the person to a memory (root memory), place of pain, etc. If person is blank, develop strategy based on the interview. (#1 goal is to facilitate person)
- E. As the memory comes as person to tell you their age, place, where they are in the room, who else is there, and what is going on.
- F. When you as a prayer minister understand basically what is going on, ask Jesus where He was when all of this was going on. Have the person look around.
 - When they see Jesus ask if they would like to invite Him closer.
 - If so, then have the person start telling Jesus what they are feeling.Then ask:
 - "Would you like to ask Jesus anything?"
 - Look at him, what is he doing "Jesus, would you like to say anything?"
 - Facilitate as much interaction between the person and Jesus as possible.
- G. In the memory look for and work through:
 1. Forgiveness issues
 2. Confession
 3. Feelings that need to be given to Jesus so that He can replace them with something of Him (Gestalt Exercise: If person who hurt you were sitting in the chair across from you and couldn't say anything, what questions do you have for that person? Say anything?)
 4. Judgments
 5. Vows
 6. Curses
 7. Lies about themselves or the character of God
- H. Engage in authoritative prayer, listen well to the Holy Spirit,
- I. Close when you and person have a sense of completeness.
- J. Towards the end, ask the Holy Spirit if there is anything else He would like to show us today.
- K. If you get stuck in the memory you may need to bind a spirit. Ask Holy Spirit to show you all that is blocking the person from receiving from Jesus.
 1. Close with *blessing* (opposite of hurt) and *sending*
 2. Post-prayer counseling (verses, counseling, books to read, plan for further healing, accountability, debriefing, etc.)