



# Healing Traumatic Memories & Pictures

In this series “Issue-Focused Inner Healing Ministry,” we are using an integrated approach to healing and freeing the wounded heart. This focused ministry approach enables us to deal with all of the root problem areas that might relate to a particular heart issue we are looking to the Lord for healing and freedom.

Today, we will focus on traumatic pictures and painful memories, asking the Lord how they are contributing to our problem of keeping our hearts full of faith, love, hope, and a clean conscience. We will go to the Lord, asking Him to touch these painful places with his divine presence and living word.

## Scriptures

- The Lord is near to the brokenhearted (Psalms 34:18).
- He heals the brokenhearted and binds up their wounds (Psalms 147:3).
- ‘Peace, peace to him who is far and to him who is near,’ Says the Lord, and ‘I will heal him’ (Isaiah 57:19).
- 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).
- In order that what was spoken through Isaiah the prophet might be fulfilled, saying ‘He Himself took our “infirmities” and carried away our diseases (Matt. 8:17).
- Jesus said, “It is not those who are healthy who need a physician, but those who are sick. But 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).
- The Lord will sustain him on his sickbed, In his illness, Thou dost restore him to health (Psalm 41:3).
- 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 (Jas. 5:15).
- Whatever is in darkness be revealed; whatever is covered must be opened up. For nothing is hidden, except to be revealed; nor has anything been secret, but that it should come to the light (Mark 4:22).
- Search me, O God, and know my heart; Try me and know my anxious thoughts; and see if there be hurtful way (way of pain) in me, and lead me in the everlasting way. – Psalm 139:23-24

## His names reveal his healing purpose

- YHWH: the self-existent One—everything & anything we will ever need is in Him.
- Jehovah Rapha: the Lord, your doctor, the healing one. “I will put none of the diseases on you...for I the Lord am your healer (Ex. 15:26). The Hebrew word, *rapha*, means to mend, as in stitching up or mending a torn cloth; 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, *Restoring the Foundations*, p. 204).

## About Traumatic Pictures & Painful Memories

### Understanding traumas

Traumas are life events that cause physical, psychological, or spiritual damage and becomes a door point that allows the enemy to take and maintain a stronghold either in our personal life or in our generations. It may also cause dissociation, confusion, and a loss of a sense of safety. They challenge our view of the world as a just, safe, and predictable place.

Some traumas are diagnosed as Large-T Trauma (Post Traumatic Stress Disorder; they include rape, assault, combat or natural disasters – a life threatening component or one perceives his or her life is in danger, resulting in a response of helplessness or horror.

Research has found that too many *little* traumatic moments can result in what is called Small-T Trauma. This includes all of the upsetting life events that may prove difficult to handle: verbal abuse, bullying, divorce, a medical crisis, losing a pet, moving, losing a friend, etc.

Small-T Trauma can cause a wide varied of diagnoses that are misdiagnosed: depression, anxiety disorders, mood disorders, adjustment disorders, paraphilia’s, and other problematic behaviors.

### A trauma is ...

- A horrible experience that changes your perception of reality.
- An event that exceeds your ability to cope.
- Being stuck in some past state due to shock/horror.
- When the past holds you hostage, making you feel like you have no choices.
- A life-threatening or ego-threatening event.
- Not being able to move through a bad episode from the past.

### Indicators of terrible traumas

Here are two indicators of some terrible trauma:

- We act/feel like a “scared rabbit” – deal with threats around us by always staying in control.
- We act/feel like a “wounded animal” backed into a corner by an enemy – all we can do is try and strike a frightening pose and make a fierce sound, hoping we can scare her/him away.



## **Some clues to help you recognize your wounds and traumas**

- Awareness of tender or sore spots in your soul whenever you think of a memory.
- A word of knowledge; i.e., gifts of the Holy Spirit.
- Presence of guilt & shame.
- Presence of rejection, grief, depression, sadness, abandonment, jealousy, envy.
- The inability to take in and feel love.
- Your over reactions (an amygdala hijacking).
- Your dreams in the night.

## ***What happens when we are wounded?***

### **We want someone to pay for what they did**

We become wounded when someone sins against us unjustly. We respond to the painful wound by becoming angry and resentful. To balance the scales of justice, someone must pay for the pain we experienced: either the person who hurt us or even our self.

Consciously or unconsciously, we desire to hurt someone. Consequently our resentment and revenge become deeply entrenched in the wound, causing it to feel even more painful.

### **We try to understand why this has happened**

Because we are human, we want to know why this has happened. Our heart wants to understand what this means to us. The Father of lies comes and gives us his death-producing meaning. And these lies become embedded in the painful wound.

### **We place blame and responsibility for our wound**

We look to blame someone. Who is responsible? Who caused me this pain?

### **We make a sinful response**

In response to the wound, we hold unforgiveness, make inner vows, open our self to negative expectations and beliefs, and develop sinful patterns of behaviors.

### **Wound becomes imprisoned by unforgiveness**

Once we place blame on someone, the wound becomes imprisoned by resentment, desire to punish, hatred, violence, murder, etc. Our wounds, now imprisoned, are cut off from the healing presence and love of Jesus Christ.



## **The memory of the wound drops into subconscious**

Over time, we may forget about the painful memory and it becomes buried in the unconscious layers of our personality — along with all of our sinful responses, vows, resentment, *guilt*, etc. embedded in it. This explains why we may have no conscious memories of it, do not easily recall it, or are ignorant that it ever happened.

Mother of the Inner Healing Movement, Agnes Sanford explains why some wounds are not healed through self-searching and prayers. "Some deep wounds are inevitably connected with a subconscious (unconscious) awareness of sin, either their own sins or their grievous reactions to the sins of others."

Many of our wounds are buried below the surface of consciousness, waiting until the timing of the Holy Spirit to bring them into the light. He knows when we are able to cope with their pain and when we have the strength to face them. Inner healing when led by the Holy Spirit enables these things to come to the surface in the *kairos* moment.

## **Traumatic experiences produce painful memories**

These traumatic experiences can leave behind painful memories buried in our heart and negative pictures in our mind that produce sin energy or demonic energy, which pressure us to do evil, and contribute to the issues in our mind and heart that we struggle with.

Neurons in the brain seem to fixate or get stuck at the point of the trauma, holding some type of picture or lingering visual in our minds.

## **Our past remains a part of us**

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

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 (Ps. 139:8).

## **The unconscious never forgets anything**

It is impossible to remain fully conscious of every aspect of our lives, so the subconscious which comprises 90% of the mind is the repository for everything that has ever happened to us.

Every experience/memory of the past is in our mind, dropped down into the subconscious part of us. All these memories influence our emotional life and our bodies today.

Memories are the basis of our emotional life. Many problems in adulthood spring from these negative feelings and emotions of our early years — fears, tensions, hates, resentments, self-conscious, pain, low self-esteem.

Interestingly, we can usually bring good memories to consciousness without too much effort, but the traumatic episodes of our lives are often pushed deep into hidden recesses as we



attempt to forget them and the pain associated with them. Unfortunately we cannot escape one of the characteristics of the unconscious, it never forgets anything.

### **Understanding cellular memory**

Disturbing events are a primary basis of negative symptoms. We associate our present experiences with past ones. Unresolved or processed traumatic experiences are stored as they were perceived.

There is a kind of knowing, “impulse of intelligence,” present in every cell of our body; it is present everywhere. This intelligence is very alive. It is more important than the actual matter of our bodies. *The cell's memory outlives the cell itself.* The nonmaterial memory is there. The past comes back.

Our body is just the place our memories call home. Scientists on the cutting edge of this stuff ask how a sick memory gets into our chemical system. This “impulse of intelligence” is a combination of a thought and a molecule tied together.

So embedded at a deep cellular level are distorted memories, views of the world, emotions, reactions, and ways of interpreting events around us

### **We blow our cool**

These unhealed memories fester within us and require large amounts of psychic energy and will power to contain them. When we experience a period of unusual stress, we lose control of our ability to suppress all those feeling and we overreact – we blow our cool. Something containing much energy has been released within us.

Unhealed hurts lead to destructive behavior to medicate the pain of the inner being – alcoholism, drugs, promiscuity, gluttony, work holism, perfectionism, etc. – and we develop ways to try to medicate the pain of our inner being, in our soul.

We are often unaware of the reason for the constant tension in our lives, so we develop destructive habits to deal with it. Many psychosomatic illnesses can be attributed to the body's efforts to resolve the problems of the mind.

It becomes obvious that the painful memories of the past cannot be ignored if we are to become filled with the love of the Father.

### **Why some painful memories are difficult to recall**

New findings are helping us understand the practice of recalling 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.

### **The good news**

Leanne Payne said, “Our memory is able to make the wounding 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.”

## ***Inner healing by the Holy Spirit***

Inner healing works through the Name above all Names, Jesus Christ. It 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 inner healing and wholeness, the presence and activity of the power of the Holy Spirit working within us is essential – perhaps more important than the laying on of hands, the inner healing prayers, and the gifts of the Spirit, etc.

“However, our progress depends somewhat upon how responsive we are to the Holy Spirit, this teacher who God gives us. The Holy Spirit is sent to us to help us develop fully into being that new creation. He causes the spiritual senses to flourish within us. He teaches us how to begin to see spiritually, hear spiritually, speak spiritually, and respond spiritually to the things” of God (Ralph Nault).

Inner healing by the Holy Spirit is divine, supernatural and spiritual. God heals through the spirit. Healing comes from the *inside-out*, not outside in.

The Spirit alone knows the proper timing for things to come up. Therapists or inner healing ministries must not bring up stuff unless the Spirit of God indicates it is time. Otherwise we cannot deal with it in a way that it brings life and healing to us. The Spirit of God knows when we have the inner resources to cope with the pain of the memory.

## **The receiving position**

Divine healing is received from God in the same way the new birth is received (2 Cor. 5:17; John 3:6). How did you *receive* the Lord Jesus? In your hopeless, helpless and defeated condition?

❖ Receive means to actively accept or take in what is given or imparted.

Inner healing requires we humble our self and move into a receiving position, the place where we honestly acknowledge our limits and inadequacies and understand that we cannot heal our traumatic pictures and painful memories – no matter how hard we try.

We must depend on His grace and love and go to Jesus Christ, the Great Physician. This requires that we have a tiny mustard seed of faith – confidence and assurance in our heart – when we go to Him.

The Bible makes it clear that the Kingdom of God operates on divinely-created laws and principles that differ greatly from the natural realm. For one thing, it says that God is a rewarder of those who can act in genuine faith (Hebrews 11:6).



### **Inner healing includes:**

1. Healing of traumas and painful memories.
2. Exposing the lies we believe.
3. Breaking down defense mechanisms called strongholds & fortresses.
4. Receiving God's love and truth.
5. Renewing of our mind, changing the way we think.
6. Deliverance from evil spirits that gained access during our traumatic experiences.

## **Healing experiences**

### **Tormenting images of three patients**

For years I had been tormented in my mind with images of three patients I'd cared for as a young student nurse: a teenager paralyzed from a diving accident, a young mother with six children, eaten away with cancer, and a toddler dying with leukemia.

Apparently I had been horrified by their situations and lacked the spiritual resources to go to Jesus. 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. However the images of those three patients kept tormenting me.

One day in prayer, pictures of these three patients began to flash into my mind. Pain surfaced from somewhere deep within. I stayed with the images, and in the process I was brought face to face with each patient again.

This time I experienced all the emotional anguish and pain I'd stuffed down 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 never tormented by the memory of their faces ever again.

**Insight:** Perhaps, 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. You know you are free when you can look back on the memory and there is no more pain.

### **His blood frees me from tormenting porn pictures**

After I found some pornography pictures under the bed of one of my teenage sons, I could not get those pictures out of my mind. I had never been exposed to something like that. For months afterwards, these graphic pictures continued to pop into my imagination, tormenting me over and over.

Getting disgusted with them, I knew what to do. I knelt before my bed and asked the Lord to take those pictures away. As I waited in prayer, I suddenly saw a chalice of blood being poured out down on those pictures. As the blood fell on the pictures, it formed the shape of the cross. After that, I never was troubled with those tormenting pictures in my mind again.

**Insight:** We must go to the Lord with our painful memories and pictures.



## Jesus joins Jerry on the ferris wheel

After returning home from a business trip one day, Jerry told me about how he felt some type of anxiety whenever the plane lurched in an air pocket. He was musing over this, because he loves flying and has no fear of it.

We asked the Lord to show him why. Immediately this memory came to his mind.

He was about twelve when he and his younger brother were riding on the ferris wheel at a carnival. His brother freaked out, and Jerry frantically tried to flag the operator's attention as he was whirled through the air.

We took this painful memory to the Lord and asked him to come and heal it. Using his imagination, Jerry revisited this memory. As he was whirling around on the ferris wheel, he suddenly saw Jesus sitting between him and his brother, with the arms of Jesus wrapped around both of them. On the face of Jesus was a big smile of delight and enjoyment. After this, Jerry never experienced this anxiety again. He was free!

## Principles of Divine Healing

Fr. Matthew Linn with Dennis & Sheila Linn in *Healing the Eight Stages of Life*, teach that anything can be healed, even prenatal and birth traumas. "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."

The Linns say, "There a great number of ways the Lord brings healing into the traumas and wounds in our heart. 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*)

### Brief explanation of healing from lies buried in painful memories

Disturbing emotional pain is often coming from a lie or the interpretation we have given to a historical event that became lodged in our memory during a traumatic event. The lie is embedded and rooted in a memory deep inside our psyche, in the subconscious or deep heart.





It is anchored in a place that is inaccessible to human reason, intellect, and thinking. The lie does not reside in the place of reason, intellect or mind. Knowing enough truth in our mind does not heal because the mind is not where truth is needed.

Most of us possess more truth in our logical minds than we will ever apply. The problem is our inability to embrace the truth we already logically know due to the power of the embedded lie in the original memory wound. The lie overpowers our ability and desire to grasp that which we could logically give assent to. The lie functions as a filter or barrier and will not let truth in. Even though we know the truth logically, we are in bondage by the illogical lie in the memory.

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.

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*.

When God brings His divine revelation into the lie buried in the memory, people report seeing pictures, hearing words from Jesus, sensing God's presence, or sensing His truth in some way. These images and impressions bring an unfolding of truth, which results in complete healing of the memory being dealt with.

## **Go directly to Jesus**

We use the Bible method and do what Jesus said: go directly to Him.

- 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 (Matt 11:28).

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

- 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).
- 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 (2 Cor. 4:17-18).



## **Stir up your faith**

Inner healing operates through faith that rests upon the power of God and not in the wisdom of men. There are so many scriptures about faith.

- Daughter, your faith has healed you. Go in peace and be freed from your suffering (Mark 5:34).
- Then he touched their eyes and said, ‘According to your faith will it be done to you’ (Matthew 9:29).
- 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 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 Dr. 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.”

- ❖ Faith means to be fully persuaded, convinced that what God says is true (Rom. 4:20-21).

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.

### **🔗 Your Response**

- Can God lie? Is He a respecter of people?

## **Receive something from God**

In inner healing moments, we experience the Living Lord in some way that frees us from the negative beliefs, and dissolves the pain embedded in the memory. We may receive a personal “word” or divine revelation spoken directly into the painful picture and lies embedded in it.

We may see pictures, hear words from Jesus, and sense His loving presence or 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 Dr. Ed. 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 lies. No healing change can occur until the truth is received there.

- ❖ We will not be healed simply by remembering a Scripture or manipulating the scene; we must allow our self to receive something from God—no striving, trying, straining, etc.



If you are helping someone receive inner healing never tell the person what they should see or hear. Just ask them to tell you what is happening.

Dr. Ed Smith reminds us: “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*” “

## 🔗 Your Response

- Can you believe that God wants to speak a personal word to you?

## 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.

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

## Learn to use your imaginative function

Pioneering inner healing ministries link healing painful memories with the use of the imagination. They discovered that the imagination is important to our well-being and healing. Jesus can use the inner eye of our imagination to help us *see* events that have left emotional and



spiritual scars, and to help us *see* these events in the light of His love. (*Healing the Eight Stages of Life*)

Using our imagination allows us to break free from the controlling influence of our ego-consciousness and rationalistic aspect of our mind and give the Spirit of God access to touch us and heal us.

### **Additional Resources**

⇒ <https://judithdoctor.com/wp-content/uploads/2020/08/The-Imagination.pdf>

## **Use your imagination to get in touch with childhood feelings**

Choose a place where you can be quiet and undisturbed. Get comfortable, with feet on the floor, back erect. Breathe slowly/deeply. Let go of any tightness in your body. Imagine yourself as a child. Let yourself be that child in your imagination. Imagine yourself that size again.

Close your eyes and recall the place where you live—your room, the kitchen, the yard, your neighborhood, your school, and so on.

When you have immersed yourself sufficiently in that world of your childhood begin to recall some of the feelings and emotions you felt then and write them down.

- What feelings did you feel about yourself?
- About your family, your parents?

## **Use your imagination in healing prayer**

In *Healing the Eight Stages*, the authors say, “Each person has been hurt differently; and is healed differently. Use your gift of imagination to experience healing. We invite Jesus into any painful moment in our lives and receive the healing love that we need from Him. Jesus is a real and living presence who wants to and can give us everything He has.

“We do not have to uncover the deepest hurts, but simply let Jesus' love touch the pain of any real or imaginary hurtful scenes. Can face hurt only to extent we feel loved. Having another person pray with us, allows that person's loving presence to be a way for God to love us.”

We can evoke the power of our imagination in a context of love. We can invite Jesus into any painful moment in our lives and receive the healing love that we need from Him. Jesus is a real and living presence who wants to and can give us everything He has.

- Get in touch with a scene from your own life and ask Jesus to enter that scene and help you.
- Go to be with Jesus in a scene from His life. Healing through divine intervention: Jesus and his family are real presences who are actively capable of communicating healing love to us, simply because we need it. What do you want from Jesus' life? Ask Jesus for what you wanted most; for example, to be held by him, his father, his mother.

## **Imaginative exercise: Bethlehem Prayer**

Each person has been hurt differently; and is healed differently.



Picture the stable in Bethlehem where Jesus was born. Enter the scene with all your senses. See Mary and Joseph each in turn pick up Jesus and tenderly love him.

Let yourself take Jesus' place. Let Mary hold you and fill you up with all the love your mother was unable to give you from the time you came into her womb. Then let Joseph's strong hands cradle you and fill you up with the love and security your father was unable to give. You may wish to see your own parents standing next to Mary and Joseph.

Join Jesus in the scene of his own birth. Jesus is so eager to share with us His experience of being loved as an infant that we don't even have to know what memory he wants to heal. Experience the perfect love of a mother and father missed in your early years.

## Prayer

### Must confess our “stuff” to someone who can pray with us

Prayer is the process of opening ourselves to healing from the love of God. Often times, it is important to tell someone your “stuff.”

- 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).

### We must pray, using faith in our heart

The key thing to keep in mind is that prayers from our head will not heal us, but we need to stay in touch with our heart, directing it to the Lord, as we pray.

The Virkler's point out that the heart speaks in a language that is different from our mind. Our mind thinks in logical ideas, analytical reason. In contrast, the language of our heart is flow, pictures, images, imagination, dreams and visions, emotions, and pondering.

- He who believes in Me, ... 'From his innermost being will flow rivers of living water' (John 7:38).

So as you pray, direct your heart to God, stay tuned to flowing thoughts, flowing pictures/visions, and spiritual emotions. And rely upon the Holy Spirit to guide you through the healing process. He can and will respond to your tiny mustard seed.

### Aspects of inner healing prayers

In inner healing prayers we acknowledge, confess, repent, forgive, and renounce something, and then we actively receive something from the Lord and renew our minds with it.

1. Recognizing & acknowledging what we have done; taking responsibility for our lives.
2. Confessing our sins, failures and problems, sometimes to another person.
3. Repenting means to turn away from something.
4. Forgiving others, God, and ourselves means we have decided the blood of Christ was enough payment for the debt of all these sins.



5. Renouncing involves our giving up a claim or right to believe something, to hold onto something, to judge others and ourselves, to reject something, to refuse to be held in bondage by something.
6. Receiving something from God – to be healed, we need to receive something from Him, His healing truths, presence, love, comfort, etc.
7. Replacing the ungodly unbelief's and lies with God's truths.
8. Renewing our mind with God's truths.

## Identify Your Pictures & Memories

### Identify positive memories and pictures

Break your life into ten year segments.

Beginning with the last ten years, let your mind float back over those years and identify 2-3 good and precious memories that you carry in your heart.

Then repeat this for each of the ten years of your life, until you come to your birth.

- Write out the list of positive memories for each time period.

### Identify negative pictures & painful memories

Healing the initial traumatic picture or painful memory underlying your current heart issue or problem is foundational. So now repeat the above strategy, working backward in your life, identify any uncomfortable memories in each time segment.

- Write out the list of painful memories that come to your mind.

### 🔑 Your Response

- Pray, "Lord, which of these negative pictures or painful memories are contributing to my heart problem of ...?"

## Receiving Divine Healing

### Welcome the Holy Spirit

Start by welcoming the Holy Spirit's presence to guide and empower you. Position your heart in humility before the Lord.



## **Confess your faith in Jesus Christ and His sacrifice on your behalf**

Acknowledge aloud that it is solely on the basis of what Jesus has done on your behalf that you are receiving your healing and freedom now.

Dear heavenly Father, You are present in this room and in my life. You alone are all-knowing, all-powerful and everywhere present, and I worship You alone. I declare my dependency upon You, for apart from You I can do nothing. I choose to believe Your Word, which teaches that all authority in heaven and earth belongs to the resurrected Christ, and being alive in Christ I have the authority to resist the devil as I submit to You. I ask that You fill me with Your Holy Spirit and guide me into all truth. I ask for Your complete protection and guidance as I seek to know You and do Your will. In the wonderful name of Jesus Christ I pray. Amen.

### **Declaration**

In the name and authority of the Lord Jesus Christ, I command Satan and all evil spirits to release their hold on me in order that I can be free to know and choose to do the will of God.

As a child of God who is seated with Christ in the heavenly places, I declare that every enemy of the Lord Jesus Christ in my presence be bound. Satan and all his demons cannot inflict any pain or in any way prevent God's will from being done in my life today, because I belong to the Lord Jesus Christ.

## **Forgive others**

Make a decision to forgive the people who have contributed to your heart issue. Then verbalize your decision, by saying out loud, "Lord I forgive..." and name the person or persons involved and state specifically what their sin is.

Declare your total dependence on God to free you. Ask God to release and forgive you of the sin; state your desire to turn from it and receive His grace. Also ask God to forgive you for judging others.

Lord Jesus, I forgive... for ... and I ask You for Your complete forgiveness. I choose to acknowledge this as sin and allow you to cleanse me of all my unrighteousness. I accept Your blood as enough for their sins. Make me clean and whole and release me of this sin. I ask this in the name of Jesus Christ. Amen.

Lord I confess my sin of judging ..... and I ask you for your complete forgiveness. I choose to acknowledge judging ..... as sin and allow You to cleanse me of all my unrighteousness. Make me clean and whole and release me of this sin. I make a decision to stop judging this person. I ask this in the name of Jesus. Amen.

## **Healing prayer**

My Father in Heaven,

I confess and repent of any anger and bitterness I have against You, God, for allowing this event 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 memory/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.

## **Thank the Lord**