

My Inner Healing Experiences:

Healing The Broken-Hearted

God Desires Our Well-Being & Healing

The following scriptures reveal God's great desire is for our well-being, healing, freedom, wholeness, and restoration:

- I am the Lord, who heals you (Exodus 15:26).
- I will heal thee of thy wounds (Jer. 30:17).
- For I know the plans that I have for you', declares the Lord, 'plans for welfare and not for calamity to give you a future and a hope (Jer. 29:11).
- 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 (Psalms 103:2-5).
- Peace, peace to him who is far and to him who is near, Says the Lord, and I will heal him (Isaiah 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).

His Names Reveal His Healing Purpose

- YHWH: the self-existent One—everything & anything we will ever need is in Him.
- Rapha: the Lord, your doctor, the healing one; i.e., to mend, to cure.
- The Great Physician
- The healer of our souls

God sent Jesus Christ to...

Isaiah prophecies that God would send a Messiah, Jesus Christ, into the world and anoint Him with the Holy Spirit to...

- Proclaim liberty and freedom to captives & prisoners
- To set free those who are downtrodden, oppressed, burdened
- Cause the blind to see
- Comfort all who mourn
- Heal the sick and those oppressed by the devil

- Set free those who are downtrodden
- Give oil of gladness instead of mourning
- Give a mantle of praise instead of a spirit of fainting
- Give joy instead of shame & humiliation (Isaiah 61:1-3,7; Luke 4:18)
- Bind up the brokenhearted

Jesus Christ came to heal us on every level of our hurting human nature, resulting in an interior transformation on every level of our being. Healing is a word rich in meaning and speaks to completion and wholeness.

- Jesus said, "It is not those who are healthy who need a physician, but those who are sick...go and learn what this means, 'I desire compassion and not sacrifice, for I did come to call the righteous but sinners'" (Matt. 9:12,13).
- He took our infirmities (*Astheneia*, a feebleness; lacking strength; weakness, infirmity, indicating inability to produce results) Matt. 8:17.
- Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers (III John 1:2).
- Now may the God of peace Himself sanctify you entirely, and may your spirit and soul and body be preserved complete, without blame... (I Thes. 5:23).
- The prayer of faith shall raise the sick (*Kamno*—to be weary, weariness of mind) (Jas. 5:15).

Word study: Salvation, Save

Healing and wholeness in body, mind, and spirit is implicit in the concept of salvation. Salvation (*Soteria*) in the Greek 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*: to save; the idea is that of saving from disease and its effects; is sometimes rendered to make whole or to be whole (Matt. 9:21,22; Acts 4:9)
- *Diasozo*: to save thoroughly; translated heal in Luke 7:3.
- *Iaomai*: to heal, both physical healing and spiritual healing (Matt. 13:15; John 12:40; Acts 28:27; Heb. 12:13; I Pet. 2:24; possibly, Jas. 5:16 includes both).

Scripture Reveals Our Needy Condition

1. People weighed down with iniquity; the whole head is sick, and the whole heart faint. From the sole of the foot even unto the head there is no soundness in it: but wounds, and bruises, and putrefying sores: they have not been closed, neither bound up, neither mollified with ointment. Your land is desolate (Is. 1:4-7).

2. This is a people robbed and spoiled; they are all of them snared in holes, and they are hid in prison houses: they are for a prey, and none delivereth; for a spoil (Is. 42:22).
3. Possessed with devils; lunatics (moonstruck); palsy (feeble, paralyzed); divers diseases (maladies) and torments.

The Work of The Holy Spirit

In the inner healing 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. We must learn to listen to God and hear his voice deep in our hearts, because listening to God is key to spiritual growth and spiritual life. We must learn how to perceive reality through our spirit, not only the mind. Intuition is the voice of one's heart, our spirit.

Importance of Dreams and Visions In Journey To Wholeness

The force of reason by itself is not powerful enough for getting at truth. The road to wholeness leads straight to the inner world within us – the place where dreams and visions come from. Visions and dreams are the language of the fourth dimension (spiritual dimension) and the Holy Spirit communicates through them. Dreams & visions are channels of communication from the deep heart, where God is.

God Sends His Word To Heal His People

1. He sent His Word and healed them, and delivered them from their destruction's (Ps. 127:20)
2. My soul languishes for Thy salvation; I wait for Thy *Word* (a deposit that which was delivered in His visit. (Ps. 119:81)
3. Receive the Word implanted, which is able to save your souls (James 1:21b).
4. The unfolding of Thy words give light. (Ps. 119:130a).

My Testimony

In my thirties, I use to pray, Lord I feel so shallow, I want to become a deep person. I want to feel alive in the depths of my being. I saw myself like an empty box, with no identity of my own. I was a wife, a mother, a church member, but I did not know who I was. Feelings of fear, rejection, not being important or valuable, not being loved, resentment, boredom and loneliness dominated my inner life.

Today, I have been transformed. I am able to function at a much deeper level; my goal is to minister a living word that comes from my heart, through the Holy Spirit, I no

longer wear a mask or play a role, or try to figure out what I need to be saying or doing – I have learned just how to be. I am no longer pulled or motivated by the demands of the Law or duty, but by what the Lord is placing in my heart. Not lip service, but heart service.

I can function in a free, open, and spontaneous way through the fullness of life that Jesus brings. I am no longer paralyzed by self doubt, feelings of inferiority, and unsure of how to be and what to say. Old feelings of rejection, resentment, boredom, and loneliness no longer dominate.

At some point I made a decision to live my life, and I accepted responsibility for my feelings, attitudes, thoughts, moods, etc. I withdrew my blame. In addition, dreams began to reveal hidden talents and undeveloped potential within me. I am continuing to develop.

Others say I am genuine, authentic, and alive. I carry a deep abiding inner reality of the presence of God, of His life, and of the true knowledge of who I am in Him. I know the meaning and purpose of my life. I am a co-creator with the Living Father.

Some Of My Inner Healing Experiences

The following are some dreams, visions, prophecies and inner healing moments that I experienced in my journey to wholeness.

Inner Healing Experience: 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."

The story goes like this: *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.*

Now, at 37 years old, up comes all the anguish and pain from that event. I was really surprised by this. It was a new experience for me and I wondered where the pain was coming from. I listened to myself and I knew the crying was not coming from my adult self. To my ears, it sounded like a small child crying in anguish. I must say, over the

years I had never thought about this incidence nor had I been troubled by it. I was unaware of any guilt attached to this event in my young life.

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.

I asked the Lord about it, and I asked why I had to go through this experience again. He pointed me to this scripture: "*Whatever is hidden must come to the light; whatever is in darkness must be revealed*". Then I understood why it was important for the old wound in me to be opened up. The experience had left a deposit of pain, guilt, shame, fear, and failure inside of me. There was a sore spot in my soul, and it needed healing. Because it is the desire of the Father to heal us, He brought it to my attention through the operation of the gifts of the Holy Spirit.

Insight: In the years since, I have learned that pain has energy and needs to be released by going through it, or by receiving the comfort of the Father. If we do not release it in some way, we stuff it and swallow it into our gut. It takes a tremendous

Because, pain has energy, it must be dissipated or released in some way. If not, we stuff it, swallowing it into our bodies. This is what I had done. Perhaps if my parents had corrected me and loved me, I could have cried out my guilt and received their love. Yet, through the power of the Holy Spirit, thirty-five years later, I was enabled to do this. And as a result, I was cleansed and healed deep inside.

"The wounds of a tale bearer go deep into the chambers of the belly" (Prov. 18:8 KJ version).

"Now you Pharisees clean the outside of the cup and of the platter; but your inside is full of robbery and wickedness. You foolish ones, did not He who made the outside make the inside also" (Luke 11:39,40).

Inner Healing Experience: Repressed Pain as a Student Nurse

This was my second inner healing experience.

As a young student nurse, I had cared for a teenager paralyzed from a diving accident, a young mother with six children, eaten away with cancer, and a toddler dying with leukemia and I could never get their images out of my mind. Apparently I had been horrified by their situations. Not knowing what to do with my pain and fear (it might happen to someone I loved), I swallowed it and never allowed myself to feel it.

Then one day in prayer (1975) with my Christian friends – I had just finished fasting – pictures of these patients began to flash into my mind. I felt pain trying to surface from somewhere deep with in. I stayed with the memory. In the process I was brought face to face with each patient again. This time I experienced all the anguish and pain I'd stuffed years ago: 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 and no longer tormented by the memory of their faces.

Insight: I learned how important it is to go completely through the pain (if you are able to bear it) until it dissipates or is extinguished. You know you are free when you can look back upon the memory and there is no more pain. The energy is gone out of the memory. Often the presence of loving people, holding you tight, makes it possible to bear the pain and go through it. I believe I received some kind of shock as a result of seeing their suffering. This caused my brain to fixate at the point of the shock and opened me to demonic harassment.

Dream: I see my condition

In the mid seventies, I saw a dream of myself lying on a table; I was split open down the middle. My insides were 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?"*

The dream 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. Even though I had many emotional and psychological symptoms indicating my need for healing, I did not focus on my condition. I just kept looking to God for what He wanted to do in my life as He brought me through one healing experience after another. Several years later I had a wonderful dream in which I was lying on a pedestal table again. However, this time out of the center of my being stepped a beautiful woman who was totally alive.

Dream: Fig leaf Slipcovers

About the same time, I dreamt that I was admiring some new floral slipcovers a friend had made for her old sofa - the floral design was fig leaves. Through this dream I began to understand that I had tried to cover over everything, my emotions, guilt, fears, etc. In the Bible, Adam and Eve used fig leaves to cover over their nakedness. The dream gave me a picture of what I had been doing for years, covering everything.

Dream: Crossed wires

This dream came at a time when I was asking the Lord if I needed professional counseling. In the dream, I was talking on the telephone with someone when the telephone wires got crossed; I found myself suddenly talking with a psychologist who lived out west somewhere. The dream shifted, and I was in the home of this psychologist. As we talked together, I was aware in the dream that I knew more than he did, and that he could not help me. So the Lord provided me the guidance and direction I was asking for.

Vision: Wrong Tree, the tree of good and evil, not the tree of life

Vision: Mount Sinai, I was chained to the mountain where the law was given. I was trying to perfect myself by obeying the rules and laws.

Dream: My Bible was gone

In the dream, I was holding a Bible with nothing inside it, only the cover. My spiritual mentor, Ralph, said he would give me a new Bible.

Hearing voice of the Father

As I awakened in the morning, I heard the words: "Why do you think of her as more important than yourself?" I understood that I was always measuring myself against other people. The scriptures say that God will awaken our ear morning by morning.

Dream: Going to Australia by way of Nigeria on rubber raft

For me, Australia symbolizes the land down under, the hidden part of my heart, my unconscious.

Dream: Frightened by a walking tree inside my childhood home, I became an inch worm on the sidewalk when I ran from it.

I needed to take a look through the eyes of God at my childhood experience and see how it had affected me: the roles, rules, and behaviors.

Symbolic Drawing of Family

Inner Healing Experience: 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. 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"

Insight: God promises to take us up when our Fathers and Mothers forsake us and be a father to us. In this experience, God enabled me to receive what I had been deprived of in early childhood, the love of a Father, and to heal my broken heart. The loving presence of Jesus and others can enable us to accomplish in a short time many years of missed emotional development. Healing happens as we receive love and bring that love into hurts.

Dream: Dragging my sick mother

Dream: Mother on my back

Dream: Deanna's Baby, Cut The Cord

Dream: Ugly pregnant women giving birth

A very large, repulsive women pregnant was trying to give birth, but she couldn't find someone who would deliver it. She made the statement, "I guess I will have to go to a foreign land, to find someone who will deliver this child"

Prophecy: You are like a rose, beginning to open, unfold.

One day while a man was praying for me he said he saw a rose beginning to open. I understand that this picture was showing me something the Lord was doing within me. The single rose is in essence the symbol of completion, of consummate achievement & perfection. Blossoming of the individual: our wholeness & growth; our inner development; our growth in conscious life.

Spiritual Experience: I was called out of the tomb

Dream: Healing a Lie, Rotten To The Bone

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 something Scott Peck said in his book, "*The Road Less Traveled*". He noted that our earliest memory often reveals our emotional outlook on our world. This statement precipitated two hours of healing for me. During this time I clearly saw that three lies had entered into my personality when I was a very young child. I experienced the depths of each lie and the pain they had caused me as they were pulled out of my personality. The following is a brief account of this healing.

Jerry asked me what my earliest memory was. "*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 told this to Jerry, intense pain welled up within me. As I gave it expression, I realized that it was the cry of a broken-hearted child who did not know she was loved; I lay on the bed sobbing in agony, not from my adult self but from a place within I did not know was there. It lasted about twenty minutes. During this time, I saw by revelation that the feeling that I was not loved, was all a lie—my mother had loved me. As I saw it, I also saw (with the eye of my spirit), this lie being pulled out 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 was the pain of not feeling that I was wanted or valuable to anyone. Again in the process, I saw that it was all a lie, I had been deceived. My mother*

had wanted me and I was important to her. It too was pulled out of the structure of my personality.

There was one more episode. It followed the same pattern—the expression of pain, the revelation of what it was, the truth about it, and the extraction of the lie. However this was the most important episode, because it involved a grievous reaction by me as a young child: If I wasn't loved and wasn't valuable, then I must be rejected. So I rejected who I was, and the strands of self-rejection and self-hatred entered into the structure of my personality. As a result, I had never seen myself as a separate and distinct human being. Shortly after this, God gave me a wonderful dream of who I am in Him.

Insight: The dream empowered me to go through the intensity of the feelings, embrace the pain and the lies, and receive the truth. The pain was coming from the lies and not the event itself! When God showed me the truth, the lies along with the pain left.

Dream: Angel Gabriel

The angel Gabriel was teaching me to fly. I was very afraid, but I was flying. I had wings strapped onto my arms and I was being taught to fly using the currents and the winds. Later, a motor may have been added.

Dream: A Treasure Hunt

I had a sheet of paper, 8 1/2 by 11, and it contained a lengthy list of steps to follow on a treasure hunt. If I did one, then I would know the next one, etc. I had the feeling I was on sheet two, and there was still a third sheet. It seemed that occasionally (at the end of each sheet) there was some little thing given that encouraged me to go to the finish. I felt very good the next morning.

Dream: Birth of the real me

This period of intense inquiry and revelation ended in 1984 with a final dream, I was laying on a pedestal table as if I was dead, I split open and out of me stepped the most beautiful, gracious woman I could ever hope to be. My true self had been formed.

Vision: I am!

I saw a small tear-shaped vessel, quivering and pulsating with life. Out of my mouth came the words, I am, I am, I am.

Healing The Broken-Hearted

The heart is used figuratively for the hidden springs of the personal life. The scripture makes it clear that our hearts can be in a variety of conditions.

- I am afflicted and needy and my heart is wounded with in me Psalm 109:22
- My heart is wounded (smitten like grass & withered away) within me (Psalm 102:4)

Some Conditions Of The Heart Referred To In Scripture:

Foolish hearts were darkened	whole heart is faint	sorrow of heart
discouraged heart	smitten & withered heart	rebellious heart
revive the heart	stony heart	deceive the heart
trembling of heart	hardness of heart	heart failed them
stubbornness of heart	heart obstinate	double-hearted
let not your heart be troubled	astonished of heart	
heart filled with light		

Causes Of The Broken Heart

You did not have proper nurture as a child from your parents. You may have been actually physically abandoned through the death of a parent, divorce of parents, etc. or you may have been emotionally abandoned because the parent was not able to provide nurture and safety for you. You also may have been traumatized through illness, accident, injury, or War.

Parents Charged To Nurture Children

Parents are charged with the responsibility to bring children up in the nurture and admonition of the Lord; i.e., to fill the child's inner core with the experiential knowledge that they are loved. Husbands are given the responsibility to receive the love of God and to share it with their wives; i.e., to honor, protect, cherish their wives. Living in right relationship with God and each other they are to share the love of God with their children. This does not necessarily mean natural affection by the parents, but the love of God. You may say that you have a good relationship with your father now as an adult, but this does not heal the broken or wounded heart from childhood.

When you were growing up as a child, did you ever hear your father say: "I love you." The statistics reveal that 80-95% of people who come for inner healing have never heard their fathers say I love you to them. This does not mean they were necessarily bad parents, but they were not good parents because they did not appropriate the Heavenly Father's love and share it with their child. They did not fill you up with love.

Three Things Every Child Needs

To know in their innermost core that... otherwise they carry a load

1. they are really, really cared for and loved
2. they are really special, valuable
3. they were really wanted

Signs and Symptoms of a Broken Heart

You cannot receive love because you have not been given appropriate love from Mom or Dad, this results in performance, driven ness, perfectionism behaviors. You are attempting to win their love because you desperately need and want that love. You think that if you perform properly with excellence, they will notice, approve, and love you, but this leads to additional sin and a load to carry through your entire life.

You are Jesus-centered, centering in on the person of Jesus Christ, and have no relationship or connection with God, your Heavenly Father, because you had no relationship with your earthly Father. In fact you may hate God, because you hated your earthly father and project it onto God. This hinders our prayers, because we are told to pray to our Heavenly Father.

A broken heart along with other traumas create a burden on your immune system.

Jesus Came To Heal The Brokenhearted

Jesus came to heal the brokenhearted, set free people who are bruised (downtrodden) and proclaim release to captives (Luke 4:18).

- The Lord is near the brokenhearted (Psalms 34:18).
- He heals the brokenhearted and binds up their wounds (Psalms 147:3)
- He has sent me to bind up the brokenhearted (Is. 61; Luke 4:18).

God Touches Our Hearts

love of God is shed...in our heart	joyful heart
gladness of heart	Thou shalt enlarge my heart
merry heart	strong heart
heart be lifted up	heart was tender
nourished your heart	shined in our hearts
I will put my laws in your heart	
the Lord looketh on the heart	
kept all these saying in her heart	purify your heart
day star arise in your heart	singleness of heart
sanctify the Lord in your heart	
Christ may dwell in your heart by faith	

Prayer Ministry

Does God love you? Do you know this love in your life? Ask the heavenly Father to stretch out His hand and to touch and heal your broken heart.