

Inner Healing

(adapted from Francis & Judy MacNutt, *School of Healing Prayer Level 1*, Christian Healing Ministries, Inc.)

Inner healing refers to God healing from the inside out — memories, life experiences, personality and even temperaments. Sometimes when our physical healing doesn't seem to manifest, it's because God wants to get at some deeper healing needs we have. If this is the case, God will use the symptoms to help us draw near to Him so He can lead us through to victory. Once we take care of the inner healing needs, the physical healing often manifests quickly.

Isaiah 61 says God sent Jesus to heal the brokenhearted. Inner wounds can wound, cripple, and blind. Secrets can keep us in bondage. God can touch these inner wounds, bring them to mind and deliver from them on the spot, but often this is not His way. If He doesn't choose to heal immediately, then there are prayer appointments, Christian counseling and deliverance ministries available in the Twin Cities to help you walk through to victory in these areas. Among other things, they may ask God to let you see the memory through His eyes which can be very different from what you remember experiencing; and in this way, you can be cut free from burdensome memories.

We were created for union, but Satan tries to isolate us. Inner healing is a process that brings us back into union with God and with other people. Since Jesus is not restricted by time and place, He can reach into any stage of a person's life to bring healing. In the instances that this is needed, there is often a love deficiency which only God can fill.

The answers to these questions can help bring forward various needs for inner healing:

- ✦ Were you greatly embarrassed when you were a child or young adult?
- ✦ Can you see a pattern of hurtful events beginning early in your life, building one upon the other?
- ✦ Do you wish you were someone else? Dislike yourself?
- ✦ Do you ever wish you had never been born?
- ✦ Do you have a learning disability such as dyslexia, which was not diagnosed in childhood? Do you have any other kind of limitations?
- ✦ Are there habits that control you, such as smoking, pornography, alcoholism, etc.?
- ✦ Do you dislike the opposite sex or your own sex?
- ✦ Do you have unreasonable fears?
- ✦ Do you often find your reaction to something is out of proportion to whatever the stimulus was?
- ✦ Do you have a recurring memory of a past hurt? Does it still trouble you to think of it?
- ✦ Are there people you can't forgive? Do you have trouble asking someone else to forgive you?
- ✦ Do you have overwhelming feelings of guilt?
- ✦ Do you find it nearly impossible to admit making a mistake?
- ✦ Do you look for someone to blame for what goes wrong in your life?
- ✦ Do you have a nearly continuous feeling of anger inside?

- ✦ Are you critical in your remarks or thoughts about others?
- ✦ Do you go on compulsive overeating, undereating or drinking binges?
- ✦ Do you have a fantasy world to which you escape?
- ✦ Are you obsessed with sexual thoughts or fantasies?
- ✦ Do you have physical illness that has no known cause?
- ✦ Do you suffer from depression frequently or over long periods of time?
- ✦ Do you have frequent nightmares or troubling recurring dreams?
- ✦ Do you suffer from physical or mental exhaustion from wrestling with inner problems?
- ✦ Do you sleep too much or too little?
- ✦ Are you extremely restless, unable to sit and relax from time to time?
- ✦ Are you a workaholic?
- ✦ Do you feel guilty if you aren't doing something productive?
- ✦ Are you always striving for the approval of others?
- ✦ Were you an adult before you ever felt loved by another person?
- ✦ Do you compare yourself with others and end up feeling inadequate and discouraged?
- ✦ Do you have a constant need for physical affection or not like to be touched at all?
- ✦ Do you have a deep sense of insecurity, feeling unloved or disapproved of?
- ✦ Do you have a hard time being consistent in your spiritual life?
- ✦ Is it hard to believe God loves you or approves of you?
- ✦ Do you find it difficult to give and/or receive love?

Inner healing brings the power of God to do in us what we cannot do for ourselves.

Inner healing begins when we admit we cannot perfect ourselves, no matter how hard we try, and when we recognize that true liberation can be obtained only by accepting Jesus as Savior and making Him Lord over every part of our lives.

It's impossible for us to alter the past and its effects on us, but through the power of God's Holy Spirit, He can remove the crippling effects of sin in our life. Inner healing doesn't erase the memories, but it will transform our reactions to people and situations. Going from bondage to freedom is a process. In issues of inner healing, it is important to invite Jesus to be the center of our healing. He alone will protect us against the deceptions of the evil one and keeps us from becoming overwhelmed by too much at one time.