

Healing The Wounded Heart

Healing Traumas & Negative Pictures

Introduction

In this series on “Healing the Wounded Heart”, I have been giving you an integrated approach to healing and freeing the wounded heart. This ministry approach enables us to deal with all of the root problem areas as they relate to a particular heart issue we are looking to the Lord to touch (Kylstra & Kylstra, 2001).

Thus far we have identified the following root problem areas: 1) the broken heart of a child—the sins of the father, 2) family sins and curses, 3) negative expectations & bitter root judgments, 4) inner vows, 5) negative spiritual energies, and 6) chronic personal sins. Next month we will discuss the problem of ungodly soul-ties in our relationships.

In today’s program we will talk about the root problem area of 7) unhealed traumas. In preparation, ask the Lord to reveal to you a heart issue or wound that He wants you to explore today.

Ask yourself:

1. Do I have areas in my life that are often attacked by the enemy?
2. Do I have areas in my life that cause me to lose my faith, hope, and love?
3. What situations in my life disturb my heart? (Virkler & Virkler, 2001).

(Many of the ideas in this series have been drawn from John & Paula Sandford; Mark & Patti Virkler; Chester & Betsy Kylstra; Linns & Fabricant; Bill & Sue Banks; El El Ministries; Ed Smith; Frances & Judith MacNutt; Derek Prince; and Ralph Nault.)

I. Background: God Desires Our Healing

It is clear from the Holy Scriptures that God desires to bring wholeness and healing to mankind. He longs to establish communion with His people, restoring them to holiness and wholeness. His plans for us are for good, and not for evil, to give us a blessing, and not a curse:

Bless the Lord, O my soul, and forget none of His benefits; Who pardons all your iniquities; who heals all your diseases; who redeems your life from the pit...you satisfies your years with good things, so that your youth is renewed like the eagle (Ps. 103:2-5).

I will heal thee of thy wounds (Jer. 30:17).

And the Lord will remove from you all sickness; and He will not put on you any of the harmful diseases of Egypt which you have known...(Deut. 7:15).

The Lord is near to the broken hearted (Psalms 34:18). He heals the broken hearted and binds up their wounds (Psalms 147:3).

The Lord will sustain him on his sickbed, In his illness, Thou dost restore him to health (Psalm 41:3).

Peace, peace to him who is far and to him who is near, Says the Lord, and I will heal him (Is. 57:19).

But for you who revere my name, the sun of righteousness will rise with healing in its wings. And you will go out and leap like calves released from the stall (Malachi 4:2).

Because of the tender mercies of our God, to shine upon those who sit in darkness and the shadow of death (Luke 1:77-80).

“Jehovah Rapha”

...None of the diseases...will be able to be on you because I am the Lord God who heals you; I am Jehovah Rapha (Ex. 15:26).

The Hebrew word, *rapha*, means “to mend,” as in stitching up or mending a torn cloth. Rapha also means to cure or cause to be cured, to heal, to position, to repair, to make whole. Thus when we say, “Jehovah Rapha”, we are saying: “God, the Mender; the One who makes us whole” (Kylstra & Kylstra, p. 204).

A. God Sent Jesus To Heal Us

God made healing possible by sending Jesus Christ. As we said on many programs, Jesus came to heal the broken hearted. He longs to heal the sores and hurts buried in our hearts so that they no longer release their pain into our lives when the historic wound is triggered by our current life experiences.

The Spirit of the Lord is upon Me, because He anointed Me to preach the Gospel to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to set free those who are downtrodden, to proclaim the favorable year of the Lord (Luke 4:18).

God anointed Jesus of Nazareth with the Holy Spirit and power, and he went around doing good and healing all who were under the power of the devil, because God was with him (Acts 10:38).

1. The Healing Actions Of Jesus

Jesus ministered in three ways while here on earth: he ministered healing, deliverance and the good news of the kingdom of God:

Jesus said to him, "I will go and heal him" (Matthew 8:7).

When Jesus landed and saw a large crowd, he had compassion on them and healed their sick (Matthew 14:14).

Large crowds followed him, and he healed them there (Matthew 19:2).

The people all tried to touch him, because power was coming from him and healing them all (Luke 6:19).

Jesus said, It is not those who are healthy who need a physician, but those who are sick (Matt. 9:12,13).

2. What Kinds of Problems Did Jesus Heal?

Matthew 4:23-24

This scriptures says that Jesus went about “healing every kind of disease and every kind of sickness among the people....they brought to Him all who were ill, taken with various diseases and pains, demoniacs, epileptics, paralytics and He healed them.”

Jesus healed every kind of disease and every kind of sickness (possessed with devils; lunatics (moonstruck); palsy (feeble, paralyzed); divers (various in character) diseases (maladies) and torments (through the notion of going to the bottom-fear has torment); healed those oppressed by the devil (Matt. 4:23-24).

A study of the Greek in this scripture lead to a fuller understanding of the types of problems Jesus healed. It says that He healed those who were:

- possessed with devils
- moonstruck
- feeble or paralyzed
- ill with various maladies
- had hit bottom and were tormented
- oppressed by the devil.

I am intrigued by that He healed those who had hit bottom because they were tormented. Fear causes great torment in the lives of many Christian people.

Matthew 8:17

In this scripture, the word “infirmities” translated from the Greek word *Astheneia* enriches our understanding of the types of problems Jesus came to heal.

“He Himself took our infirmities (*Astheneia*) and carried away our diseases”.

Astheneia carries the following meaning: feebleness; lacking strength; weakness, infirmity, indicating inability to produce results. In other words the work of Jesus on the cross enables us to be healed from weakness and that which makes us unable to produce results in our lives.

People suffering from all kinds of fear, anxieties, phobias, obsessions, addictions, depression, bitterness, etc. say that they feel helpless, powerless, and weak, unable to accomplish things they would like to do. Jesus came to heal them.

Fears and the fear of death.

According to these scriptures, the work of Jesus on the cross enables us to be freed from fear and the fear of death. These verses tells us that fear makes us slaves and holds us in bondage:

- Through death He might render powerless him who had the power of death, that is, the devil: and might deliver those who through fear of death were subject to slavery all their lives (Hebrews 2:14-15)

- For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, Abba Father (Romans 8:15)

Who are you afraid of? What are you afraid of? There are over 4000 kinds of fears! The message of biblical Christianity is that we can be free from fear!

Other Scriptures referring to problems Jesus healed

- Jesus healed many who were ill with various diseases and cast out many demons (Mark 1:34).
- ...healing every kind of disease and every kind of sickness (Matthew 9:35).
- Great crowds came to him, bringing with them, those who were lame, crippled, blind, dumb, and many others, and laid them down at His feet; and He healed them (Matthew 15:30).
- News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them (Matthew 4:24).

B. Work Of Jesus On Cross Provides Healing For Our Wounds

He was despised and forsaken of men, a man of sorrows (*pain*), and acquainted with grief (*sickness*), and like one from whom men hide their face, He was despised, and we did not esteem Him. Surely our griefs (*sickness*) He Himself bore, and our sorrows (*pains*). He carried; yet we ourselves esteemed Him stricken, smitten of God and afflicted (Isaiah 53:3-5).

But He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by His scourging we are healed (or ... by his wounds we are healed (Isaiah 53:5).

The Lord was pleased to crush Him putting Him to grief (*He made him sick*); if He would render Himself as a guilt offering (Isaiah 53: 10)

Christ suffered for you. . . who committed no sin, nor was any deceit found in His mouth; and while being reviled, He did not revile in return; while suffering, He uttered no threats but kept entrusting Himself to Him who judges righteously; and He Himself bore our sins in His body on the cross, that we might die to sin and live to righteousness; for by His wound you were healed (I Peter 2:24-25).

This was to fulfill what was spoken through the prophet Isaiah: "He Himself took our infirmities (*Astheneia—a feebleness; lacking strength; weakness, infirmity, indicating inability to produce results*) and carried away our diseases (Matthew 8:17).

1. Jesus Redeemed Us From Curse Of the Law

The curse of the law included sickness and disease.

- Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: "Cursed is everyone who is hung on a tree (Galatians 3:13).
- In order that He might redeem those who were under the Law, that we might receive the adoption as sons (Galatians 4:6).

2. Jesus Destroyed The Works Of The Devil

Jesus took away the power of Satan and came to destroy his works.

1. I have the keys of death and of Hades (Rev. 1:18)
2. The Son of God appeared for this purpose, that He might destroy the works of the devil (I John 3:8).
3. Through death He might render powerless him who had the power of death (Hebrews 2: 14-15)
4. Jesus came to destroy the works of the devil (Acts 10: 37-39).

3. Jesus Is Called “Our Salvation”

In the Bible, there are many references to Jesus being our Savior and our Salvation

- Your salvation: Isa 30:15; Eph. 1:13
- Author of salvation: Heb. 2:10
- Source of eternal salvation:
- Horn of salvation
- Rock of salvation
- Cup of salvation
- Savior of the world
- Jesus Christ our lord, our savior

Salvation is a word rich in meaning. The Greek words often translated “salvation or saved” helps us to understand its full meaning:

- *Soteria* (Luke 1:69,71; Acts 27:34; Phil. 1:19; Heb. 11:7; Acts 4:12; Rom. 10:10, Rom 1:16; Eph. 1:13; II. Cor. 6:2; Heb. 5:9, etc.): means “safe, rescue or safety (*physical or moral*)” i.e. deliver, health, salvation, save, saving. To keep us safe; to deliver or protect us; to heal; to make us whole and help us do well. To rescue us, to give us health; to preserve us from destruction.
- *Sozo* (Matt. 9:21,22; Acts 4:9) means “save”; i.e. deliver or protect (*heal, preserve, be made whole*). However, the idea is that of saving from disease and its effects; it is sometimes translated “to make whole or to be whole”.
- *Diasozo* (Luke 7:3) means to “save thoroughly” but is translated “heal” in this scripture.
- *Iaomai* (Matt. 13:15; John 12:40; Acts 28:27; Heb. 12:13; I Pet. 2:24; possibly, Jas. 5:16 includes both) means to “heal” and implies both physical healing and spiritual healing.

Salvation includes the idea of healing, making whole, giving health, keeping safe, delivering or rescuing, protecting, helping to do well, and preserving from destruction. Healing is an integral and essential part of the Gospel message of salvation.

C. Jesus Understands Our Pain

According to the Bible, Jesus suffered in all ways.....

1. Jesus Suffered Both Mental And Emotional Pain

Jesus suffered mental and emotional pain from His people, the religious leaders & His friends.

He experienced the following:

1. Despised & rejected: *He was despised & rejected by men* (Isaiah 53). *He came to His own, & His own did not receive Him* (John 1:11).
2. Ridiculed & mocked: by the crowds

3. Falsely accused:
4. Suffered unjustly:
5. Spit upon:
6. Exposed: clothes torn off:
7. Plucked His beard out:
8. Brief and sorrow: *A man of sorrows & acquainted with grief* (Isaiah 53).
9. Abused by religious authorities: *The Pharisees went out & took counsel against Him, how they might destroy Him.* (Matt. 12:14).
10. Betrayed: *Now His betrayer had given them a sign, saying, 'Whoever I kiss, He is the One, seize Him.' Then immediately he went up to Jesus & said, 'Greetings, *Rabbi!' & kissed Him* (Matt. 26:48-49).

2. Jesus Suffered Physical Pain And Abuse

Jesus suffered physical abuse which is almost beyond our comprehension. *He drank the cup of sufferings & said, 'It is finished'.*

- A crown of thorns smashed down on his head
- Beaten
- Nails pounded through His hands and feet
- Hung up to die the most painful of deaths.

How did Jesus respond when He suffered mental, emotional, and physical pain?

It says in Luke 23:34 that He looked down at His tormentors and said:

Father forgive them, for they know not what they do."

Jesus did what is humanly impossible. He responded with deep forgiveness in a situation, which in the natural is unforgiveable—because He saw the situation from a different perspective.

Summary Thoughts:

God means for the work of Jesus Christ to continue through the power of the Holy Spirit in the lives of believers. We are deeply convinced that God desires to heal and restore us at the deepest level of our being. The finished work of Jesus Christ on the cross made it possible for you and I to be transformed in every part of our being—emotions, thoughts, attitudes, behaviors, and relationships. Healing results in interior transformation, on every level of my being.

Yet in spite of these promises, many of God's people remain unhealed, defeated, and crippled on the inside, all the while thinking that their lives are normal. Many others struggle with major emotional and mental problems like anger, sexual lust, addictions, depressions, anxieties, obsessions, sexual sins, pornography, adultery, etc. Believers have the same problems as the world. Why?

They are ignorant of the fact that the work of Jesus on the cross must touch every aspect of our inner lives. They do not understand the cleansing and sanctifying work of the Holy Spirit within the Christian person. And they do not understand how demonic spirits and the kingdom of darkness drive many of our problems. God's people are called to holiness and godliness, and we need to allow the Holy Spirit to do an inner cleansing and purification which reaches to every part of our inner being.

II. About Inner Healing

Inner healing is the process of letting the search light of the Spirit of God come in and illumine the deepest areas in our darkened hearts, cleansing and purifying us from the inner wounds, effects of sins, and ungodly beliefs buried there. It works at a deep inner level, helping to bring the light, love and truth of the Lord inside of us, so that we are deeply changed (transformed) in an inner way.

It involves cleansing and purifying dark areas in our heart. It calls for us to bring out into the open the dark shadows of our lives. Our secrets, painful memories and traumas, deprivations, sin issues, negative emotions, and ungodly beliefs must be brought out into the light. It allows Jesus to set us free from shame, guilt, hopelessness, powerlessness, grief, pain, and anger. We learn to receive God's love deep inside us. In the end, we have receive God's forgiveness, forgiven others and forgiven ourselves. We make peace with God, ourselves and others. As a result, we become more transparent and open, and we find that we have more inner liberty and freedom.

Jesus reveals concern about the inside of man

Jesus had a problem with the Pharisees because they were cleaned up on the outside but had ignored the inside: the *inside of you, you are full of robbery and wickedness. You foolish ones, did not He who made the outside make the inside also* (Luke 11:39,40).

Jesus also taught this: *Blessed are the pure in heart for they shall see God* (Matt. 5:8). What does it mean to be pure in heart. In the Greek (Katharos), it refers to being clean and pure. Having a pure heart refers to a heart that has been cleansed—all the stuff has been cleaned out (painful memories, grievous reactions, deprivations, etc.)

A. Part of Sanctification

Inner healing, cleansing, and purifying belong to sanctification. Sanctification refers to being made sacred, holy, or pure.

And the very God of peace sanctify (to make holy; i.e. purify or consecrate) you wholly (whole-complete, through and through; absolutely perfect--draws attention to the several parts which constitute a person); and I pray God your whole (complete in every part; perfectly sound, entire) spirit (pneuma--a current of air, rational and immortal soul) and soul (psuche breath spirit, life) and body (soma, the body as a sound whole) be preserved (to guard--from loss or injury; prob. by keeping the eyes upon) blameless (without blame, faultlessly) unto (indicating the point reached or entered) the coming (a being near, to be near, presence) of our Lord Jesus Christ (I Thes. 5:23).

Sanctify them through Thy truth (John 17:17).

Beloved, I pray that in all respects you may prosper and be in good health (Hugiaino: healthy, sound, in good health--whole), just as your soul prospers Gr. zekuwkiyth: transparent; from another word that means translucent--cleanse, be clear, (III John 1:2).

We are to pursue sanctification

The following scriptures suggest that sanctification doesn't just happen to us, but that we are to seek it, to cleanse ourselves, and to work out our salvation.

Pursue peace with all men, and the sanctification without which no one will see the Lord (Heb. 12:14).

Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God (II. Cor. 7:1).

Work out your salvation with fear and trembling—to accomplish; to finish (Phil. 2:12).

B. Inner Healing, Work Of The Holy Spirit

Inner healing is rooted in the work of Jesus on the cross, His death & resurrection, His shed blood, and the forgiveness of sins. But it initiated and orchestrated by the Holy Spirit, the Spirit of Truth. In this journey to wholeness, the presence and activity of the power of the Holy Spirit working within us is perhaps more important than the laying on of hands, the inner healing prayers, and the gifts of the Spirit, etc. The Bible teaches us that there is a resurrection power at work within each person who believes.

Inner healing by the Holy Spirit is divine, supernatural and spiritual. The Holy Spirit is the healer, we are facilitators, a channel for God's spirit, a catalyst.

The essential action, that which differentiates healing of memories from psychological methodologies, is the action of the Holy Spirit: points to the Presence of our Lord who is there. He has, as it were, walked into that darkest hell of our existence; & even in the midst of the unfolding memory drama, we look with the eyes of the heart (& as so often happens) are enabled to see Him.

We receive from Him that healing word, glance, or embrace we've so long needed.

We forgive others their darkest sins against us, and He forgives us our sins, and we receive from Him who manifests the very love of God the Father the healing grace we've been unable to receive before (Leanne Payne).

C. Arise Of Inner Healing

Although the work of healing, transformation, and restoration belongs to the Holy Spirit, the Lord does use people. In recent years, we have seen the development of a new type of Christian ministry. Unsure of what to call it, it has been referred to as inner-healing, healing prayer ministry, prayer and counseling ministry, healing the wounded soul, transformational inner healing, restoration of the soul, healing of souls, cure of souls, pastoral care, holistic healing, emotional healing, and healing of persons.

The Lord is raising up shepherds who will give His people knowledge and understanding. These servants are working to rebuild the foundations that were broken down through the desolations of the generations:

...those from among you will rebuild the ancient ruins; You will raise up the age-old foundations; and you will be called, the repairer of the breach. The restorer of the streets (paths) in which to dwell (Is. 58:12). ...they will rebuild the ancient ruins; they will raise up the former devastations, and they will repair the ruined cities, the desolations of many generations...you will be called the priests of the Lord; you will be spoken of as ministers of our God (Is. 61:4,6).

These healing servants rely upon the leading of the Holy Spirit, recognize His guidance and direction through listening prayer, and minister out of the gifts, calling, and anointing that

the Lord has given them. These ministries have quietly taken up the mandate of Jesus Christ, to heal the whole person and set people free from demonic activity. They have pioneered the groundwork for the restoration of the ministry of healing and deliverance within the community of lay-believers.

Each ministry has had its own emphasis. Some focus on physical healing or spiritual healing, others on inner healing, including the emotional, often hidden wounds that result from living in a sinful, fallen world. A number of ministries integrate them, with discerning and removing evil spirits that interfere with the work of sanctification and restoration of the entire person.

Some may emphasize a particular technique, others the importance of the relationship between the prayer minister, the person receiving ministry and the Holy Spirit who mediates the healing presence of God, the Father, and Jesus Christ.

Today, there has been a proliferation of inner-healing ministries and a number of prayer-ministry models are used by lay-believers around the world. Together with the prophetic ministry, personal healing of the soul and spirit is now an integral part of the Spirit-filled life. An important tool in the journey toward the transformation of our inner nature, inner healing is part of the process of sanctification and of working out the salvation Jesus won on Calvary.

Examples of healing ministries

The following is a list of some of the healing ministries. I am sure there are many more who have been working to fulfill the great commission. Some, like Agnes Sanford, have gone on to be with the Lord.

1. Ellel Ministries, Ellel Grange, Ellel, Lancaster, LA20HN, UK; tel (0) 1524 751651; e-mail: information@grange.ellel.org.uk; www.ellelministries.org (Peter Harrobin: *Healing Through Deliverance*).
2. Christian Healing Ministries, Florida (Dr. Francis & Judith MacNutt: *Healing*).
3. Pastoral Care Ministries, Wheaton, IL (Leanne Payne: *Restoring the Christian Soul Through Healing Prayer*).
4. Pater Hans Buob, Fremdingen, Germany (tel +49 09086/221).
5. House des Lebens, 197 A-6460 Imst, Austria; tel: 05412 - 656 84 or 054 1266050 (Maria Brule Prean).
6. TheoPhostic Prayer Ministry; Ed. M. Smith. email: phostic@eagleweb.net; tel: 888 467 3757.
7. Elijah House, 1000 S. Richards Rd., Post Falls, ID 83854-8211; tel 208 773 1645; e-mail: ehinfo@elijahhouse.org; web site: <http://www.elijahhouse.org> (John & Paula Sandford: *Transformation of the Inner Man*). Also have Elijah houses in Austria.
8. "Be In Health Seminars", Pleasant Valley Church, Thomaston, GA (Rev. Henry Wright: *A More Excellent Way: Be In Health; Spiritual Roots of Disease, Pathways to Wholeness*)
9. Prayer Counseling Course; Communion With God Ministries; Tel: (1) 800 466 6961 www.cwgministries.org (Mark & Patti Virkler: *Prayers That Heal the Heart*)
10. PRMI "Dunamis Project", (Brad Long & Cindy Strickler: *Let Jesus Heal Your Hidden Wounds*)
11. Inner Healing Seminars (Jesuit priest, Matthew Linn, Dennis Linn, Sheila Fabricant Linn: *Healing the Eight Stages of Life*)
12. "Healing Houses", Proclaiming His Word Ministries; P.O. Box 2339, Santa Rosa Beach, FL, 32459-2339, tel. 850 835 4060 (Chester & Betsy Kylstra: *Restoring the Foundations*) email: office@phw.org; web site: <http://www.phw.org>; <http://www.healinghouse.org>
13. Dr. Stephen & Kay Cox, Australia

14. Christof Häselbarth; Germany.
15. *Restoring The Foundations; An Integrated Approach To Healing Ministry, 2nd Ed.* (2001)
Proclaiming His Word, Inc. (Chester & Betsy Kylstra). www.phw.org

What they have learned

Inner healing ministries have identified relevant biblical principles and spiritual truths, learned how to flow with the Holy Spirit and listen to God, developed practical ministry techniques and tools, and established a biblical basis to support the work.

According to Long and Strickler (2001), people who work in the arena of inner healing need to know something about the hidden depths of the human heart: “the nature of the human psyche; the anatomy of inner hurts that are hidden in the unconscious; the complication of evil spirits that will actively hinder the healing process; and the process of our cooperating with the Holy Spirit to bring Jesus’ healing in to the hidden recesses of the human heart” (p. 91).

Inner healing ministry has brought experience in dealing with the kingdom of darkness and negative spiritual energies. When negative symptoms are anchored by demonics, they simply can’t be overcome by will power.

Inner healing requires personal responsibility

Experience has shown that only a few people receive healing sovereignly, by God’s intervention, or through the prayers of others (requiring little person effort). Statistics show that only 5% of people are ever healed in these two ways.

More often, people are healed through personal disciplined and diligent efforts. Inner healing requires us to learn how to appropriate the finished work of Christ on a personal level. Just because Jesus said “it is finished”, we do not have a right to freedom from the effects of sin and the curse automatically, apart from obedience (Sandford & Sandford).

We must answer the call of Jesus to continually seek first the kingdom of God and His righteousness. Interestingly St Paul challenges us as he said that if we sin willfully, we put Christ back on the cross and crucify him all over again. Apparently we cancel our freedom from the curse through sin, until we repent.

Inner healing calls for us to accept personal responsibility for our thoughts and actions, turn away from our sins, and go to Jesus. Deep healing doesn't come unless we consciously choose it.

III. The Nature of Traumas & Hurts

Many different kinds of situations can cause the wounding of our soul and spirit. Some of these are: death of a loved one, divorce, abortion, sexual, emotional & physical abuse, occult & satanic ritual abuse, violence, war memories, acts of terror. Wounding may also occur because of abandonment, lack of love, emotional deprivation, illness, childlessness, too many children, children who failed to meet our expectation, a handicapped child. We may even be wounded by job loss, disability, poverty, accidents, personal failures, a promotion that never came, deep disappointments beyond our control,

Many inner wounds are often the result of the sins of the fathers. For example, dysfunctional families discharge their negative emotions into the children. They also use a set of rigid rules and fixed roles to make the family life more predictable. These patterns inflict more damage on the children.

These hurts may be buried very deep within the person, below conscious memory. You can read about how hurts are stored in the brain and why pain may be accessed at a direct time than the picture of the hurts.

Some wounds go back to hurtful experiences when a baby in the womb or at birth. They are preverbal wounds. Hurts are revealed through our behavior patterns (feelings, attitudes, and emotions).

A. Some Consequences of Hurt & Traumatic Experiences

The painful experience or trauma leaves its mark in our entire person, our body, soul, spirit, heart, mind, emotions, behaviors.

1. Break the heart

There are many different kinds of traumas that can break our heart; i.e. lost of a loved one for instance. However parents failure to love and nurture a child with God's love can also break the heart; i.e., fill the child's inner core with the experiential knowledge that they are loved. When someone who is suppose to love them, it breaks the heart of the child. The child may have been physically abandoned through the death of a parent, divorce of parents, etc. or the child may have been emotionally abandoned because the parent was not able to provide nurture and safety for it.

The heart of the child can be broken by reproach (Ps. 69:20). In the Bible, fathers are instructed to be gentle with their children—not harsh.

Heart is broken by reproach; and I am so sick (Ps 69:20).

A broken heart does not necessarily mean that the parents did not have natural affection for the child, but they failed to give child the love of God. Even though the person has a developed a good relationship with their father as an adult, this relationship does not heal the broken or wounded heart from childhood.

2. Developmentally stuck

Hurts can interrupt the developmental process and cause us to remain stuck in our emotional and psychological development. Our growth becomes blocked by the pain and lies buried in the trauma.

3. Leave negative pictures in our mind

Traumatic experiences can leave behind negative, painful pictures in our mind. Neurons in the brain seem to fixate at the point of the trauma, holding some type of picture or lingering visual in our mind.

For years I was tormented with pictures in my mind of patients I had cared for as a student nurse: a teenager paralyzed from a diving accident, a young mother with six children, eaten away with cancer. Apparently I had been emotionally traumatized by the horror of their situations. Not knowing what to do with my pain and fear, I swallowed it and never allowed myself to feel it. Then for years I struggled with painful pictures of these patients. They would flash in spontaneously, and I could do nothing to stop them.

One day in prayer with some neighbors, these painful pictures flashed into my mind. I felt pain trying to surface from somewhere deep within me. I stayed with the pictures,

and was brought face to face with each patient again. But this time, I experienced all the anguish and pain that I had felt when I cared for them. Pain over their suffering, pain over the loss by their families, pain over broken lives—it just poured out of me. When it was finished, I was free.

4. Open us to ungodly beliefs/lies

Not knowing how to make sense of the hurts, traumas, or deprivations through the eyes of God, our darkened hearts will either create its own understanding or accept the understanding that others give us. Thus the development of ungodly lies form within us, embedded in the memory of the traumatic event.

In TheoPhostic Counseling, Dr. Ed Smith says that the lie is what makes the memory so painful, especially when the wound is triggered in some way. The lie is buried in a memory deep inside the soul of the person, making it inaccessible to reason or intellect. This is why we cannot talk people out of the negative beliefs. Smith says that the lie functions as a filter or barrier and will not let truth in.

Smith says that the lies embedded in a painful trauma typically fall into eight types: Fear. Abandonment, Shame, Tainted, Confusion, Hopeless, In-validation, and Powerless.

In 1985, I dreamt that a simple pimple had erupted on my thigh. The pimple opened up and I saw that my whole thigh was filled with infection right down to the bone. For six months prior to this dream, I had been praying, "*Lord, there is a lie somewhere in the depths of my personality, would you heal it?*" When this dream came, I knew it signaled something was about to happen. Two days later, Jerry and I were discussing the idea that our earliest memory often reveals our emotional outlook on our world. As I recalled my earliest memory, pain erupted from deep within my soul.

"My earliest memory is of looking through a window at my mother holding my new baby brother. I could not go to her because I will ill with a contagious disease (measles). I was two and half and staying with my grandmother. I started crying for my mother and wanting my bottle (I had been weaned from it.) My grandmother mocked me and made fun of me for this.

As I described this memory, intense pain welled up within me. As I released it, I realized that it was the cry of a broken-hearted child who did not know she was loved. As I cried out this pain, I saw by revelation that it was a lie. My mother had loved me. As I saw it, I also saw a hand pulling the lie right out of the structure of my personality. It is hard to explain, but I like to think of the personality as a basket consisting of many strands all woven together, and it carries the life force/energy God has given me. This episode was quickly followed by two more.

The second pain I felt was the pain of not being wanted or valuable to anyone. Again, I saw that it was all a lie, I had been deceived. My mother had wanted me and I was important to her. As I watched I saw a hand pull this lie out of personality too.

For the third time, I felt a deep cry coming out of me. This pain was coming from self-rejection and self-hatred. Apparently I had decided at two and half, that if I wasn't loved or important, then I must be rejected, and these lies entered into my psyche. Again I saw the hand of God reach in and pull them out. And I was free. I could begin to connect to the love given to me by others.

Ungodly beliefs/lies distort every aspect of our lives

The ungodly beliefs deposited during traumatic experiences distort our understanding of who we are and the world around us. They distort the way we look at life and understand it. The way we look at and understand life. The destructive belief acts like a barrier or filter, causing us to distort the way we see ourselves and the world around us. It makes it difficult to receive truth. It effects the way we choose spouses, friends, partners. By replaying the negative belief over and over, we create destructive life themes that we live out.

Produce negative emotions

The lies also produce negative emotions that flood our present relationships and block intimacy and closeness. Flooded with negative emotions, the heart is unable to sustain God's love, hope, faith and joy. Instead it is troubled, fearful, doubting, anger, disappointment, hopelessness, helplessness, etc. These destructive emotions play havoc on our immune system, making us vulnerable to a great many illnesses.

5. Cause us to develop ways to cover our pain

We develop a number of coping mechanisms that enable us to escape feeling our pain. These defenses mechanisms influence the formation of our character, often resulting in perfectionism and performance orientation, criticalness, sarcasm, bitterness, etc.

6. Open the door to demonic activity

B. Personal Experiences Of Inner Healing

1. The death of a dog

This was my first inner healing experience; it occurred in 1975, when an older woman (she was like a spiritual mother to me) was praying with me. She said, "I believe the Lord is showing me something about the fear of the death of an animal. Judy, do you have such a fear?"

Suddenly it all came back. I could see my mother lying on the couch crying. I felt terrible and all alone. Then pain welled up from somewhere deep in my belly, and overflowed out of my mouth, "Mamma, Mamma, I always disobeyed you. I am so sorry; I am so sorry. Please forgive me."

One fine spring day, I asked my mother if I could walk with my eight-year-old cousin to a store some blocks away. She said I could as long as I promised to not let her dog get out of the yard and follow us. A few blocks from home, I turned around and there was the dog following us. Apparently I had not shut the gate tight. I yelled trying to make the dog go back—but of course it didn't. A few blocks later, a car in front of my eyes hit the dog, and as it lay dying, I watched it writhing in the street. My father was called to the scene and took us home. I remember seeing my mother lying on the couch crying. Nobody said anything to me—I was never punished, scolded, loved or comforted in any way. That was the way it was.

After a few minutes the pain was released; the presence of the Lord came. The small child in me felt forgiven and comforted. I was free from carrying the buried guilt, shame, fear, and pain over the death of this dog—my legacy from this traumatic moment.

2. I never had a daddy

In 1976, a former baker, and now a Catholic lay minister and his wife were staying in our home. He asked if he could pray with me about when I was a little girl. I said, "Sure, why not."

He started to pray for me—for the time when I was in my mother's womb—and nothing happened. Then he prayed for me when I was an infant. Nothing happened. I did not know what to expect because this way of praying was new to me. But when he prayed for me when I was eighteen months old . . . whoops! Something changed. A cry begins to form in the middle of my belly. Slowly it came up and out with the sound of a heart-broken little girl. "Daddy, daddy, I never had a daddy," I wailed.

I was surprised. I had been unaware of any need for a daddy—I'd never felt like I lacked one. Although my father was an alcoholic when I was young, he was not abusive and was always home at night. He did not know how to love a small child; I remember no loving relationship with him. But the Lord knew my deprivation and brought it to the light and healed my child's wounded heart..

As I sobbed out my need for a daddy, I became a little child. This wonderful man lovingly took me into his arms and sang lullabies to me. Then he whispered in my ear, "You got a daddy now, honey."

3. Filled with Rottenness

In the mid seventies, I saw a dream of myself lying on a table; I was split open down the middle. The inside of me was filled with rottenness, and someone was packing me with salt. At this point I realized my condition and surrendered it to God. I remember saying, "God I am sick from head to toe, I do not know how to heal my self. You are the great physician, would you heal me.

In hindsight, I see how valuable this dream was. It revealed my true condition and gave me a picture of what God was going to do. As a result, I surrendered myself to God for healing. In the few years, many wonderful healing moments were brought about by the power of the Holy Spirit. I had many emotional and psychological symptoms of the need for inner healing, yet I did not focus on my condition. I kept looking to God for what He wanted to do in my life.

It culminated with a wonderful dream in which I was lying on a pedestal table; this time out of the center of my being stepped a beautiful woman who was totally alive.

3. "My needs are not as important as others"

Recently I began to ask the Lord why I had trouble believing that He wanted to meet my needs. I could pray for others, expecting the Lord to touch them in some way, but when it came to my own needs, I had some trouble asking and believing. I prayed and asked the Lord where this began in my life, and immediately the Spirit of the Lord brought to my mind a painful experience when I was about five years old.

My little 2 1/1 year old brother and I had been sick with scarlet fever. Afterwards he became ill with rheumatic fever and had to be kept quiet in bed for almost a year. Being a very active child, he required my parents' energy and attention. I had to be good and quiet so I did not stimulate him.

The understanding that I gave to this experience as a young child was that my needs were not as important as Kenny's. He needed my parents' attention more than I did.

However envy and jealousy entered my heart, because I wanted the attention that he was getting.

In my inner healing experience, I went to Jesus and repented of my envy and jealousy and received His forgiveness. Then I experienced the Lord's comforting presence, and I understood that my needs were as important as Kenny's.

4. "Mamma, Jesus is pulling all the gray stuff out of my heart"

One day my third-grader, Tim, told me he was in great fear because he had to make a speech in class the next day. I asked if he knew why he was afraid. He thought a moment and said yes: He reminded me of the time when I sent him into the post office to buy some stamps without giving him enough money. He was four years old. When he went to pay for them, the man told him he did not have enough money. He came out to the car embarrassed; I made him take the rest of the money and go back it.

Okay I said, "Let's pray about this and ask Jesus to come and heal this shame and embarrassment in you." I invited Jesus to come, etc., and touch him. When we finished, he said, "Mom, Jesus came and I saw him pull some gray stuff out of my heart" Wow. The next day he made his speech with great confidence and no fear. Later in high school, I saw him stand up before hundreds of people and speak in great ease.

5. Jesus on the Ferris wheel

Jerry loves flying and has no fear of it. But one day after returning home from a flight he described some kind of anxiety that hit him whenever the plane would lurch in an air pocket. He was musing over this. We prayed and asked the Lord to show him why. Immediately he remembered the time when he and his four years old brother went on the Ferris wheel at a carnival. His brother freaked out, and Jerry in panic, tried to flag the operator's attention as he was whirled through the air on this thing. Jerry was eight.

In prayer, we took this bad experience to the Lord and asked him to come and heal the trauma it caused in Jerry. Using his imagination, Jerry revisited the scene. Then he suddenly saw Jesus sitting between him and his brother, with the arms of Jesus wrapped around both of them. On his face was a big smile of delight and enjoyment. After this, Jerry never experienced this strange anxiety again when flying.

V. The Process Of Inner Healing

The Linns & Fabricant encourage hurting people by teaching that missed development can be made up; anything can be healed. Even prenatal and birth traumas. There is little that cannot be remedied. The loving presence of Jesus and others can enable us to accomplish in a short time many years of missed emotional development. No hurt has to cripple us: people do not passively suffer hurts, but frequently choose whether these will wound or gift them. They turn the hurt into a time of growth, taking responsibility for their healing and recovery.

There a great number of ways the Lord brings healing into the traumas and wounds in our world. However one dynamic way is to go directly to Jesus, fixing your eyes of Him, inviting Him to come into the memory picture we still carry from the trauma. Jesus Christ is a real and living presence who wants and can give us everything He has. We ask Him to come and be with us in the midst of the painful situation, to show us how He was responding to the situation, and to speak to us His healing truths.

...we share our heart with Jesus and take on his loving heart until we can see the past in a whole new way, with Jesus' vision. We can get untrapped from the negative effects of past hurts and turn those hurts into gifts for loving by bringing Jesus' love into hurtful memories. We are asking Jesus to heal our memories; we are not asking him to erase or help us forget the past. (Healing the Eight Stages of Life. Linns & Fabricant. Paulist Press)

In inner healing, we are touched by the Living Lord in some way that frees us from the negative beliefs, and dissolves the pain embedded in the memory. We often receive a personal "word" or Divine revelation from God spoken directly into the painful picture and lie buried there.

When God brings His divine revelation, we may see pictures, hear words from Jesus, sense God's presence, or sense His truth in some way. These images and impressions bring an unfolding of truth, which results in complete release from the lie and the pain embedded in the memory of the experience.

According to Smith, "The truth must be received in the place where the lie resides—in the memory, in the subconscious." In the Psalms, David prayed, *Lord Thou does desire truth in our inner most being*. Apparently we must have truth in the deepest part of our psyche. Only then can it replace the embedded lie. No healing change can occur until the truth is received there.

A. Some Helpful Principles of Inner Healing

1. Fix our eyes on Jesus

We look to Jesus, setting our eyes on Him. We want to see what Jesus was doing in that painful situation we were going through. How did Jesus respond to the situation we were in? What is He asking us to do?

For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal (II. Cor. 4:17-18).

Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God (Heb. 12:2).

Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls (Matthew 11:28).

You search the Scriptures, because you think that in them you have eternal life; and it is these that bear witness of Me; and you are unwilling to come to Me, that you may have life (John 5:39-40).

2. Premise: Our past is present to God

There is nothing that can be hidden from God. He knows every hair on our head, every thought we thing. Nothing is hidden from Him—especially not our painful experiences. Even Hades itself cannot hold out God's presence.

Even if I go to Hades, you are there (Ps. 139:8).

Physiological studies of the brain verify that everything we have ever experienced remains a part of us. Our past is still present to us, and it is also present to Jesus.

Our memory is able to make the experience present again in an extraordinary way. The reason for this is that Jesus, *the Infinite One who is outside of time and to whom all times are present*, enters into what for us is a past occurrence, one known only in retrospect, though we experience its consequences in the present. Here, the past-present-future time sequence in which we experience existence comes together in a particularly meaningful way with the Eternal. And that which is eternal within us and therefore not bound by time is sparked. In this way we experience past and present as one (Leanne Payne).

New findings are helping us understand the practice of recalling of painful memories. Apparently all memories are not routed or stored in the same way. When people are in great terror, the normal way memory is processed gets interfered with: the emotional component is split off and stored in a different area of the brain. This explains the way people often cannot recall the emotions related to the traumatic memories.

3. Must Receive God's "Living Words"

An inner healing moment involves us receiving a "living word" from God. This often takes place through pictures, impressions, sense of His loving presence. We are not to try to remember a scripture verse or to and manipulate the scene, but to allow ourselves to receive from God. No striving, trying, straining, etc. And we never tell a person what he or she should see. We just ask them to tell us what is happening.

We do not have the power to access this deep hidden place in people, to give them truth at that level, or to relieve them from their pain. Only God can. He alone has the power to release people from their lies. Apart from God's intervention people are doomed. This is why so little progress is made when the therapist or pastor tries to supply the person with the truth.

True healing requires the lie to be exposed to a personal truth received directly from the source of truth—it alone can penetrate to the innermost core of our being. Jesus says: *the truth will set you free and I am the truth* (Ed Smith)

4. God Promises To Send His "Living Word" To Heal

The Bible tells us that Jesus is the Living Word. The following scriptures help us to understand the power of God's Word to heal. However be sure to note that the Greek meaning of "Word" refers to a deposit made on a visitation from God.

Revive me according to Thy Word (*a deposit, that which was delivered in a visit*) (Ps. 119:25b).

My soul languishes for Thy salvation; I wait for Thy Word (*a deposit that which was delivered in His visit*). (Ps. 119:81).

He sent His Word and healed them, and delivered them from their destructions (Ps. 127:20).

Putting aside all filthiness and all that remains of wickedness, in humility receive the word implanted which is able to save your souls (James 1:21).

God's Thoughts

Interestingly, God sees things entirely different from our point of view. Inner healing requires us to receive God's thoughts, thoughts that bring life, not death. We need to learn to listen and recognize the voice of the Lord:

Let the wicked forsake his way, and the unrighteous man his thoughts... For My thoughts are not your thoughts, Neither are your ways My ways, declares the Lord. For as the heavens are higher than the earth, So are My ways higher than your ways, and My thoughts than your thoughts (Is. 55:7-9).

If you listen carefully to the voice of the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you" (Exodus 15:26).

My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body (Proverbs 4:20-22).

It will be healing to your body and nourishment to your bones (Proverbs 3:8).

5. Must use the Bible method: "by faith" approach

Inner healing operates through faith that rests upon the power of God and not in the wisdom of men. It works by the living word from God, the power of the Holy Spirit, the Name above all Names, Jesus, the presence of His love, repentance from dead works, and the application of our faith.

1. He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering" (Mark 5:34).
2. Then he touched their eyes and said, "According to your faith will it be done to you" (Matthew 9:29).
3. Then Jesus said to the centurion, "Go! It will be done just as you believed it would." And his servant was healed at that very hour (Matthew 8:13).
4. "Go," said Jesus, "your faith has healed you." Immediately he received his sight (Mark 10:52).
5. He replied, "Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you" (Matthew 17:20).
6. "If you can?" said Jesus. "Everything is possible for him who believes" (Mark 9:23).
7. Have faith in God," Jesus answered (Mark 11:22).
8. "I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him (Mark 11:23).
9. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours (Mark 11:24).

Definition of Faith

Faith (Gr. Pistis): fully persuaded, convinced, conviction in our heart and mind—that what God says is true. (Rom. 4:20-21)

Faith is not system of religious truths!

Faith is a vital life force, an energy.

An electric atmosphere develops when spiritual power is released.

Faith is a spiritual technique.

The Bible says it is "with the heart man believes (Rom. 10:10).

Faith goes beyond doctrine and theology; it must reside in a deeper place within us—in our heart. The heart is a much deeper thing than our mind. According to Bruce Morgan, "We come to know truth with our hearts or spirits, rather than with our minds. Our western world has not known very much about our heart. We have been trapped in our heads and tried to make our relationship with God work through it.

Without Faith It is Impossible To Please God

The extent to which I receive God's blessings depends precisely upon the degree to which I believe. Without faith it is impossible to please God

6. Must confess our "stuff" to someone who can pray with us

Confess your faults one to another, and pray one for another that you may be healed (Jas. 5:16). The prayer of faith shall raise the sick (Kamno—to be weary, weariness of mind) (Jas. 5:15).

Prayer is the process of opening ourselves to healing from the love of God.

7. Inner healing includes:

Inner healing calls for us to acknowledge, confess, repent, forgive, release and renounce, and then receive from the Lord. It involves...

1. Recognizing & acknowledging what we have done
2. Confessing our sins to another
3. Repenting & turning away from something
4. Humility & brokenness
5. Destruction of strongholds & fortresses (pride, self-righteousness, defense mechanisms)
6. Bringing secrets, repressed pain, buried memories out into the open
7. Forgiving others, God, and ourselves
8. Exposing and replacing the ungodly unbelief's and lies we believe
9. Receiving God's healing truths, presence, love, comfort
10. Deliverance from evil spirits attached to the ungodly beliefs
11. Renewing our mind with God's truths

➤ **Prayer Time: Receiving Healing Pictures From God**

Start by welcoming the Holy Spirit's presence to guide and empower you. Position your heart in humility before the Lord. Come before the Lord, tell him the heart issue you are bringing to Him. Give your heart to God now; allow Him to access your heart. Here is a sample prayer taken from Virkler & Virkler (2000), *Contributing Strands Worksheet*, p. 7.).

My Father in Heaven,

I confess and repent of my sin of any anger and bitterness I have against You, God, for allowing this traumatic experience to happen in my life. I ask You to forgive me, and I receive Your forgiveness.

Lord, please take me back to the appropriate memory picture that is underlying this issue in my heart. (Allow yourself to see the scene. If an extremely traumatic scene, allow yourself to go back to it, just after it was over—not in the middle of it.)

Lord, I know You were there in that hurtful memory. Jesus, please show me where You were and what You were doing. (Now look and see where Jesus is/was.)

Holy Spirit, come and take over this painful picture and give me Your divine truth and picture, showing me what Jesus was doing. (Respond to what the Lord is showing and doing.)

In the name of Jesus Christ of Nazareth, I thank You, Amen.

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Appendix A

Make A Decision—Draw Close To Jesus

We must come to place where we realize that nobody else is responsible but me. I must have a direct relationship, an individual relationship between me and God, this is the freeing agent. If you have not made a decision to invite Jesus Christ into your heart, you need to do this. It is key to the transformation and healing of your broken heart and life.

“Go To Jesus”

You search the Scriptures, because you think that in them you have eternal life; and it is these that bear witness of Me; and you are unwilling to come to Me, that you may have life (John 5:39-40).

Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls (Matthew 11:28).

Have you really experienced Jesus? If not, you need to repent and turn to Him. Jesus Christ is the only answer! Jesus Christ is the only way, He is the uncorrupted seed, He is righteous, He brings fullness of life. Acknowledge that it is solely on the basis of what Jesus has done on your behalf that you are receiving your righteousness now.

If you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you shall be saved; for with the heart man believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation. For the Scripture says, ‘Whoever believes in Him will not be put to shame’ (Rom. 10:9-11).

As a result of a genuine conversion or born again experience, you have access to the Kingdom of Heaven which is right within you. You need to seek the truth and walk in it. Then you will gradually become free, feel free. Christianity is the only way to be totally free.

I call heaven and earth to witness against you today, that I have set before you life and death, the blessing and the curse. So choose life in order that you may live, you and your descendants, by loving the Lord your God, by obeying His voice, and by holding fast to Him; for this is your life and the length of your days... (Deut. 30:19,20).