



Session 8: Healing Wounds

Part 3: Biblical Principles

Healing the wounds of the soul is a sacred art, not a secular science. Underlying it is a set of biblical principles, processes, and techniques, not a prescribed set of steps or formulas. No formula has the power to bring healing; only the presence of Jesus can.

When someone comes to us for help, our goal is to get the person to meet with Jesus. There is hope in that meeting.

1. God isn't trying to fix us: He wants a relationship with us

There is no formula for healing. Often we want Him to fix us because we are in pain. Many times the reason we enter the healing journey is because we are in crisis. We want to feel better, so we come to God in desperation and we beg Him to fix us. We want to get rid of our symptoms and pain. But God isn't as interested in fixing us: He wants a relationship with us.

The truth is if He fixed us, some of us would walk away from any meaningful and dependent relation with Him because the urgency would be gone. It is in relationship that we find healing.

We don't drain the tank of all the hurt and pain that is there because we don't press in and press through. We are more interested in comfort than we are in wholeness. We are more interested in what God can do to make us feel better than we are interested in God Himself. Our goal should be to know and be like Jesus. As we do this, our souls will be healthier, and that will bring its own rewards.

God is my Father

Prior to my healing experiences, I had made God my Father. Here are the promises that I based my decision on:

- When my father and my mother forsake me, then the Lord will take me up (Psalm 27:10)
- I will be a Father to you, and you shall be sons and daughters to me, says the Lord Almighty (2 Cor 6:18).
- I will not leave you as orphans (*Orphanos*: wandering in obscurity; darkness, with no identity; desolate); I will come to you (John 14:18).



God is a spirit, infinite, eternal, and unchangeable in His Being. However, he is more than a current of spiritual power; he is our Father. Jesus, who knew the will of the Father as no one else has ever known it, introduced us to the truth that it is God who is our Father. When we truly know this, it releases in us the faith to trust him and believe what He says.

“I will heal your heart”

Here is my experience with the Lord the morning after our son died: As I awoke out of my sleep, I was praying in another language, and suddenly I began to interpret what I was praying. This had never happened before. The Lord was speaking to me, saying, “You can say that David died, but I want you to know my own never die. I came and took him; I always come and take my own. Don’t question what went wrong, don’t look to the right or left, and I will heal your heart and lead you through this time of grief”.

2. God is smart; He knows stuff we don’t know & He likes to tell us

God knows what needs to be healed, and He knows how to heal it. We have to trust Him. We have to listen to Him. This trusting, listening interaction is an essential part of relationship. He knows what we need.

If you were physically abused growing up, you will likely have memories of abuse. You will remember events that occurred, times when you were abused, and rooms where those painful events took place. To find healing from the trauma of abuse you don’t have to go back to every single event of your past and relive it. But you may have to go back and face a few of those key memories to find freedom and healing from the effects of the trauma. God knows; you can trust Him.

You will have to go back and call it what it was – abuse – or you will not get free from its effects. God knows what memories need to be revisited, and He knows how to bring healing to those memories and the internal wound beneath them.

You can approach this healing on your own, but sometimes it is beneficial to have others who are sensitive to the Spirit’s leading with you, friends who are familiar with healing prayer.

When we pray with people, the most important thing we do is listen: listen to the person, and listen for the Spirit’s whisper. Never quickly launch into prayer; wait and listen for God to lead.

Praying through the stages of your life – a strategy

In 1976, a former baker, 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 began 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."

The loving care of a father

In few moments, God enabled me to receive what I had been deprived of in early childhood: the loving care of a father.

God is able to help us complete developmental stages, which we go through in developing as a healthy, mature person. Hurts (transgressions/iniquity) can interrupt this process, causing us to remain stuck in our development. But missed development can be made up; anything can be healed. "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" (Linn Brothers & Sheila Fabricant).

- ❖ This type of wound is called a wound of absence. In other words, it was not created by a painful experience, but by the absence of good things.

3. Tell me your story

Most of the time when people come for help, they come with a presenting problem. They are struggling with something, which is why they have come—they are struggling with anxiety or depression or they may have marriage problems or an addiction they are battling against.

Presenting problems are usually symptoms.

They are not the disease. So the first thing we can do is to ask them to tell us their story. People have an intuitive sense about the important components of their story. It is uncanny. Unless they are lying intentionally, or they have had repressed memories, the vast majority of time they will tell you the key events that have shaped their lives.

Listen carefully to their story, and also listen to the Spirit of God for insights, wisdom, and revelation. Notice the emotions they are expressing as well as their hurts. I can



usually understand why they do what they do, and how they came to where they are at. I can connect the dots between their story line and their present problems, their hurts, and the lies they believe.

But what seems to you to be the most painful tragic event in their lives, be careful not to jump to conclusions. God is smart and He knows stuff we don't know. So rather than just assuming that God wanted to address a painful tragedy in someone's life, we listen to the Holy Spirit.

Perhaps we say to the person, "The Holy Spirit knows the key to heal your hurt. I am going to ask Him to bring to your mind any memory that he needs to address so you can identify lies you believed as a result of that hurt."

Explain to the person that several memories may flit through their minds, but that one would likely stand out as compared to others, and when they got to that memory, let you know.

Jesus is pulling all the gray stuff out of my heart

One day my third-grader (1977) 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 at that time. 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. Notice in this healing experience, it began with a negative emotion, then a related memory was identified and the lie was exposed. Whenever he had to stand up before people and talk he will feel ashamed and embarrassed.

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 into his memory 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.

4. Only God heals the soul

There is healing in the presence of God. If you tell me your story, I can have compassion for you. I can speak words of kindness and love to you, but I cannot heal your soul from the inner wounds you have suffered or free you from your external baggage. Only God can heal the soul.

We have nothing. Jesus said it, "Apart from me you can do nothing" (John 15:5). We have no magic. I can't fix a broken heart.

The healing presence of Jesus in a hurtful memory

One of the ways the Spirit brings healing is for the person to become aware of a negative emotion, like fear, and then ask the Lord, when did I first experience that fear.



Jerry's experience on the Ferris wheel

One day after returning home from a flight Jerry described some kind of anxiety that hit him whenever the plane lurched in an air pocket. He was musing over this, because he loves flying and has no fear of it.

We prayed and asked the Lord to show him why. Immediately a memory came to his mind. 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. Jerry was about ten years old.

We took this experience to the Lord and asked Him to come and heal the trauma it had 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 anxiety again.

More ways we can assist someone who wants peace instead of hurt

Jesus is always with us, even if we can't see Him or are not aware of him. It is wonderful to experience the presence of Jesus in the midst of a hurtful memory.

Sometimes, the Spirit could direct you to a particular story of healing in the Bible., like the woman who touched the hem of his garment. Ask the client to picture herself as the woman in the story, and to reach out and take Jesus by the hem of Jesus' garment. Ask them to close their eyes and just picture herself holding Jesus' hem and then wait on Jesus and watch what Jesus did and listen to what He says.

Another time, the Spirit may give us direction to say, "Jesus was there with you that day. I am going to pray that you can see Him in that memory."

About the imagination

Sometimes people are troubled by the use of the imagination. God gave us our mind and our imagination. He has told us to renew our mind. Our minds have been damaged by some of the tragic events which we have locked away in our memories, and God can renew our mind by revealing Jesus' presence in these past events and healing our memories by involving our imaginations.

The imagination is a faculty created by God and called "good." Understanding this is important to our well-being. We must learn how to place our imagination in the service of God. It is a powerful source of healing and revelation. Einstein is famous for his statement, "the imagination is more important than knowledge."

Recently I ran across what Oswald Chambers says about the imagination in his daily devotional book, *My Utmost for His Highest*¹. He writes, "Imagination is the greatest gift God has given us and it ought to be devoted entirely to Him."

¹ Oswald Chambers (1874-1917), *My Utmost for His Highest*. February 11th, "Is Your Hope in God Faint And Dying?" Barbour and Company, Inc. Westwood, NJ (1935/1963), p. 30.



Our imagination is an inner eye, part of our intuitive capability that allows us to receive glimpses into the spiritual world. Imagination lets us see the invisible arena we cannot see with the natural, physical eye. In co-operation with our spirit, the imagination can create pictures of what the Holy Spirit is revealing to us.

- You keep [him] in peace [whose] imagination [is] stayed—peace! For he is confident in You. (Isaiah 26:3, Literal Standard Version)

The imagination as the generating and creating power of the mind, is either a tool for faith or for unbelief. A spiritual imagination works from our born-again spirit. A doubting, fearful imagination works from the outer, soulish realm and is open to attack and harassment from the enemy.

We have a choice. We can put our imagination in the service of the Holy Spirit. We can utilize the tremendous power of our imagination in the context of God's presence and faith. Using our imagination allows us to break free from the controlling influence of our rational minds, and gives the Spirit of God a channel to bless us.

About dreams & visions

Dreams and visions are the first of the two great channels of communication from the deep heart; the second is the imagination. They consist of images that move and flow and which are symbolic in nature.

Acts 2:17, 18 says:

- And it shall come to pass in the last days, says God, That I will pour out of My Spirit on all flesh; Your sons and your daughters shall prophesy, Your young men shall see visions, Your old men shall dream dreams. And on My menservants and on My maidservants I will pour out My Spirit in those days; And they shall prophesy.

This prophetic word of Joel that Peter quotes on the day of Pentecost, indicates that in the last days – which biblically began with the resurrection of Jesus and remain until He returns – the people of God will experience God's speaking to them through prophetic words, visions, and dreams. God gives His people prophetic words and images to meet them, encounter them, speak to them, and renew their minds.

The power of symbolic language

According to Leanne Payne, the language of the heart is symbolic pictures and images. Words often do not heal the heart. God gave us our imaginations, and He also gives us prophetic pictures, dreams, and visions that bring healing to our damaged souls, which have been afflicted with painful memories. We have soul bruises from past events and memories, but Jesus was present at the time of our wounding, and often a revelation of His presence, a picture of His presence, accompanied by His voice, can allow the healing to flow to our souls.



Ministering to people

Paul tells us that when a prophetic word comes, there is a manifestation of the Lord's presence: "Now to each one the manifestation of the spirit is given for the common good" (1 Cor. 12:7). Paul then lists various revelatory gifts that fall under the umbrella of the prophetic: the word of wisdom; the word of knowledge; prophecy; interpretation of tongues.

These gifts are revelatory in nature—they reveal something about God or us. When one of the revelatory gifts is demonstrated, there is a manifestation of God's presence. This is why God sometimes gives people a picture of a past memory infused with Jesus' presence; as His presence is manifested, healing occurs.

This is a part of the way He heals the wounds in our soul with His presence and His voice. Keep your eyes on Jesus, trust the Holy Spirit, and believe what the Scriptures promised in Acts 2. He can give you a prophetic picture that can heal a past memory.

Jerry's healing dream

As a result of a dream, Jerry became aware of how he had hurt his family. In another dream, Jerry cried out the pain he felt over the way he had treated his family.

Closing

Our healing experiences can be initiated and facilitated in many different ways: Sometimes God heals in an encounter, and sometimes over time. But at all times He heals through His presence. He can give you access to His presence through an encounter, through a prophetic word or image, through healing prayer, through silence and solitude, through the Word, or through a myriad of other pathways. Such as dreams and visions, anointing with oil, the gifts of the Spirit, the laying on of hands He can do it all at once, or He can do it over time. We must seek Him; He is the Healer.