



# Session 9: Healing Wounds

## *Part 5: Process, Techniques, Strategies*

The Christian inner healing movement dates to the late 1950s, with the founding of the Agnes Sanford School of Pastoral Care. After meeting Sanford, Leanne Payne<sup>1</sup> assisted her at conferences. The methods used in these ministries typically focus on the recollection of deeply painful memories, prayer, laying on of hands, and small group discussion. At conferences, church leaders would learn about these methods and how to use them in a local church context.

Inner healing ministries have developed practical ministry techniques and tools, listening prayer, and learned how to flow with the Holy Spirit and listen to God.

They have also brought experience in dealing with the kingdom of darkness and negative spiritual energies. When negative symptoms are anchored by demons, they simply can't be overcome by will power.

### **Facilitating techniques**

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, and 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.

### **About Memory**

#### *Jesus can access our past memories and heal them*

“Fortunately, our past is always present, not only to us, but also to Jesus. We can return to negative memories and invite Jesus into them. We can invite Jesus into any painful moment in our lives and receive now 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.

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<sup>1</sup> Leanne Payne (1932-2015) was founder and president of Pastoral Care Ministries and the author of many articles and books, including *Real Presence*, *Restoring the Christian Soul*, and *Listening Prayer*. Payne made an extraordinary contribution to the ministry of healing prayer through over forty years of service and leadership.



“In healing a memory, 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 un-trapped 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.”<sup>2</sup>

## About memory

“People who pray for the healing of the memory of a traumatic experience, believe that the memory is able to make the 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”<sup>3</sup>

## *Brain studies reveal traumatic experience*

Physiological studies of the brain verify that everything we have ever experienced remains a part of us. For example, if a certain area of the brain is stimulated during surgery, the patient vividly recalls a certain past incident as if it were being reenacted with all the feelings experienced when the incident originally took place.

The person feels again the emotion which the situation originally produced in them, and they are aware of the same interpretations, true or false, which they gave to the experience in the first place. Thus evoked recollection is not the exact photographic reproduction of past scenes or events, but it is a reproduction of what the patient saw and heard, felt and understood. We carry not just past memories, but the pain or love associated with those memories.

## *Recalling traumatic memories*

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 recall traumatic memories.

Normal routine thoughts stimulate the Brocas area of the brain--involved in language and memories are routed through the hippocampus which acts as a central index for most memories: it processes newly learned information for more permanent storage. But during retrieval of traumatic memories, this area is not stimulated, which may explain

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<sup>2</sup> *Healing the Eight Stages of Life* by the Linns & Fabricant. Paulist Press

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why traumatized people have difficulty describing the experience. The brain represses or stores some memories in an isolated part of the brain during moments of terror or unbearable stress. This explains why we can remember traumatic or painful experiences but show no emotional signs.

Another part of the brain, the amygdala, plays an important role in shaping memories that are highly emotional. This structure attaches emotional significance to incoming data, before sending it along to the hippocampus.

This demonstrates that different parts of the brain are involved in the processing of traumatic and ordinary events. It is possible that the memory gets split into components and stored in different areas: the emotional memories get stored one area and the conscious memories in another. The emotion associated with highly charged experiences may be stored in the form of visual or sensory perceptions in a system apart from the conscious recollection of the event. Dissociation occurs when what is happening to us may split into fragments and be stored separately.

So when people are reliving moments of extreme terror, their capacity to put feelings into words is impaired. The fear gets activated, but the capacity to analyze what the fear is about is not simultaneously activated.

If the conscious memory of the abuse is lost--perhaps because it was too unbearable to process--the emotional experience could somehow be retained in another part of the brain and eventually recovered. This may explain why people often describe their memories returning first as isolated visual images or bodily sensations.

### *Suggestions to stir up the memories*

- Talk what it was like as a child growing up.
- Were you happy as a child? When did you begin to feel unhappy?
- What tied you into frustration?
- Ask what happened before 12 years old, trigger memories?
- You didn't come from a good background, did you?

### *Praying for healing of painful memories*

- Review your list of painful memories: which one has the most painful energy attached to it.

Reflect upon your painful memories; return to one of them and invite Jesus into the memory. Jesus will empower us to turn our negative memories from times of hurt to times of gifts, restoration, resurrection, reconciliation, and redemption.

If you get in touch with too much pain as you enter a hurtful memory, return to the first step or to any other part of prayer where you felt loved & take in that love in whatever simple way is helpful—breathe it in, hear Jesus repeat a loving word over and over, feel His arm around you, etc. The important thing is to take in the love wherever you are.

We do not have to uncover the deepest hurts, but simply let Jesus' love touch the pain of any real or imaginary hurtful scenes.



## **The lie must be uncovered**

When we work with a painful memory, our first task is to identify the lie embedded in that memory. One way to discover the lie is to ask what emotion they felt and follow it with another question: What is it you believe that is causing you to feel that emotion?

True healing requires the lie to be exposed and 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.*

### ***We can trust our feelings***

Can we trust our feelings and the feelings of others? Feelings are very accurate in revealing the source and root our faulty belief system. We are told to trust the feeling of peace (a worry free state in our emotional being): Let the peace of God rule in our hearts. We are to trust our feeling of peace, to let it rule, govern and guide. When anxiousness, fear and doubt exist, we need to find out why they are there. We can confidently follow these feelings back to their source and expose the lies producing such emotion and receive God's freeing truth.

## **Access the healing presence of Jesus**

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. We do not suggest what a person should see. We only ask them to report whatever it is they see, sense or hear.

These images and impressions bring an unfolding of truth, which results in complete healing of the memory being dealt with. We will always remember that memory, but once it is healed there is no more pain in it. If you should feel more pain in that memory, then feel around in the memory and ask yourself what is it I believe that is still causing pain. We are looking for another lie.



## *Getting started*

Some of you have been through much trauma in your life. Some of you were born, and your mother died during childbirth... your father abandoned you when you were a toddler...some of you were physically abused when you were in grade school.. Some of you were born a girl, but you mother wanted a boy. You need to access the healing presence of Jesus.

Start by welcoming the Holy Spirit's presence to guide and empower you. He may lead you back to a specific memory and reveal His presence there. Welcome Him.

Give your heart to God now; allow Him to access your heart.

## **Examples of prayers**

*Heavenly Father. I come to You now. I need you. Without You, I can do nothing. Your Word says that You come to heal the broken-hearted and to heal our wounds. I put my faith and trust in You and in Your Word.*

*I am absolutely helpless to heal my wounds. I surrender them to you, and place them in Your hands. I ask You to heal me. I give You permission to heal my broken heart and to transform me into Your image. I am expecting You to do what You promised.*

*In the Name of Jesus Christ, I pray. Amen.*

My Father in Heaven,

I confess and repent of my sin of any anger and bitterness I have against You, God, for allowing this traumatic experience 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 emotion I often feel. (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 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.



## *Healing process*

“Lord you will bring to mind and heart whatever memory, feeling and event that has happened, what you want to heal, may your Holy Spirit bring this to everyone’s thoughts, memories, feelings, however You choose to do it; only what You want to do at this time, nothing else. “

### **1. Tell them what you expect from them**

I do not want you to try to discern the reasons for the event. Do not need to try to understand the truth about the event. We are not looking for the truth – this will not heal you from the lie. We are looking for the lie, only this will bring freedom.

- I do not need you to analyze or figure out your problem.
- Do not rationalize, make excuses for others, and explain their behavior.
- I do not want you to use logical thinking – try to create or formulate your own truth rather than hear God’s message; do not try to analyze your own thoughts.
- Do not make up or look for the truth; let the truth come to you.
- Do not try to make anything happen. You are not to perform or try to create an outcome.
- You do not need to try to please me.
- Stay focused on what “feels” true, not on what you know to be true.
- Not your job to remember, but to listen and to feel.

*This is your only effort; I need you to . . .*

- Focus on the memory picture.
- Step aside & allow the painful emotions to emerge. Focus on feeling those painful emotions.

### **2. Bind the enemy – bind anything else from being stirred up**

### **3. Go to the memory of the sin event or trauma**

- Go to the memory where ...was committed. Stir up any residual emotions. Ask the Lord Jesus to bring truth.
- Seek to allow the Lord to provide experiential evidence of His forgiveness.
- Allow the pain to surface. Identify the emotions present. Expose the lies:
- Ask why questions:
- What are the emotions you feel as you look at that memory?
- What is it about that memory picture that makes you feel that emotion?
- Why do you feel those emotions?
- Why is this emotion present?

Anger	Wrath, Rage	Depression	Resentment	Bitterness
Offense	Hate	Betrayal	Revenge	



#### **4. Re-experience the scene – use your senses to imagine it. Get in touch with the feelings of hurt.**

Ask Jesus to enter that scene and help you. Allow Him to join you in the scene. Watch what he says and does for you. Breathe in all the ways Jesus is loving you, and breathe out any hurt.

#### **5. Pray: Ask for the Love of Christ**

Ask for the love of Jesus to through us into this person, healing the memories and bringing forth all that was good and lovely in his or her nature. Give thanks. Make a picture in your mind of that person transformed into the image of their real Christ self and rejoice.

#### **6. Healing Stage**

Now you're in it right now. Allow Jesus to come in whatever way He wants. If He wants to come with music, peace, feelings of love, concern, whatever way he wants. Let his presence touch you. Listen to what Lord is showing you or saying to you.

#### **7. Ask, "Did the Lord say anything? Show you anything?"**

#### **8. Teach how to receive from the Lord**

Let's go back again and see Jesus or hear the healing words coming from Jesus. Search inside; look to see what your feeling or hearing.

#### **9. Speak it out loud**

##### **Summary**

Basically it works like this, you can start with a feeling or with a memory; then the goal is to uncover the lie embedded in the memory. Then we invite Jesus into that memory and we look to see, hear, or sense what Jesus is doing or saying.

If you don't sense Jesus, perhaps you just look around the room and you may see something you had never seen before: one woman saw a picture of Jesus hanging on the wall. My husband saw Jesus sitting on the floor and He invited Jerry to come sit on his lap. My son saw Jesus pulling gray stuff out of him – fear.

If person cannot see Jesus in the scene because the original historic incident is too traumatic, ask him to look for a later occasion in his life where he felt this similar emotion. Invite Jesus into that scene for healing, then repeat with another later traumatic incident, before we returning to the initial scene and bringing Christ into it also, after some of the fear has been dealt with.

If disconnected or dissociated from his childhood, and unable to go back and picture it, ask Jesus to meet him as an adult, take his hand, lead him back to a childhood scene, and show him the scenes necessary to heal the particular trauma being dealt with. Perhaps





he will see a vision of himself as an adult together with Jesus watching a movie of a scene in which Jesus is ministering to the child in a troubling situation or he may go back and actually be in the scene

## **Prayer of faith in the name of Jesus**

Prayer techniques often include "praying the scriptures", and written prayers designed for inner healing. People often use the anointing with oil, holy water, the crucifix, etc., accompanied with prayer.

## **Laying on of hands**

A simple way of becoming a receiving and transmitting center for love-healing by the laying-on of hands. We convey the power of love one to another, not through the understanding of the mind but through the tenderness of the heart and the touch of our hands.

## **By using His power & authority & faith in the power of God**

Healing also works through faith that rests upon the power of God and not in the wisdom of men.

God wants to share His power with others: He gave it to Jesus, the twelve disciples, the seventy, and to us who believe. God wants us to use this power to heal the sick, set people free, etc. It seems He needs people to minister His healing: We are His body, His skin, His arms, His voice, etc. This healing power is released into the wounds, traumas, deprivations, guilt, lies, painful memories, shame, rejections, anger, and self-hatred within the heart, soul, and spirit.

## **Guided prayer**

Take us through many different possible life events, from the time someone is little to the time someone is grown up. Infancy, toddler years, preschool, grade school, junior high, high school, all the way to adulthood.

## **Use your imagination in healing prayers**

Imagination is a powerful source of healing. We can evoke the power of our imagination in a context of Jesus' love.

1. We invite Jesus into any painful moment in our lives and receive now 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.
2. Get in touch with a scene from your own life and ask Jesus to enter that scene and help you.
3. 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 his mother.
4. Choose a scripture like the woman with an issue of blood who knew she would be healed if she could just touch the hem of Jesus garment. Now imagine it is you who has a chronic problem that needs healing and you imagine yourself reaching out touching the hem of His garment and continue to image God's healing power flowing into you.

### **Prayer for healing of memories**

Ask someone else to pray with you about a painful memory from your past that is still troubling you like I did with the healing of the death of a dog.

### **Use your earliest memory**

As a result of a book by Dr. M. Scott Peck, I learned about the importance of our earliest memory. Peck says "The essence of your world view is often captured in your earliest memory. The flavor of your earliest memory often reflects your deepest feelings about the nature of your existence."

What is the very first thing you can remember? Turn your clock back to your childhood, past 20, 15, 10, 9, 8, 7, 5, 3 back as far as you can go & let your mind hover there until a memory rises to consciousness...choose which was earliest, recall as many details as you can. Write them down, using the first person, describe your feelings about the nature of your existence at that time.

Lord, show up in the midst of this troubling scene and speak to me, and show me what You are doing.

My Father in Heaven, I confess and repent of my sin of any anger and bitterness I have against You, God, for allowing this traumatic experience 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, show me where You were in this traumatic memory. (Now look and see where Jesus is/was.) Holy Spirit, come and take over this traumatic picture and give me Your divine 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.



## *Prayer to break ungodly soul ties*

Ungodly soul-ties you have formed throughout your life have fed into this problem. These soul ties were a natural result of the generational sins and curses, for the negative spiritual energies that were being passed down through the family line are now resident within you. You began sending out a message into the spirit realm as soon as you were born which was heard and responded to appropriately by other people's spirits.

If a spirit of rejection is in family line, then the child's spirit is continuously sending out a message saying, reject me. thus soul ties are created throughout your life with people who are designed to reject you. "Here is a person who insists on being rejected.

### **Questions**

Do you have free will in your relationships?

Is someone using discipline to control you?

Is someone trying to manipulate you, control you, dominate you?

Are you tormented with thoughts of a former friend or lover?

Is someone trying to manipulate you with super spirituality?

Do you have difficulty with an obsessive thought life?

Ask the Lord Jesus to make known to you any close relationship that was unhealthy, dominating, controlling, or manipulative. Think about your parents, authority figures, teachers, pastors, close friends, and spouses.

Ask the Lord to bring to your mind everyone with whom you have had a sexual encounter of any kind. Lord, did I have any sexual encounters in my early childhood that I was too young to remember?

Tune to flow and pictures, and see whose names and faces come to your heart and mind. Write down the names, praying through each one, asking God to sever the ungodly soul tie between those individuals and the person.

Father in Heaven, I come to you now, because I need You. I recognize that I have an ungodly soul-tie with..... I acknowledge this as sin and I am sorry for it. I confess and repent of my sin of being in bondage to another person.

I forgive ..... for his/her involvement in this sin.

I ask You to forgive me and to wash all sin and guilt from me with Your blood. I now receive Your forgiveness and I forgive myself for participating in this sin.

In the name of Jesus Christ, I break this ungodly soul tie between me and ..... and I cut myself off from every evil thing coming to me through them.



Lord, please restore to me any broken or torn portions of my soul. Lord, remove anything that has come into me through this soul tie. Please restore to me anything godly that has been stolen from me.

I am drawing close to You and I resist the evil one like Your Word tells me to do.

In the name of Jesus Christ of Nazareth, I thank You, Amen.

## *Forgiving Others*

In the healing process, we will need to forgive the person who has wounded us, but even after we have forgiven, the wound itself often still needs healing. Imagine someone hits you with a baseball bat. You need to forgive the person who hit you, but there is physical wound that still needs healing even after you forgive. More than that is, there is a soul wound too, and it also needs healing, even after you have forgiven, and sometimes long after the physical effects of the wound have healed;

Let's say that your father or mother abandoned you when you were little. As a toddler you were too young to have truly processed an event like that. You didn't have the emotional development to grieve such a major loss; you simply coped and survived. But as you got older, you realized you were carrying around some soul baggage because of the abandonment you suffered. Somewhere along the way it occurred to you that you missed out on having this parent's influence in your life, like many of your friends had. You missed out on the emotional support; you were left with a love deprivation and abandonment wound.

The loss also has left you with a lot of anger toward this parent who left a void in your life. It cost you deeply, and you have to grieve that pain and loss and forgive the offense to the level of pain you have suffered. But even after grieving the loss of this parent in your life, and forgiving them for abandoning you, you will likely still suffer from the lasting effects of abandonment. Possibly every time you go through a hardship in life you feel as though God has abandoned you, and you pull away from Him, even rebel against Him.

It may be that you don't trust men or women in your life, or you have bought into the lie that no one is safe; no one can be trusted. Not only do you need to forgive, you also need the abandonment wound to be healed to make your soul healthy and whole.

Not all wounds affect all people in the same way. Some events may leave one person deeply wounded and another person may process it differently and have only a slight bruise. We have to be very careful not to live in denial. But we are all wired differently, and we all process life through our own set of lenses. What deeply affects one person may not have the same effect on another.

Make a decision to forgive all other people who have ever hurt you. 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. State your desire to turn away from this sin and receive His grace.

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. Make me clean and whole and release me of this sin. I ask this in the name of Jesus. 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 desire to stop judging this person. I am helpless in overcoming it on my own, and unless you set me free I will never be free. I ask this in the name of Jesus. Amen.

### **Bless the person**

Bless the person in the name of the Lord and give thanks that he or she is being re-created in perfection.