



Session 8: Healing Wounds

Part 2

What Is Inner Healing, Healing of Memories?

Healing life's wounds involves allowing the search light of the Spirit of God to illuminate the hidden and painful sores in our darkened heart and soul. We bring out into the open our secrets, painful memories and traumas, deprivations, sin issues, negative emotions, and ungodly beliefs.

It involves the cleansing and purifying of our wounds from the effects of sin and ungodly beliefs buried there. We receive God's living word and love deep inside us.

In the end our soul is restored, our heart made new. Fissures and cracks have been repaired, fractures and brokenness been healed. We feel whole and healthy. There is no darkness, secrets, or dark parts left. We are transparent and open. Our heart is clean and pure and we can see God in it. The light and the knowledge of the glory of God shines out through our eyes.

Requires the Holy Spirit

Healing our wounds is rooted in the work of Jesus on the cross, His death & resurrection, His shed blood, and the forgiveness of sins. But it is initiated and orchestrated by the Holy Spirit.

In this journey to healing the wounds in our soul, the presence and activity of the power of the Holy Spirit working within us is perhaps more important than laying on of hands, inner healing prayers, and gifts of the Spirit.

Teachings on Christian healing prayers and strategies can give us pieces of the puzzle, but not everything we will need. We must rely on the Holy Spirit, He is our teacher, and it is His work to uncover the sore points and traumas embedded in the soul.

Healing and transformation occur as God brings into our hearts His living word through the Holy Spirit. If we are sensitive to the Holy Spirit. He will make a change in our heart, a transformation—give us a new heart.

Jesus Christ is a real and living presence who wants and can give us everything He has. He lives in our soul. He is capable of communicating healing love to us, simply because we need it. We can go to him and let him heal our hurts so that they no longer release their pain into our lives.



The success of this journey depends somewhat upon how responsive we are to the Holy Spirit, this helper and teacher who God gives us.

- When the Helper comes, whom I will send to you from the Father, that is the Spirit of truth, who proceeds from the Father, He will bear witness of Me (John 15:26)

This is what differentiates inner healing from psychological methodologies. In the midst of a traumatic memory, it is the Holy Spirit who points us to the Presence of our Lord who is there. The Holy Spirit is the link that makes healing the exposed wound possible.

“Jesus 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 sins against us, and He forgives us our sins. We receive from Him that healing word, glance, or embrace we've so long needed. (Leanne Payne).

God's words are like medicine

God's words are life; they are also health or medicine to all our flesh. God's word will heal us, but it does it through spiritual means. Spiritual healing is received into our human spirit through the Word that God speaks to us. His Word is essential in the healing process:

- My son, give attention to my words. Incline your ear to my sayings. Do not let them depart from your sight; keep them in the midst of your heart. For they are life to those who find them and health to all their body. Watch over your heart with all diligence, for from it flow the springs of life (Prov 4:20-23).
- He sent His Word and healed them, and delivered them from their destruction's (Ps 107:20).
- My soul languishes for Thy salvation; I wait for “Thy Word” (Ps 119:81).
- Receive the Word implanted, which is able to save your souls (James 1:21b).

❖ “Thy word” refers to a deposit that which was delivered in a visitation form God.

Requires faith in God

Inner healing operates through faith that rests upon the power of God and not in the wisdom of men. Healing wounds is divine, supernatural and spiritual. Divine healing is received from God in the same way the new birth is received – by faith (II Cor. 5:17; John 3:6)

- He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering" (Mark 5:34).
- Therefore, I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours (Mark 11:24).



God's Servants

The Holy Spirit is the healer, we are God's servants, facilitators, channels for God's spirit, a catalyst; we do not do the healing. Inner healing works through the Name above all Names, Jesus Christ and His death and resurrection. In ministering to others, we seek to flow with the Holy Spirit and help them open themselves and receive the Lord's loving presence, comfort and personal truth for them.

There is only what we create through our engagement with Jesus, others, and with the Holy Spirit. There is no formula, recipe, checklists, advice, only engagement & relationship.

Servants & shepherds

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 our memories; prayer and counseling ministry; transformational prayer ministry; 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.

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 people cannot deal with it in a way that brings life and healing to them. The Spirit alone knows when we have the inner resources to cope with the pain or the memory.

Sometimes we can sense the Holy Spirit leading us to go back into a past memory, to pray for people to see Jesus, and then ask them to watch and listen. But there isn't any magic to this method. The key is the sensitivity to the presence of the Holy Spirit, who points everyone to Jesus Christ. Jesus does the healing, not the method.

Work of sanctification

Healing wounds and inner healing belongs to the work of sanctification. The cleansing, purifying action takes place deep within us and is part of the working out of our salvation, transforming us to be more like Jesus.

- Sanctify them through Thy truth (John 17:17).
- Pursue peace with all men, and the sanctification, without which no one will see the Lord (Hebrews 12:13).
- ...the very God of peace sanctify (*make holy, i.e., purify or consecrate*) you wholly (whole—complete in every part) (1 Thessalonians 5:23).

Hagiazo—to make holy, purify or consecrate. Comes from root, *hagios*, meaning sacred (pure, blameless, without fault).

Processing Your Past

No matter what kind of environment you grew up in, no one is perfect, not even close. So at some point in our life, we are going to have to process our life if we want to drop some of the baggage we are carrying around. The way we process the events of our childhood affects the way we handle relationships today.

- Paul said, “When I was a child, I talked like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. (1 Cor 13:11).

Sooner or later we have to take responsibility for the baggage we carry, and we have to process it, and then we can receive healing. Dr. Rob Riemer¹ says, “You only become a grown up when you take responsibility for your life and choose to put the ways of youth behind you. This means you must face your past, and you must process the events of your past that have contributed to your present brokenness. You must find

¹ *Soul Care*, p. 154



healing and you must change, or your soul will not be healthy. You don't look into your past to blame someone, but to take responsibility for your baggage so you can get free." Everybody carries internal pain and eternal baggage that affects their relationships, their walk with God, and their well-being. It is part of being born in a sin-stained world, but there is hope. We need to process this baggage and allow Jesus to heal this pain so our soul can be healthy. It doesn't matter how good your family was, there is always some baggage. Don't be afraid to face your past. It is necessary to find healing in the soul and put the baggage down once and for all.

My dream: the stalking tree

The dream was showing me what would happen if I did not process my childhood experiences.

I am in the backyard of my childhood home; a large tree with no branches, only the trunk is walking toward me. It has eyes and is looking at me. I run into the house, trying to get away from it. The tree follows me inside. I am terrified. I run out the door and down the sidewalk trying to escape from it. As I run, I become an inch worm crawling along the sidewalk.

A childhood home in our dreams usually depict the part of our personality and character which developed in our home environment or things we experienced in during the time we lived there.

Since I had lived in this house until I was 10 years old, the house could symbolize what I had learned or experienced during those particular years.

The tree symbolized my family tree; the inch worm, my bound and earthly condition. The dream showed me I needed to process my family history and experiences I'd made there if I wanted to become fully alive and free. If not, I would forever be bound to just crawling along in life.

Here are some things I did to help me process my childhood experiences.

Drawing

In an art therapy group, I drew a picture of the members of my family in symbolic images as a way to see the truth more clearly. In drawing them as I'd experienced them in childhood, I discovered some fascinating things about my family. We'd all played roles identified in alcoholic dysfunctional families: the co-dependent, scapegoat, lost child, comic or cute one, caretaker and responsible one, etc. I was the caretaker, the responsible one.

I was most surprised by the drawing I made of my mother. Although she was a very gentle woman, I found myself drawing her as a leech (Blutegel or Blutsauger). In thinking about why this image, I realized she'd often lived her life off the life of others. She met her needs through her children – primarily me. I drew dad as a leaky boat, with a waving cross-skull flag, and myself as an empty box.



Took photos of my hometown

I drove around my home town taking pictures of places that held meaning for me. I made an album to hold these pictures that in some way told the story of my growing up years.

Wrote in my journal about "My Family Legacy"

I was born into a third-generation fishing family on the eve of the Second World War—I 'colored' my world dark and gray. Eldest of six children, my parents sent me to church, but they did not go themselves.

My father's family, descendants of Dutch and German immigrants, had been church-going Methodists. The men in the family were hard-working and hard-drinking fisherman. The love for the sea lingered in their blood. Growing up, I often listened to the secret dream of my father: 'I wanted to be a doctor,' he said, as he pulled the sliver out of the finger of one of the little kids. When he was fourteen, his father died, cutting short his scholarly ambitions. Dropping out of school, he entered the family fishing business.

My mother's family was of English, Irish, and French descent. Divorce, alcohol and suicide marked her family line. All the women had been divorced, except for my mother: she had a different spirit. As a young married woman, she'd read the Bible through—even though her family had not been church-goers. She'd hung a picture of Jesus over my crib; she says my first word was 'Jesus.' After finishing the eighth grade, she dropped out to go to work, taking care of children and keeping house, for twenty-five cents a week.

Life was a struggle for them. The great depression and the Second World War indelibly stamped its mark on the lives of my parents. Stories abound of my father going door to door selling fish for five cents a pound; it was hard to even give fish away back then, let alone sell it.

My mother delivered the fish for my father, driving his bright red Ford pickup from restaurant to restaurant, all the while doing "market research" as she checked out that day's price scrawled on the windows of their competitors.

In those years my father drank heavily. Once I saw him drunk lying on the back stairs. My parents separated for a short time because of his drinking. In addition, my younger brother became very sick and had to be on bed rest for a year. This demanded much from my mother.

When I was eleven, both my parents almost died at the same time—my mother from a ruptured hernia, my father from hemorrhaging (his blood pressure had gone sky high). While in the hospital, a pastor went to see them. He prayed with my parents, and they invited Jesus into their hearts. After that, things changed in our house!



In processing my past, I understood why I had certain problems like jealousy, fear and also why I had a longing to know Jesus someday. Because I had seen how He had changed my family.

Interview members of your family

To find out more of your story, interview members of your family: to uncover secrets, identify ungodly soul ties, the various wounds and abuse, and to discover the family blessings.