

Defining Biblical Inner Healing

- *Process whereby the Holy Spirit reveals the wounds, offenses, and misconceptions or lies that affect our lives. Through this process, we are emotionally healed, established in the truth, and set free from the activities of the Enemy.*
- *Another commonly used term is **Sanctification**. After we believe in the Lord Jesus Christ for salvation, our problems do not just disappear. Sanctification is an ongoing transformational process whereby we agree **more and more with the truth**.
Regeneration is birth; sanctification is growth.*
- *In Sanctification, we choose to walk in a new way, and the Holy Spirit prompts us to “work out your salvation” (Phil 2:12-13)) God’s method of sanctification is neither self-reliant nor apathetic but a God-dependent effort (2 Cor. 7:1).*
- *Paul says that throughout the Christian life, “we all...are being changed into his likeness from one degree of glory to another” (2 Cor. 3:18). We are progressively becoming more and more like Christ as we go on in the Christian life. Therefore he says, “Forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus” (Phil. 3:13–14)—this is in the context of saying that he is not already perfect but he presses on to achieve all of the purposes for which Christ has saved him (vv. 9–12)*

The Difference Between Biblical Inner Healing and Modern Counseling / Therapy

- **Biblical Inner Healing** recognizes God as the ultimate source of all healing, emphasizing a holistic approach that addresses the individual's spirit, soul, and body.
- **Biblical Inner Healing** and professional counseling are seen as complementary. **Biblical Inner Healing** enhances the process through prayer and Jesus's divine presence. This approach combines divine intervention with human effort, offering a more comprehensive support form.

Key distinctions of Biblical Inner Healing include:

- Believes that there is a standard of Truth - God is the ultimate source of truth, and there is a REALITY standard.
 - [1Co 13:12 ESV] 12 For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known.

- **The way God sees is REALITY.**
- It is grounded in prayer, utilizing the Holy Spirit's gifts.
- Holistic, considering the body, spirit, emotions, mind, and will.
- It is centered on love, following Jesus' example.
- Open to insights from all legitimate sources.
- While professional counseling provides valuable techniques and psychological insights, **Biblical Inner Healing** adds a spiritual dimension essential for complete healing. It addresses the limitations of psychological counseling by incorporating Holy Spirit empowerment and acknowledging the spiritual aspects of human issues.

Biblical Inner Healing Principal #1: Problems or Hurts that Seem to be Surface-Level Usually Have Deeper Roots

- [Heb 12:15 NASB20] 15 See to it that no one comes short of the grace of God; that no **root of bitterness** springing up causes trouble, and by it many become defiled;

PHYSICAL CONSEQUENCES:

- Ulcerative colitis, toxic goiters, and high blood pressure are only a few of the scores of diseases caused by bitterness. Our resentments call forth certain hormones from the pituitary, adrenal, thyroid, and other glands. Excesses of these hormones can cause diseases in any part of the body.¹ Refusing to forgive results in physical fatigue and loss of sleep. We may try to hide our resentments, but soon, they will also be etched into our eyes and facial muscles as permanent reflections of our inward feelings.

EMOTIONAL / MENTAL CONSEQUENCES:

- Depression is one of the most significant consequences of refusing to forgive the people who wronged us. It requires emotional energy to maintain a grudge. Just as we become weary when our physical energy is exhausted, we become depressed when our emotional energy is spent.
- Bitterness and resentment create an "emotional focus" toward the person who offended us. This focus is the chief cause of becoming like the one we resent. The more we focus on his actions toward us, the more we resemble the basic attitudes that prompted them.

SURFACE-LEVEL NEGATIVE EMOTIONS / TRIGGERS

- What is the negative emotion you are experiencing pointing to?
 - Social Anxiety causes you to people please = Surface
 - Anger causes you to lash out = Surface
 - Insecurity causes you to judge others = Surface
 - Depression causes you to numb = Surface

Biblical Inner Healing Principal #2 We are created to be relational, and there is a relational standard if we are to live life the way God intended

Ideal Relationships

The Scriptures, by specific statement or implication, present certain ideals concerning our relationship with God, self, and others. Heart Wounds hinder our perception of these relationships.

Ideal relationship with God

New and growing creatures (2 Cor 5:17); united with the Lord and one with Him in spirit (1 Cor. 6:17); filled with the Holy Spirit (Acts 2:4); and living as close to the Father as Jesus did (John 5:19,30)

Ideal relationship with self

Accepting, loving, and forgiving ourselves as God accepts, loves and forgives. We would see ourselves as full-fledged children of God (1 John 3:1; Rom. 8:14-17; Gal. 4:4-7); heirs with Jesus of all that God has for Him; and as His princes and princesses, able to hold our heads high.

Ideal relationship with others

Accepting, loving and forgiving others as God accepts, loves and forgives them, and as He has enabled us to accept, love and forgive ourselves. We relate in a healthy, constructive manner with all people, and especially with Christians - free of envy, judgmental attitudes and other negative emotions. We also relate properly to all God-ordained authority.

- Honor Your Father and Your Mother

- [Eph 6:1-4 ESV] 1 Children, obey your parents in the Lord, for this is right. 2 "Honor your father and mother" (this is the first commandment with a promise), 3 **"that it may go well with you and that you may live long in the land."** 4 Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

We find spiritual illness and emotional wounds as a result of broken relationships.

Biblical Inner Healing Principal #3 We Must Discover or Identify Emotional Wounds

- We usually respond by suppressing emotion and quickly “bandaging” the wound when hurt. Without cleansing the wound before bandaging it, the wound festers and later leaks infection. Not cleaning our wounds allows the unhealed wounds to influence the present, even though the experiences of being wounded happened much earlier. The first step is to discover or identify the emotional wounds.
 - We often sweep the pain under the rug, not addressing the emotional wound.
- **Discover:** we must see the pain or the situation as it is and identify the lie we believed from the event.
 - The event does not hurt us; it is what we believe during the event that wounds us.
 - Most emotional wounds occur during childhood or adolescence when we are most vulnerable to internalizing the events that are happening to us or around us.
 - By internalizing, we believe a lie about ourselves, God, or others
- **What you FEEL is what you BELIEVE, and what you BELIEVE is what you PERCEIVE**

THE EMOTIONS UNDERNEATH ANGER



- **Present Problems are Rooted in Memories**

- Since the wound happened during a negative event, we turn to these events and situations to discover the negative emotions we are currently dealing with and to identify the lies that we believe.
- We repress memories because they are unpleasant.
- When we look at the event and ask ourselves what was I feeling during that moment, we can get insight into what is going on in the present

Biblical Inner Healing Principal #4 Addressing and Healing from Emotional Wounds

Involves bringing truth to the area of unbelief

- After identifying the lie, we must bring truth to that area for healing. We must restore the broken relationship.
- With God's help, we can face the event (memory) honestly, experience the freeing power of Jesus, and heal emotional wounds.

Healing Memories

Interesting Note about our memory:

- Endel Tulving coined the term "episodic memory" in 1972, referring to the distinction between knowing and remembering: knowing is factual recollection (semantic), whereas remembering is a feeling located in the past (episodic).
- All the hurts that we experience are stored in our episodic memory, and they are stored as pictures or photos.
- Because a person's hurts are stored in pictures, using pictures is one of the best ways to address deep emotional wounds.
- One technique for bringing about emotional healing is to visit the unpleasant memory and picture a part of those memories we were unaware of when the events happened—**the fact that Jesus was there with them in the event.**
- In this way, we can experience the truth that Jesus was there and gain insight into HIS perspective.

Meditating on the Word

7 things to practice biblical meditation

1. Follows Bible reading and memorization. Don't swallow God's word; savor it. To enjoy it. Digest it
2. It takes place in your heart. Psalms 19:14. Meditation of my heart.
3. If you can, worry, you can meditate. You're thinking about the promise not the problem.
4. Meditation can happen anytime day or night.
5. Meditate on God's works, God's ways and God's will and his word

6. It's a form of spiritual warfare. It's not passive; it's aggressive. It requires intentionality. You'll be either a captive of your thoughts, or you'll take your thoughts captive. Then I enforce thoughts that are in line with Gods word.

7. Brings promised blessings. Is. 26:3. You will keep him in perfect peace, whose mind is stayed on you. Josh 1:8 - ...then you will make your way prosperous.

Forgiveness as the Umbrella Principal for Inner Healing

- A fundamental aspect of **Biblical Inner Healing** is forgiveness. Jesus forgave sins and He taught His followers that they must forgive. We cannot change the past, but we can change our **relationship to the past!** Forgiveness deals with our own sin and what was done to us
- **Forgiveness is an act of the will (enabled by God's grace) that releases another person from debt. It is like a financial transaction. The forgiveness of a financial debt involves a commitment never to seek to collect on the note again - it becomes history.**
 - *Unforgiveness locks down the negative emotion and prevents healing to take place. Additionally, it opens up a door for a stronghold or demonic influence in our lives.*
- Remember: Our God is relational, and he wants to restore relationships. We must forgive and ask for forgiveness (repent) to heal that area of woundedness.
 - With God
 - With Others
 - With Ourselves
 - The enemy's heaviest artillery is often leveled at people's self-image.
How they feel themselves
- Note: The relationship doesn't have to be restored in order for there to be forgiveness
 - The restoration is within you.

Roots and Fruits of Prebirth Conditions

- Child not wanted
 - Performance orientation, inordinate desire to please or rejecting before being rejected.
 - Frequent illness, refusing affection or insatiable desire for affection

- Conceived out of wedlock or before parents were ready
 - Deep sense of shame, lack of belonging, believing “I’m a burden” or “an intrusion.”
- Wrong Sex
 - Trying to be the other sex, striving to please, having a defeatist attitude
 - Sexual identify confusion
- Mothers fear of childbirth
 - Fear, insecurity, fear of child-bearing
- Fighting in home
 - Nervousness, uprightness, fear, jumpiness, keeping people from quarreling, feeling guilty when in conflict
- Father dies or leaves.
 - Guild, self-blame, anger, expectation of abandonment, inordinate hunger to find a substitute
- Difficult Childbirth
 - Anger, depression

Healing of Memory - Exercise

Holy Spirit, I ask that you would take complete charge, to reveal whatever is needed in this moment. We stand against any demonic spirits that could hinder the process.

Back to the Womb Excercise:

1. You were not a Mistake

- a. [Psa 139:14 ESV] 14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well
- b. [Jer 1:5 ESV] 5 "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations."

2. Jesus was present at our conception

- a. [Psa 139:1-4, 7 ESV] 1 To the choirmaster. A Psalm of David. O LORD, you have searched me and known me! 2 You know when I sit down and when I rise up; you discern my thoughts from afar. 3 You search out my path and my lying down and are acquainted with all my ways. 4 Even before a word is on my tongue,

behold, O LORD, you know it altogether. ... 7 Where shall I go from your Spirit?
Or where shall I flee from your presence?

3. Break Generational Curses

- a. In Jesus' name I take authority over my inheritance through my father and mother to break any demonic influence that may have come down to me by inheritance. I break the power of any dedications, curses or sinful behavior by my ancestors that gave the Enemy any right to influence me.

4. Work our Way through the Gestation period

- a. Bless yourself (the child) month by month during each month of development.
 - i. I take authority over all negative influences I may have experienced
 - ii. We speak against any anger, fear, negative self-image, discouragement

5. Picture Our Birth and See Jesus Holding Us

- a. I invite you to picture your birth - asking to see Jesus in the room
- b. Allow Jesus to pick you up

6. Picture Holding OURselves as a Baby

- a.

Inner Child

Shut your eyes, now, I want you to try to find yourself as a little child, perhaps at four or five years old, somewhere in your childhood. When you find yourself anywhere, I want you to note where you are. What do you see? What do you feel?

1. Ask Jesus to show you where he is in the room.
2. Ask Jesus what he thinks about this situation.

