

# INNER HEALING

## I. THE NEED FOR INNER HEALING

Some people feel that belief in the need for inner healing negates the work of salvation, that in the cross all things are already made new (II Corinthians 5:17); and therefore, any attempt to heal one's memories is, in fact, an attempt to add to Christ's completed work.

It is our conviction that this misses the reality that our salvation in Christ, while finished and complete, nevertheless must be realized the inner-workings of our soul, so that the wholeness granted to us through Jesus' redemptive work may indeed become the day to day experience of our lives.

Salvation is a work in the inner man, the spirit. But, Paul states in Romans 12:2 that we must "renew the mind." Being born again is the entry point for the kingdom of God (John 3:1-5). Inner healing and deliverance are God's methods of "laying the axe to the root" so that spiritual growth, possessing the kingdom of God, can occur. Psalm 23:1-3 The Lord is my shepherd; I shall not want. He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake.

In spite of the presence of the Word, the power of the Holy Spirit and the gifts of the Spirit, the souls of many Christians are still in torment. Jeremiah 6:14 They have also healed the hurt of My people slightly, saying, 'Peace, peace!' when there is no peace.

Christian healing comes not by making a broken thing good enough to work, but by delivering us from the power of that broken thing so that it can no longer rule us, and by teaching us to trust His righteousness to shine in and through that very thing.

## II. WHAT IS INNER HEALING?

### A. THE HEALING OF HURTFUL MEMORIES

1. This includes forgiveness and emotional reconstruction under the guidance of the Holy Spirit.
2. Healing is distinguished from growth in that:
  - a. Growth means increase or expansion, and involves development toward maturity.
  - b. Healing means that process by which what is wounded or sick becomes whole and healthy; it is intended to remove the hindrance to growth.

### B. THE FOCUS OF INNER HEALING: THE SUBCONSCIOUS, THE MEMORY

1. The brain records every experience in our life; it also records the feelings surrounding those experiences. The experiences recorded exist even though we are not consciously aware of them. Some may be recalled at any time, while others are buried deeper in the subconscious or unconscious mind and are only available through dreams or external investigation.
2. These past experiences not only influence the present, but also the future – shaping, guiding and often limiting – they tend to distort present reality. The focus of inner healing is to minister to those hurtful memories from the past – pain that often has no apparent source – in such a way that they no longer have a negative effect on the present or future of the Christian.

### C. SCRIPTURAL BASIS FOR INNER HEALING

1. Luke 4:18-19 **The Spirit of the Lord is upon Me, because he has anointed me to preach the gospel to the poor, He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed; to proclaim the acceptable year of the Lord.**
2. Isaiah 53:4-5 Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.

### III. **NAGGING PROBLEMS**

#### A. **LIVING IN A FALLEN WORLD**

Accidents, acts of nature, disease, poverty, economic collapse, wars, etc. Bad things happen to nice people. Matthew 5:45

#### B. **WOUNDS INFLICTED BY OTHERS**

##### 1. **Sins Committed against the individual**

- a. Most unforgiveness originates with inadequate parental models. Handle this by speaking forgiveness.
- b. Demonic access gained through parental sin. Behavior of the forefathers can bring in generational curses, iniquities and sins.
- c. Criminal behavior against the individual, i.e. rape, abuse, molestation.
- d. Prenatal wounds, i.e. illegitimacy, being unwanted or the parent wanting a differently sexed child. Jeremiah 1:5 Luke 1:41

##### 2. **Performance Orientation (Galatians 3:1-3)**

- a. Performance orientation provokes hard work, but for all the wrong reasons. This individual's worth is based on what they can do by human effort, attempting to earn love and acceptance.
- b. Manifestations: excessive anxiety, compulsiveness, fear, perfectionism. In the church: legalism, a religious spirit. The individual often rejects genuine love, or is hooked by flattery. They demonstrate a fear of failure (and may well self-sabotage to assure failure), fear of what people think, promiscuity, rebellion, drugs, etc.
- c. Solution: Give unconditional love, inner healing, the Word; have the individual forgive the parties involved.

##### 3. **Our own wrong choices and responses**

- a. Personal responsibility – How we respond to circumstances is our responsibility. Circumstances don't make you – they reveal you. Unfortunate circumstances call for a merciful response from people who have experienced mercy from God.
- b. Judgment – The law of judgment declares the measure we mete out, we will receive. The law or use says the longer a judgment continues unconfessed, the greater impetus it gains. (Hebrews 12:14-15, Matthew 7:1-2, Galatians 6:7, Matthew 25:27, Hosea 8:7)
  - i. Life will go well for us in every area of life in which we honor our parents and not well in areas of dishonor.
  - ii. We will receive harm in the same areas of life in which we have meted our judgment against others.
- c. In deliverance, look for the bitter roots, break the curses and encourage forgiveness.
- d. In a marriage, whenever one partner has a bitter root, the other will almost always have something exactly matching.
- e. Change comes by repenting of the judgments, forgiving the person, hating the sin but loving the sinner. Ask God to forgive the person as well. (Romans 12:9)

#### C. **PARENTAL INVERSION**

1. Parental inversion occurs when one or both parents are immature, ineffective, or often gone and the child takes responsibility to parent his parent(s).

2. Parental inversion is sin. It has as its base disrespect for failing parents; it reverses God's order in parenting people that God never intended.
3. Parental inversion robs a child of his childhood and builds into a person the inability to rest.
4. The child of parental inversion tend to overwork and overachieve, but with the wrong motive; their serving is to keep the world of fear and chaos from their door.
5. The child of parental inversion cannot relax in the home, as experience has made it a place of tension.
6. The antidote is repentance for taking on the parenting role, forgiveness of the inadequate parent, and releasing the people for whom they feel responsible.
7. Parental inversion often results in the individual marrying a parent substitute.

#### IV. SOUL TIES – Emotional Bonds

Ungodly soul ties are improper and unresolved emotional ties or bonds between two people. The following are some examples of how such soul ties can be established.

Pre-marital and extra-marital sex

Controlling parent(s), siblings, mates, teachers, coaches, employers, etc.

Unresolved deaths, grief, anger, etc.

Articles of affection (mementos, souvenirs, gifts, etc.) can create ties to the past.

These ties need to be broken or severed through forgiveness, release and/or repentance. This area can be an open door for demonic oppression.

#### VI. INNER HEALING METHODOLOGY – The healing power of forgiveness

- A. **PROBLEMS RESULTING FROM UNFORGIVENESS** – Hostility (anger directed outward), guilt (anger directed inward), and anxiety (fear without an object).
- B. **THE EFFECT OF UNFORGIVENESS** – is torment (Matthew 18:31-35)
- C. **WHAT IS INVOLVED IN FORGIVING SOMEONE?** – Forgiveness is a decision based on an act of the will. It involves:
  1. Recognizing that I have been totally forgiven.
  2. Releasing the person from the debt they owe me for the offense, and asking God to forgive them as well.
  3. Accepting the person they are and releasing them from the responsibility of having to meet my needs.

The following prayer may be helpful: *“Father, I thank you for creating (person’s name) in Your image. With all my heart, I forgive them for not becoming all You created them to be. I realize now that they needed the healing that I am now receiving. Some way, Lord, somehow as I accept and forgive (person’s name), may their life as it has been become all you ever intended it to be. Lord, I do forgive all their offenses against me. I do accept them as they are, an unhealed and needy person. There, but for Your grace, I would be. I thank You for all You made them to be, all You created them to be. I look to You now, for the affirmation I wanted from them. Forgive them and bless them, Lord, and love them when you can through me.”*

4. Break the power of generational curses.
5. Break soul ties or emotional dependencies.
6. Personal repentance