



Session 9: Healing Wounds

Part 4: Preparation to Healing Wounds

Gateway to Change – Self-Awareness

In Session 8, we look at the Biblical basis, spiritual principles, an explanation of inner healing and healing of memories, and some suggestions as to how to pray for healing of our wounds. Jesus died not just to forgive you. He died and rose to heal your soul. And set you free. Jesus is the healer. There are things in our lives that only He can heal.

You may have a difficult and painful past, you may feel like it is impossible for you to get healthy and whole, but there is great hope. God cannot lie: Put on faith in God and His power and watch how you change in the next few years.

I find it interesting to see how God is *still* changing me – into the likeness of His Son, Jesus Christ our Lord. Sometimes I am suddenly I aware of the tone I am using when I talk to Jerry or how I question myself about something, like: did I tell the absolute truth about what I said or did I stretch the truth? The gateway to change is self-awareness. This was the focus of Session 2, I think.

We must recognize our true condition

In Session 1, John Maxwell¹ said, “Many of us are not ready to change until we hurt enough that we have to. Learn enough that they want to, and receive enough.” This is what happened to me as most of you know. I became ready to change when I hurt enough over the illness of our son, learned enough to believe that I could change, and God spent me a teach so I could receive enough truth.

What is your condition now?

Blessed are the poor in spirit

Seven or eight years, after I experienced the new birth and the baptism of the Holy Spirit, I continued to suffer from chronic feelings of emptiness, anxiety, and rejection. I felt unloved, unimportant. I struggled with many fears, easily becoming jealous and envious. And I wondered why. No matter how hard I tried I could not seem to rid myself of these destructive feels and thoughts.

¹ John Calvin Maxwell (1947-) is the world's most influential leadership expert. An American author, speaker, and pastor, Maxwell has written many books, primarily focusing on leadership.



Jesus made it clear when He said, “*It is not those who are healthy who need a physician, but those who are sick ...*” (Matt 9:12-13). This was me!

After reading the Beatitudes (Matt. 5) where Jesus said, “*Blessed are the poor in spirit,*” I realized I needed to see my true condition. I also read how prophet Isaiah I began to pray, asking the Lord to show me my poverty.

- The whole head is sick and the whole heart is faint. From the sole of the foot even to the head there is nothing sound in it, only bruises, welts, and raw wounds, not pressed out or bandaged. Not softened with oil (Isaiah 1:5-6)

This awareness and prayer was the gateway to the healing power of God at work deep inside me.

- “Search me, O God, and know my heart; Try me and know my anxious thoughts. And see if there be any hurtful [way of pain] way in me, And lead me in the everlasting way. (Psalm 139:23-24).

We will never rise above our level of self-awareness. The things we deny about ourselves are the very things that will keep us from God’s peace and joy.

My dream revealed my condition

Shortly after my prayer, I dreamed I was lying on a table, split-open down the middle. My insides were filled with rotteness but hands were at work packing me with salt.

- ❖ Note: Salt is highly valued because of its life-sustaining importance. It has a seasoning and cleansing power.

God used the dream to answer my prayer, reveal my true condition, and show me what He was going to do. As a result, I *surrendered* myself into the hands of Jesus Christ for healing because I *knew* I could never heal myself.

I remember praying, “*Lord I am sick from head to toe; I do not know how to heal myself. You are the great physician; would you heal me?*” (Isaiah 15-6)

Because of the dream, I had faith, faith in God and His power: I knew He was going to a deep inner work down inside me.

- That your faith should not rest in the wisdom of men but on the power of God (1 Cor 2:5)

Seven years later; another dream reveals the new creation

Seven years later, this period of intense inquiry, revelation, and healing culminated with another dream, in which I was again split open, lying on a surgical table. But this time a beautiful woman, who was totally alive, stepped out of me. – the new creation.



Requires personal choice and personal responsibility

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

Inner healing requires us to learn how to appropriate the finished work of Christ on a personal level. Just because Jesus said "it is finished", we do not have a right to freedom from the effects of sin and the curse automatically, apart from obedience.²

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

- But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also. (Matthew 6:33, *Amplified Bible*)

To seek God's kingdom and His righteousness means to live in that ongoing repentance from sin, and to lead the kind of sincere, from-the-heart, devoted-to-God lifestyles Jesus has been describing. In response, God will make provision for whatever it is we truly "need" in order to accomplish His will. When we seek first His kingdom, we can trust that all our needs will be met.

Remember in Session 3 talked about repentance and how it aligns our souls with our Creator.

Inner healing calls for us to accept personal responsibility for our thoughts and actions, turn away from our sins, and go to Jesus. Deep healing doesn't come unless we consciously choose it. God seems to require for the most part that we see our condition and how we got into that condition before He heals us.

How would you pray about your need to apply the finished work of Jesus on a personal level: I suggest you pray one Paul's prayers for the church:

- that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner self: so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled to all the fullness of God. Now to Him who is able to do exceeding abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen. (Eph. 3:16-21)
- I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may

²John and Paula Sandford, *The Transformation of the Inner Man* (1982), Elijah House. The Sandfords were co-founders of Elijah House, a global ministry centered on inner healing and helping set the captives free.



be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way. (Eph 1:17-23, *New International Version*)

We must surrender our heart to the Lord

There can be no transformation or healing where there is not revelation in our heart. We must give God full access to the deepest areas of our heart.

The power of surrender

One of the greatest techniques of human well-being is that of surrendering oneself to the recuperative power of God. This is done by consciously attaching ourselves to the creative process through mentally conceiving of re-creative forces as operating within us. This opens our consciousness to the tides of vitality and re-creative energy inherent in the universe which had been barred from our life through tension, high B/P, and other departures from the laws of well-being.

Definition of surrender

Surrender means to yield to the power of another; to give or deliver up possession of upon compulsion or demand; to yield especially voluntarily, in favor of another; to give up oneself into the power or control of another.

To actively place yourself under another authority; to surrender, submit, to subject yourself; to place yourself under the Lord God; to let go of your thoughts (Is 55:7,8); to let go of your striving; to know that He is God and that you are not

- Let the wicked abandon his way, And the unrighteous person his thoughts; And let him return to the LORD, And He will have compassion on him, And to our God, For He will abundantly pardon. For My thoughts are not your thoughts, Nor are your ways My ways," declares the LORD. (Is 55:7,8).
- "Be still and know (recognize, understand) that I am God. I will be exalted among the nations! I will be exalted in the earth." (Ps 46:10, *Amplified Bible*).

Here is one of my favorite quotes by Dr. Paul Tournier³

This quote about acceptance, also requires the need for us to surrender our situation to the Lord and accept it.

"Rebellion weakens the forces of life and healing within us. Acceptance of our diseases, our infirmities and the limitations imposed upon us by our nature and the circumstances

³ Dr. Paul Tournier, *The Healing of Persons* (1965).



of our existence, is the condition of that inner harmony which can play a decisive part in maintaining physical and moral health.

“From the miracles that are wrought through acceptance, it can be seen that spiritual strength is the greatest strength in the world. It can transform both peoples & individuals. It alone can ensure victory over the negative forces of selfishness, hate, fear, and disorder, which destroy people and undermines their health. It alone gives the joy, energy, & zeal needed in the battle for life & for the defense of health.

“However acceptance of one's life has nothing to do with passivity; it does not mean running away from the struggle. It means accepting it as it comes, with all the handicaps of heredity, of suffering, of psychological complexes and injustices. Acceptance is saying an active yes to life, an ability to affirm life as a response of one's total personality

We need to surrender and accept...

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| 1. Our weakness, failures, mistakes | Our wounds, pain, losses |
| 2. Our lack, deprivation | Our self-centeredness |
| 3. Our guilt | Our sins and transgressions |
| 4. Our emotions | Our laziness, passivity |
| 5. Our neurosis; i.e., our compulsions, obsessions | |

More things we need to surrender and give up

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| 1. State of infancy, in which no external demands need to be responded to | |
| 2. Fantasy of omnipotence | Desire for total possession of one's parent |
| 3. Dependency of childhood | Distorted images of one's parents |
| 4. The omni-potentiality of adolescence | The freedom of uncommitment |
| 5. Agility of youth | Sexual attraction &/or potency of youth |
| 6. Fantasy of immortality | Authority over one's children |
| 7. Desire for total possession of a child | Various forms of temporal power |
| 8. Independence of physical health | Ultimately, the self, and life itself. |

Heavenly Father. I come to you now. Without you, I can do nothing. Your Word says that you come to heal us. I put my faith in you and your power. I am absolutely helpless to heal myself. I surrender myself to you. I give you permission to reach back into my life and bring whatever You want out into the light. I am expecting You to do what You promised. In the Name of Jesus Christ I pray. Amen.

We must humble ourselves⁴

The Bible tells us to humble ourselves. Humility is a foundational key to God hearing our prayers and answering us. But what does humility mean?

- Humble yourselves [with an attitude of repentance and insignificance] in the presence of the Lord, and He will exalt you [He will lift you up, He will give you purpose].(James 4:10)

⁴ By Ralph Nault, *Out of Confusion*, 1980.



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- If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and I will heal their land” (2 Chronicles 7:14).
- Humble yourselves, therefore, under the mighty hand of God, that He may exalt you at the proper time, (1 Peter 5:6).

Years ago I read a description of humility in Ralph Nault’s book *Out of Confusion*. Here are some excerpts from it. I underlined a couple of lines that have stayed with me throughout these many years. He writes,

“For a long time, I never understood humility very well. The people who I thought were humble were really not humble at all, in fact, they were filled with pride and self-righteousness. Whereas the people who I thought were prideful were not, they simply ‘had it together’.

There have been times when I have been, oh, so humble around others; and yet, later, when I was alone with Jesus, He would reveal my real true colors. Humility is not something we can put on and off like a suit.

Often I was belligerent and haughty, even demanding, before God. I felt angry and upset, because I could not have my own way. For years, I thought I had to make everyone believe and do just what I believed and did. Praise God, I don’t anymore. I no longer need to have everyone agree with everything I say or do. This is perfectly all right with me. It does not bother me at all, but it used to.

What caused this way of feeling and thinking? It is a spiritual pride that makes us think we know it all, a continuous hardness in the heart. I believe this is what the Lord was talking about in the Scriptures when He referred to His people as stiff-necked and hard-hearted.

I have a feeling we all have our share of this problem in the church. There is a lot of spiritual pride in the body of Christ today, perhaps because many have been given gifts or positions as leaders.

Brothers and sisters, there is no room for spiritual pride in a humble person, even if he or she is gifted or has a position of responsibility in the body of Christ. **The humble person knows that it all comes from God.** The gifts or positions that elicit so much respect are all bestowed by the Lord.

I believe humility is the result of the outworking of God’s Spirit in our lives. It doesn’t have so much to do with things between you and me, but it has to do with God and me, or God and you. Humility is something that is formed within us; **it is not something we put on or off. We are either humble or we are not humble.** Being humble is not about being weak, but it has to do with being strong enough to have inner confidence, trusting the Lord in all things.”

“The Bible tells us that Moses was a humble man, yet I believe he was a very powerful and authoritative man. He knew who God was. He knew who he was, and he was obedient to God. He did not run around with a chip on his shoulder, but he moved with power and with authority.



A humble man is able to receive a pat on the back from God without becoming inflated. He is able to receive correction from God without having it destroy him. If God says, "No", to some things, he accepts this also.

Humility can let someone else have the spotlight or be quick to accept it, when God directs. Humility can sit at the foot of the table, the head of the table, or even serve the table, and not be disturbed about it. Humility will always wait and let God do the exalting. Pride exalts itself.

Humility will show up in areas of our life with no effort on our part. If it isn't a natural attribute, and we try to be humble, it will stick out like a sore thumb. Others will recognize it as fake or false humility.

There is something else about humility: It trusts God. A humble man or woman can step into places where other people have never trodden; they can do things the proud cannot do, because they trust God.

Defining humility

Humility: the feeling or attitude that you have no special importance that makes you better than others; lack of pride. Someone who is humble is not proud and does not believe they are better than other people

In the Hebrew and Greek I think humility has something to do with our ability to bend our knees, to kneel before God; i.e., to lower our ego strength.

To actively place yourself under another authority; to surrender, submit, to subject yourself; to place yourself under the Lord God; to let go of your thoughts (Is 55:7,8); to let go of your striving; to know that He is God and that you are not (Ps 46:10).

A humble person recognizes their strengths and weaknesses; listen to others; practice gratitude; admit mistakes; show empathy; is teachable; severs others; practices self-reflection.

Lord I am willing to change, but I don't know how to change. There are some deep-seated problems inside of me that are broken. I don't know what the roots are and I don't know how to change them, I need your heart.

Willing to take off your fig leaves

In my dream, I am admiring some new floral slip covers a friend, my neighbor, had sewn for her old sofa. The fabric pattern consisted of a large leafy motif.

At the time, my neighbor had just made new slipcovers for her sofa and she had shown them to me. However, the dream was not about her, but about me!

I told my spiritual mentor the dream. Immediately the Lord gave him the understanding, "Fig leaves," he said, "they are fig leaves." When he said this, my spirit witnessed to it.

As I asked the Lord about this, a Scripture popped in front of me:



- “Beware of the leaven of the Pharisees, which is hypocrisy. But there is nothing covered up that will not be revealed, and hidden that will not be known” (Lu 12:1b-2).

I saw the truth about myself: I was using fig leaves – just like Adam and Eve did – to cover up my inner condition. I knew how to put on a show, to make myself look good, but on the inside it was a different story. I was lying to myself.

Using picture language in a dream in the night, Lord was showing me my inner condition and what I had done with it – I’d covered it over with fig leaves. I acted on the outside like I was a good Christian woman, but on the inside, it was still the same old me. I was doing exactly the same thing the Pharisees had done in the time of Jesus.

What do fig leaves symbolize in Genesis 3:7

- Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves loin coverings. (Gen 3:7).

To me, fig leaves symbolize the different ways we try to cover ourselves so that we appear to be more righteous than we really are. We don’t want to be exposed, uncovered. In dream work we call this dream figure our persona. Many of us do not know how to be an open and honest person, so we create a false self and find ways to hide the truth.

- Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and of the dish, but inside they are full of robbery and self-indulgence” Mt 23:25).

In this verse, Jesus is warning against hypocrisy and illustrating the difference between inner and outer moral states. The verse describes the Pharisees as being concerned with outward appearances, but not with reforming their inner selves. The inside of the cup and dish represents the heart, which is the center of a person's being. The heart is where decisions and choices are made, and where intentions are formed.

The verse continues in Matthew 23:26,

- Blind Pharisee! First clean the inside of the cup and the dish, so that the outside of it may become clean also.

The inside of the cup and of the dish (v 26) represents our heart. The heart is the center of our being. It is the seat of our desires.

- I will bless the Lord who has counseled me: indeed, my inner man (kidneys) instructs me in the night (Ps. 16:7).

Nothing hidden

We are adept at hiding ourselves – behind masks, defenses, sterile roles, facades, etc. We mask ourselves and become hypocrites, then we wonder why we feel so bewildered or misunderstood by others.

One reason we wear masks is because of the fear of rejection. *If I am good enough, then people will like me.*



Ask yourself questions like these: What determines how much you will withhold or reveal? Where are the discrepancies between how you want others to see you and how you see yourself? Would you like to be totally open about yourself with someone else?

- ❖ When people take off their masks, they often dream about being naked. My husband was running down the highway with only his housecoat on. My friend was sitting in a bathtub, taking a bath. But the interesting part was that the bathtub was outside and people were standing their looking at her. And she was absolutely at peace and enjoying her path. She had nothing to hide!

Lord I am willing to change, but I don't know how to take my fig leaves off. Please help me; I thank you.

Cultivate God-Confidence

I find it interesting how many difference scriptures I come across that tell us to practice the things we have learned, received, heart and seen like this scripture from St Paul.

- The things which you have learned and received and heard and seen in me, practice these things [in daily life], and the God [who is the source] of peace and well-being will be with you. (Philippians 4:9, *Amplified Version*)

I am listing a few of things we need to practice; if you do them you are helping to create the right atmosphere or the right environment for life change to take place in you.

Practicing the Presence of God

In the rebirth experience, God's Spirit descends into our spirit, linking the new believer with Himself. Anytime we introduce a person to Christ, we see this essential healing take place. God's spirit descends into his spirit, linking the new believer with Himself. One is then born from above and now has a place where the Holy Spirit lives, a holy and righteous base from which He radiates up through the soul as well as the physical body. From the moment of new birth, then, believers can and are to practice His Presence within. This is also the initial and primary healing of man's soul and the basis of his further become in Christ.

Jesus in Matthew 29:20 says, "*And surely I will be with you always, even unto the end of the age:*" — that is His presence, whether we are aware of it or not. To acknowledge the Presence of God who is really there is a form of prayer — a way of praying always as the Scriptures tell us to do. When we do this, the eyes and ears of our hearts are opened to receive the Word He is always speaking.

The acknowledgement that God is always with us — even when in our sensory being we are least aware of it — is not always easy. It requires discipline. To acknowledge His unseen presence requires a concerted effort of the will at first. We might think of it as



actually practicing the Presence. It is too easy for us to regard the supernatural world as somehow less real than the world we behold with our senses.

St Paul spoke of the practice saying, “*We fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary but what is unseen is eternal*” (2 Cor. 4:18).

The practice of His Presence is simply the discipline of calling to mind the truth that God is with us. When we consistently do this, the miracle of seeing by faith is given. We begin to see with the eyes of the heart.

The presence of God is not the same as the *sense* of the presence of God. Sometimes when we have had the most dramatic conversions or healing it is more difficult for us to understand that the presence of God differs from sensations we have had in our different experiences of Him. We tend to look inward, subjectively, actually being the practice of the presence of self. If this be you, you will be frustrated until you come to the place where you pray, “Lord if I never again know your presence, I will yet obey you and trust you.”

Others refer to the practice of the Presence as *abiding in Christ*. We compel our mind to open straight out toward God – as an act of our will. We wait and listen with determined sensitiveness. We fix our attention there, and sometimes it requires a long time early in the morning. We may determine not to get out of bed until our mind is set upon the Lord settled. After a while perhaps it will become a habit, and the sense of effort will grow less”⁵.

This is why we need to practice the presence of God several times a day – as an act of our will. “I thank you God that you are with me; that your blessings are upon me, that your favor surrounds me. I thank you God that you will never leave me or forsake me.”

Practice being thankful

The Bible has much to say about being thankful:

- Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Philippians 4:6)
- In everything give thanks: for this is God’s will for you in Christ Jesus. (1 Thes 5:18)

Make a list of ten things you are thankful for today.

Fight the good fight of faith

⁵ Frank C. Laubach as quoted by Leanne Payne (1989) *The Healing Presence*, Grand Rapids, MI, Baker Books, p.27-28,



What is faith?

Faith is assurance and confidence in our heart that we have the things we have hoped for; interesting, without faith we cannot be God. So I think of faith as the coin of the kingdom of God.

- Now faith is the assurance of things hoped for, the conviction of things not seen (Heb 11:1)
- Without faith it is impossible to please God (Heb 11:6)

Why is faith important in healing our wounds and restoring our souls?

- Fight the good fight of faith; take hold of the eternal life to which you were called, and you made the good confession in the presence of many witnesses (1 Tim 6:12).

How do you stir up your faith?