

Equip
Session 4

Healing the Inner Man

Updated: June, 2013

Healing the Inner Man

It is exciting that God wants us well and strong in every part of our being; and it is even more exciting to know that He has made provision for it!! We already learned that He has:

- released us from the oppression and bondage of evil spirits
- given us gifts of healing along with natural laws to follow for the care of our body

In this session, we concentrate on the inner part of who we are – “our soul” (which is often referred to in Scripture as either our heart or our mind.) The “soul” is that combination of intellect, emotion and will which makes us the unique person whom we have become.

Roman 10:9 says, “*with the heart man believes unto righteousness.*”

- In Western cultures, people tend to believe with their heads.
- In Oriental cultures, people believe with their heart, the inner man.

* Healing of the Inner Man

- Often there is need for healing and releasing work in the inner man (or soul) even more so than in the outer man (or body).
- The Lord wants to bring healing to our deep inner man by replacing any negative, hurtful, inferior thoughts and feelings which have been a part of our past life, sometimes going back for year and years.

Paul tells us to be continually transformed by “**THE RENEWING OF YOUR MIND**” (Romans 12:2)

- This renewing involves a healing, energizing change within our inner being so that we can demonstrate more and more what is the good, acceptable and perfect will of God – reflecting the thoughts, the feelings and the desires of our Father and of His Son, Jesus Christ.

HEALING THE INNER MAN

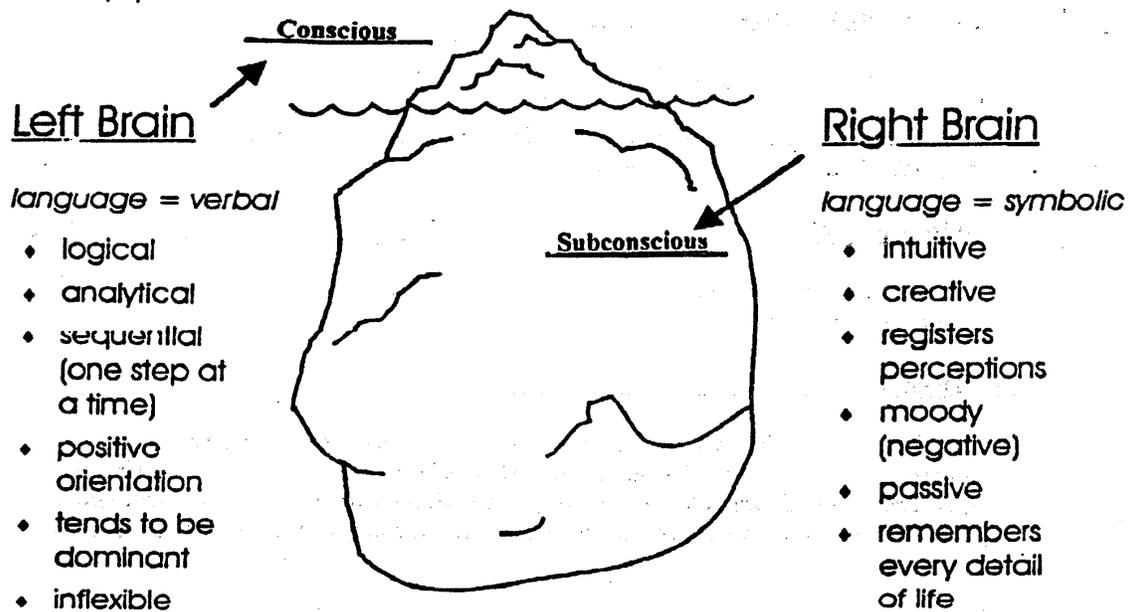
The Bible refers to the inner man as “heart” or “mind.” that unique combination of intellect, emotion and will which we call a person.

Romans 12:2 declares that we are to be continually transformed by

The Renewing of your mind

OUR INNERMOST CONSCIOUSNESS CONSISTS OF TWO DISTINCT PARTS:

What we know in our “conscious” mind is only, as Freud says, the “tip of the iceberg.” There are vast numbers of experiences, now long forgotten, which are stored in our “subconscious” mind.



The right brain often needs God’s salvation (wholeness) to work in it even more deeply than the left brain because the right brain picks up all the impressions, emotional impacts and perceptions which we receive all our life long:

violent births
fighting parents
trauma at school

death in family
fear
unforgiveness

The human brain has both a CONSCIOUS part and a SUBCONSCIOUS part

- * The great Psychiatrist, Sigmund Freud, said that the conscious part of our mind is just like the tip of a huge iceberg (see the diagram on page 25.) In the northern most oceans there are huge masses of ice called icebergs, the tips of which stick up above the water.
 - The conscious part of our mind contains all the information which we can right now know, recognize, understand and get in touch with
- * The subconscious part of our mind is like the great bulk of the iceberg that lies beneath the surface of the water
 - Everything which we have ever experienced, thought, or felt is stored under the surface in the subconscious part of our brain (like in a huge computer hard drive)

In addition, our brain also has two hemispheres: the LEFT BRAIN and the RIGHT BRAIN

- * If the right brain and the left brain are working together as they are meant to, our personality is healthy, whole and well-integrated
 - In most of us that doesn't happen so easily since the functions of the two hemispheres are very different. Usually we are stronger in one side or the other.
- * See the differences in the right and left brain detail on the diagram. (p. 25)
 - The language of the "left brain" is verbal - words, equations, diagrams, facts, etc.
 - Most of our modern educational system favors the left brain
 - The language of the "right brain" is entirely in symbols, pictures, feelings, etc.
 - Our right brain sees, hears, feels and responds to every detail surrounding us (color, position, how it makes me feel, etc.) all at once.
 - It remembers every event, every impression and every feeling we have ever experienced whether we are consciously aware of it or not

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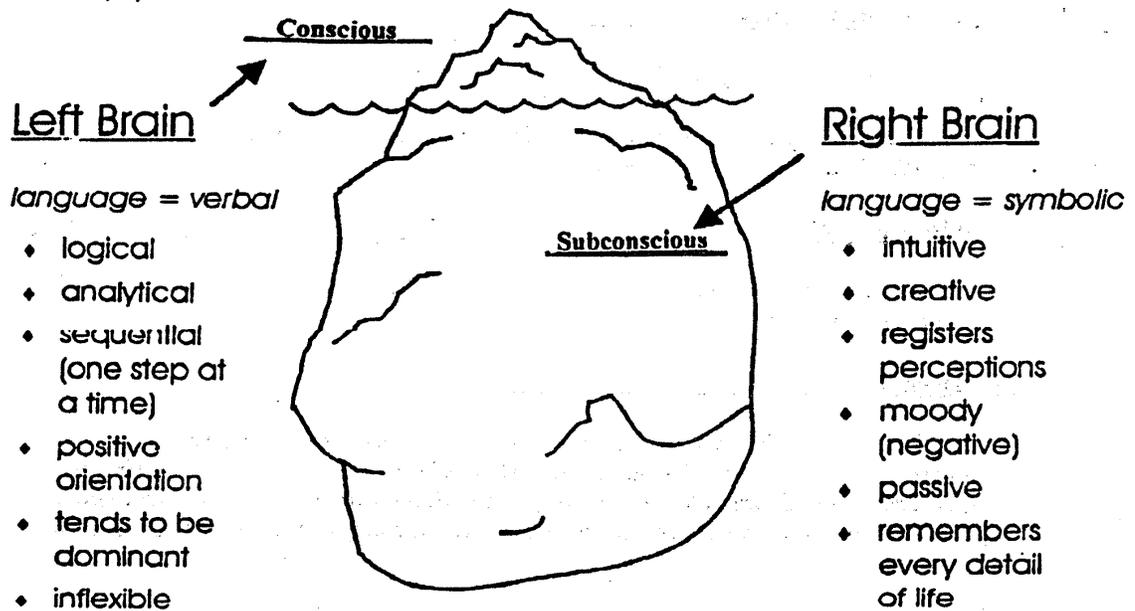
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Healing and Restoration of the Brain

- * We need God to do a work of healing and restoration in both the left and the right hemispheres of our brain, and in both the conscious and the unconscious parts
- * Left brain thinking often needs to be reordered and straightened out. Left brain people need to become more flexible and sensitive
- * Most of the time our right brain needs God's healing and renewing work even more deeply. It has picked up and stored all the impressions, emotional impacts, perceptions and hurts which we have experienced our life long

(Note some sources of these wounds in the class notes at the bottom of p. 25)

- * Provide examples: (some illustrations)
 - Sharon was put down and embarrassed as a child by a really intelligent person. Even though she now is an adult that wounded little girl inside her is still saying "I don't like you" when she is around some intelligent people
 - A harsh and unloving aunt wore a distinctive perfume. Today, without even knowing why I cannot relate well to someone who uses that same fragrance
 - I never received the commendation I so longed for as a child. Now, I am compulsively seeking approval without even realizing why. It is straining my marriage.
- * Emotions are far stronger than words. (for example)
 - Don't punish a child when you are angry. You can say "I love you," but what they are receiving from you is, "because I'm bad, you're upset, you don't like me."
 - All of this is stored in the right brain
- * Varying degrees of our present behaviors are being programmed out of our subconscious, often without our even being aware of it. Our subconscious keeps sending up feelings that we don't understand and can't always control.
- * The Bible tells us we need to let Jesus do His work of salvation in our mind and heart.
 - I would say we need to let Jesus do His work in both our left and right brains

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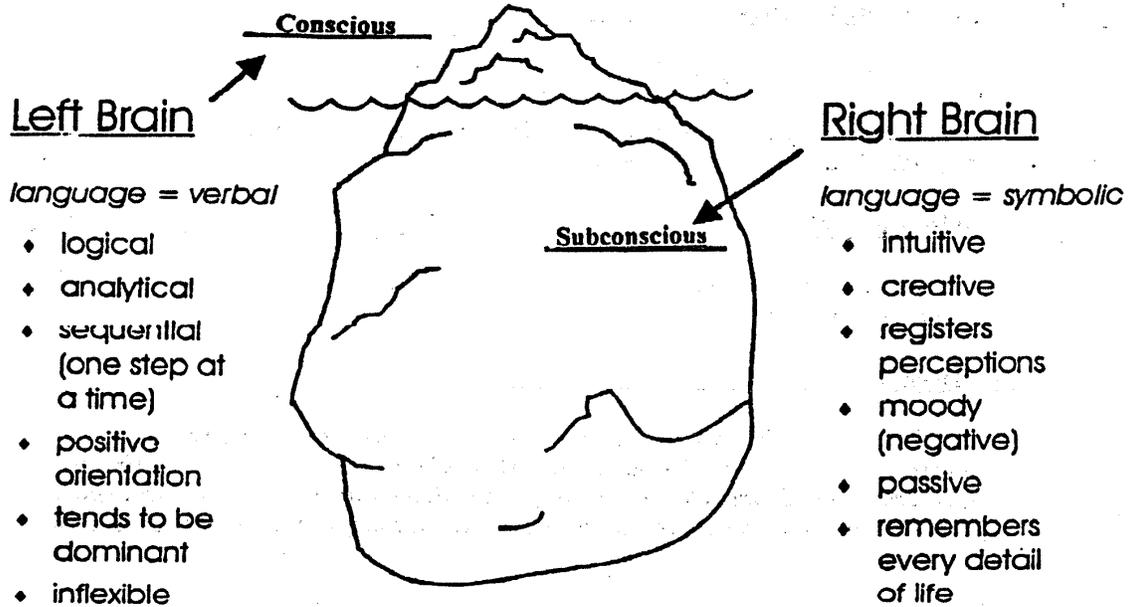
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PETER'S RESTORATION

- * Jesus healed Peter appealing to both his left and right brain
(See the illustration of Peter's Restoration in the class notes on p. 26)
 - Peter's left brain consciously remembered that he **denied the Lord 3 times**
 - To heal this wound, Jesus **elicited confessions of faith 3 times**
 - In both the denial and the confession, Peter was standing beside a **charcoal fire** (the only two times a charcoal fire is mentioned in all of Scripture), this environment was perceived with the right side of his brain
- * Jesus worked from both sides to bring Peter to wholeness and restoration

3 PRELIMINARY AIDS FOR THE RENEWAL OF THE INNER MAN FOR DEEP HEALING

Our main purpose in this teaching is to explore how healing can come to our deep inner being. Let us consider three preliminary helps that are available to us and then a special type of prayer that we can use.

* **Praying in Tongues**

- This precious gift is so healing and strengthening to our inner man
 - We don't know how to pray or what to pray for, but the Holy Spirit does (Romans 8:26)
 - As we pray in the Spirit, He comes in to do "house cleaning" (Jude 20)

Illustration: Jan G. committed to pray in the Spirit at least 15 minutes a day as a personal discipline. When I heard this, my spirit leaped within me – "this lady is going to experience some great things!"

* **Wise Counsel**

- I Thank God for the 4 or 5 people He has given me over the years whom I have been able to tap into for wise counsel
 - Look for those God will bring along who can input into your life, people who are spiritually mature with whom you can be open and real
 - Often, this is one of the great benefits of a Home Fellowship Group

Illustration: The restoration of Peter

John 18: 15-28

3 times Peter denied his Lord.

When he denied Jesus, Peter was standing by a charcoal fire

John 21:9-17

3 times Jesus elicited confessions of faith from Peter.

When he affirmed his love for Jesus, he was standing by a charcoal fire

INNER HEALING CAN BE AIDED BY:

— Praying in Tongues —

He who speaks in a tongue edifies himself. I Corinthians 14:4

...build up your lives ever more strongly...learning to pray in the power and strength of the Holy Spirit. Jude 20.

— Wise Counsel —

There is council in the heart of a man; and a man of understanding draws it out. Proverbs 20:5

— Dreams —

For God may speak in one way, or in another, Yet man does not perceive it. In a dream, in a vision of the night, when deep sleep falls upon men, while slumbering on their beds, then He opens the ears of men, and seals their instruction. In order to turn man from his deed, and conceal pride from a man, He keeps back his soul from the Pit.
Job 33:13-18

God has given us a built-in counselor to reveal the inner man called the DREAM: Through the dream He guides us, He reveals fears, bondages, imbalances and He shows us what will happen if we continue in the direction we are going.

The dream takes the perceptions from the right brain or subconscious —and in its own symbolic language tries to convey them to the conscious mind.

Dreams: our built - in counselor

- * The Bible is full of instances when God guided, instructed and helped people through dreams. God wants to do the same for us if we will learn the language of dreams (See Job 33: 13-18)
- * Each person will dream 5 or 6 times a night if they are sleeping well
- * Our dreams will provide a reflection of what is going on inside us. They are a vehicle through which God reveals our hearts and brings matters to our attention
- * In a few instances God may give a prophetic dream:

Almost 25 years ago, I visited an illiterate tribe in Andhra Pradesh, India. Until six months before there had been no Christians among the Yanadi's for centuries. A thriving church was now beginning. We were the first white people to be allowed into their village. It was thrilling to meet these brand new Christians.

When it was time to leave Dr. Bill Scott prepared to pray for these people. Immediately a couple of the men said "No, No, No," and they pointed to me. Then the story came out. God had been giving them dreams about our visit, and in their dreams the man with the white hair had prayed for them and blessed them. I was the only one with white hair, so I was the one who was supposed to pray for them.

We discovered that since these people could not read the Scripture, God was teaching them about baptism, communion, etc. through dreams. It was amazing!

- * 95% of the time the persons or activities in our dreams are just symbols; we need to ask: *What does that person stand for? What do they mean to me? How am I like that person?*

Illustration: In my dream our middle daughter, Kimberly, was driving the whole family down the highway going 100km an hour in reverse. I was sitting next to her and cried out "Kim stop, stop, you're going to crack us up." I might as well have been talking to the wall. She kept right on going. Finally I had to reach over, grab the keys, turn off the motor, take the wheel and get us off the road.

Immediately I woke up. I knew what God was saying to me. It wasn't anything about Kim driving a car, but in the dream she represented what was going on inside me. As her father figure I was the symbol for God. God was saying to me, "If you keep on going the way you are, you are going to crack yourself up and all the people in the church along with you."

I had realized there was some trouble in the church and unconsciously allowed a spirit to grow in me that felt I really had to take charge of things. What I really needed was to let God take charge. As soon as I saw that, I repented, took my hands off and said, "Okay Lord, You take over" - then things were quickly and happily resolved.

- *God wants us to pay attention to our dreams because dreams always speak the truth.

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John 18: 15-28

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3 times Jesus elicited confessions of faith from Peter.

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The dream takes the perceptions from the right brain or subconscious —and in its own symbolic language tries to convey them to the conscious mind.

The dream always speaks the truth as if takes off the mask which we sometimes wear and shows us things as they really are.

In addition to these aids for inner healing, there is a very special prayer called

“Prayer for the Healing of Memories”

- A major healing in my life came as a result of this prayer.

All through my teen years and twenties I had stomach problems. There were very few things I could eat and I constantly had to be taking medicine. I thought it would be this way the rest of my life. For more than ten years I cried out to the Lord for healing.

Then, one day God brought Agnes Sanford into my life. She was an Anglican pastors' widow with a ministry for healing of the memories. I went to counsel with her and ask for prayer. She questioned me about my early life and even about my birth. In those days they didn't let the nurses deliver babies. I was ready to be born and the doctor wasn't there, so the nurse tied my mother's legs together. You can imagine what that did to my mother and it did worse things to me.

As soon as Agnes heard the story of my birth, she chuckled and said, “Jesus needs to come and bring healing to that little boy.” So she invited Jesus to go back through my memories to the day of my birth, surround me with His love, and heal all of the traumatic memories tied to that event.

That very day I was totally healed and celebrated by eating pizza and nuts which were among the many things I had dared not touch for years. That was fifty years ago and since then I have had no stomach trouble at all.

* This kind of prayer is so powerful. Many people need to be set free from bondage to their past

1. Be aware that there is no **past** or **future** with God

- We live in time, but Jesus lives in eternity. We are tied to time; He is above time

Jesus Christ is the same yesterday, today and forever Hebrews 13:8

- All the things that are happening, have happened, and are going to happen to us are a constant “present” with Jesus right now.
- He was there in the midst of all the fears, traumas, hurts, disappointments, resentments which have happened all throughout our lives
- He can bring His love and restoring power into those memories just as if they were happening to us right now, which from His perspective they are!

A SPECIAL PRAYER FOR THE HEALING OF MEMORIES
IS OFTEN INVOLVED IN INNER HEALING.

1. There is no past or future with God.

Jesus Christ is the same yesterday, today, and forever. Hebrews 13:8

Since Jesus is present in all our past experiences, we can ask Him to go back to the source of the problem in the life (fear anxiety, rejection, compulsion, resentment, etc...) and expect Him to meet it in His redeeming, cleansing, renewing love.

2. The scriptural basis for healing of the memories rests upon the right to

Declare forgiveness

The authority of “binding and loosing”

We have the right to receive forgiveness directly from God.

If we walk in the light as He is in the light...the blood of Jesus Christ His Son cleanses us from all sin. 1 John 1:7

If we confess our sins He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9

Many are bound by the past (either consciously or unconsciously) and need the help of another who can speak the words of release with authority and power.

—Jesus said He had come to set the captives free. Luke 4:18-19

—He commissioned His disciples by saying “*as the Father has sent Me, I also send you.*” John 20:21

—He promised them, “*whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.*” Matthew 18:18

Yet, some sins have roots which go so deep, are so tied up with guilt, fear, etc., that we find ourselves confessing them over and over again. Here it is that we need someone to stand with us in Christ’s name and declare in faith the forgiveness that God has promised.

2. The scriptural basis is for this prayer rest upon the authority to **declare forgiveness**.

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* Many people are so wounded and enslaved by what has happened to them in the past, either consciously or unconsciously, that they cannot receive this forgiveness

* Jesus has commissioned us as His followers to go and do this work

The Pharisees were right in claiming that only God can forgive sin. We can't forgive sins. But, in Jesus name and as His representatives we can declare what Jesus has already done.

I sat in the kitchen of a mother whose girls were attending our Sunday School and heard her say that there was no hope that she could be saved. It seems that a Pastor had told her that if her previous bad marriage ended in divorce she would go to hell.

That deceiving lie went right into her heart. So deep was this wound that she couldn't see or think or hear anything else no matter what I said. So I told her that I was going to pray for her. "Jesus," I prayed, "I declare this woman forgiven by your precious blood and in your name."

What she wasn't able to receive for herself no matter how badly she wanted it, I declared for her. You should have seen her face when we finished. The Spirit witnessed to her heart that she was forgiven; her whole family was baptized.

I believe this is what Jesus meant when he said, "those whose sins you forgive are forgiven and those whose sins you retain will be retained"

- He was giving us authority in His name not to forgive sins but to declare as His representatives that Jesus would forgive those sins.

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3. The healing of the memories goes even deeper than this

- It can free us not only from **our own sins** but also from those sins which have been **committed against us**
- Often we suffer from things people have done to us that we had no and in or blame for at all, but Christ died to undo all the damage which Satan has accomplished

4. Guidelines concerning the prayer for healing of the memories:

- This kind of praying requires a **complete forgiveness** on our part

A lady came into my study concerned because she wasn't having a proper physical response to her husband. Everything seemed to be fine during her growing up years so I just prayed that Jesus would bless her and reveal whatever might be needed.

The phone rang as I entered my study the next morning and this voice was screaming, "I hate him, I hate him, I'm going to kill him." It was the woman I had seen the day before. I told her "hurry up and come over." She told me that an uncle of hers had sexually abused her years ago. It was so terrible to her that she had totally repressed this crime. Now, God had brought it to the surface.

I said "Praise God, now Jesus can deal with this thing, but first you must forgive him." She said, "I can't forgive him, I want to kill him." I said if you want healing from Jesus, you have to forgive him, because unforgiveness slams shut the door to healing. Finally, she was able to join me in a prayer of forgiveness. Then, we asked Jesus to come into this experience and surround this traumatized little girl with His love and she was healed.

- Remember, Jesus came to release us from the sins that people have done against us as well as from our own sins, but we must forgive them
- Often when we pray for healing of memories, it is helpful to pray through the **stages of life**
 - There is no set way to do this; God hasn't called us to be therapists, and there isn't a certain technique we are supposed to use.
 - We are only a channel through which God's love will flow so that He can surround people with that love and heal the hurtful memories.
 - Often it is helpful to begin praying about the time before birth, then during birth, through the early years and continue to pray through a person's life up to the present time.

3. Healing of the memories goes deeper still. It declares release not only for:

_____ **our own sins** _____

but also for those sins

_____ **committed against us** _____ as well.

Christ died to undo all the damage Satan has accomplished. He will set us completely free, even from wounds which were experienced years ago.

4. Guidelines concerning the prayer for healing of memories:

—Healing of this kind demands a **complete forgiveness** of all who have wronged us.

Forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. Colossians 3:13

—It is often helpful to pray through the **stages of life** even before birth to the time of conception.

—Break the hold of any power from **past generations** or any other power of darkness.

For I, the Lord your God am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments. Exodus 20:5-6

— **Follow-up** times of prayer are often necessary. Each time we pray, God can only do as much as our faith will allow.

— **Prayer for children** is helpful. Problems can be dealt with while they are still little.

— **Compulsive** or **unscriptural** behavior can often be released and abnormal responses healed as Christ brings His wholeness into the deep areas of the soul.

* Break any hold from **past generations**

In response to the way you look or act someone may have said, “My, you’re just like your grandmother.” Well, you may be happy if this is true or you may wish it were not so.

What if your grandmother had a dispositional trait which caused difficulty in her relationships and passed it on to you?

If there was a certain way she responded and behaved that was less than what the Lord would have wanted and now you are responding in the same way, then God may need to heal you from those personal traits and even from any spirit activity which has been passed on to you.

* **Follow up** times of prayer are often necessary

Many times what God needs to do won’t happen all at once. Each time we pray, we receive as much as our faith will allow, and we don’t worry if everything doesn’t happen immediately.

Just like we might peel an onion, we keep looking to the Lord to peel off layer after layer until the hurt is all gone.

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* **Prayer for children** is often helpful

I think every child who comes from a broken home or who is an orphan needs to have healing in the area of memories.

Children whose parents did stay together may still have been abused, or unappreciated and actually love-starved.

Children are very impressionable and so you have to pray for them wisely and carefully. The best way to do it is when they are asleep.

A new family (mom, dad and two bright children) began attending our church. In the immediate prior years their family was a disaster. The father had been running around. The mother was so angry and wounded. They were yelling at each other constantly. The children were absorbing all of this. But then the parents gave their hearts to the Lord, wholeheartedly followed Him, and soon heard this teaching about the healing of the memories. They grieved over what they had exposed their children to. Their daughter was doing so poorly in mathematics that the teacher had been sending home notes urging them to get some tutoring help for her. Her handwriting was almost unreadable.

One night as the children slept, the parents came to their beds, laid hands on the children and prayed. They asked forgiveness for all they had exposed these children to. They then asked Jesus to come and surround with His healing presence the hundreds of memories (maybe even thousands of memories) and bring His healing and release. The children did not even know they were being prayed for.

Two weeks later, they received a note from the teacher. She said "I don't know what has happened, but this girl is so far ahead of the rest of the class in mathematics, I am temporarily taking her workbook away from her." Another note indicated that she was at the top of the class in reading and her handwriting had become amazing.

So what happened? That little girl was so deeply and desperately wounded through all these years of upset in the home that she couldn't really function. The parents had asked Jesus to come and touch her, to surround her, to love her and to heal her. The results were evident. God had healed this little girl in the deep subconscious and now she could function in the way that God had planned for her to function.

* **Compulsive and/or unscriptural** behavior can be dealt with through prayer for the healing of the memories (including unbiblical sexual orientation)

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- * As we declare forgiveness from the past, as we break these hurts and bondages, immediately we must ask the Holy Spirit to come and fill up all these areas where the hurt has existed.
- * When I pray for people, I like to picture in my mind the Lord coming into their inner house throwing open all the windows, letting the sunlight of His presence come in, removing all the bad pictures, cleaning out all the soiled corners and filling their life with His presence and His love.
- * We don't want to leave it empty.
- * And often the healing of the memories is **necessary preparation** for some people to receive the baptism of the Holy Spirit and the blessings that God wants to bring into their lives.

—As we declare freedom from past hurts and bondages, we must immediately ask the Holy Spirit to fill these areas. They must not be left empty.

—Healing of the memories is a necessary preparation for some in the process of receiving their baptism with the Holy Spirit.

5. The person who exercises this great ministry of setting people free must:

- (a) Know the power and authority of the Holy Spirit. Without this power, we cannot bind or loose with any authority that heaven will recognize. We may say the words, but they will be powerless.
- (b) Have a life that is free from known sin and is in tune with God.
- (c) Listen to what the Holy Spirit is saying about the person's need. If no direct guidance comes, ask the Spirit to check us as we proceed.
- (d) Truly believe Jesus is doing what we are asking even as we pray: Breaking tensions, lifting burdens, driving out fears, healing hurts—so that we can close the prayer by saying a faith-filled “Thank You; it's done!”

5. God wants to commission you for this ministry of Healing of Memories

- It is not a ministry for doctors and psychiatrists or even for pastors only
- This is a ministry that every loving and believing child of God can carry back into their families, their neighborhoods and their work places

Here are some guidelines as you move out amongst the many hurting people who will come your way :

- You must know and exercise the power and authority of Jesus
- You cannot do this on your own or with your own resources
- Your life must be free from sin and in touch with God.
- Listen to the Holy Spirit so He can show you what is needed. If no direct guidance comes, then proceed to invite the Lord into the situation, and ask Him to check you as you go
- Just believe the Lord. Have faith that God will do as He promised, so that when you are finished praying you can declare a faith-filled “praise God it’s done!”

There are many other amazing stories of changed lives through this prayer that I could relate to you. But I want to challenge you to go home and let God begin to write stories through *your* life.

Do you have any idea what would happen if all God’s people in your acquaintance were freed from satanic bondage, were wholly and completely healed both inside and out, and were turned on with the love and power of Jesus to be channels of His amazing grace? What exciting things would begin to happen! That would be a commission worth accepting! Please let me pray for you:

Lord Jesus, I pray that you will come and anoint every life here with the conviction that You will operate through them as they minister to bring your healing light and power into both the inner man and the outer man for the glory of Your name and the salvation of many souls. I commission each saint standing before You to realize that You want to minister through them, to accept it and to go home committed to walk in it!! In Your strong and holy name I pray, Amen!

—As we declare freedom from past hurts and bondages, we must immediately ask the Holy Spirit to fill these areas. They must not be left empty.

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F.L.C.—ENABLE: Doing the Work
Question Sheet

Name _____

1. What is meant by the term “Healing? The Inner Man?”
2. What benefits can we receive from paying attention to our dreams?
3. Share the one thing which impressed you the most from Herman Riffel’s chapter on “Healing of the Memories.”
4. How do you feel about the possibility of “there being a bondage present from past generations?” (Deuteronomy 5:9-10)
5. When should we consider praying for the healing of the memories of children, and what might it accomplish?
6. What question do you have about the whole idea of “Healing of Memories?”

FULL LIFE IN CHRIST Group Leader's Suggestions

FIRST

- Let the group share from their "feeding" sheets on Ephesians 4:23-32. Collect this week's sheets and hand back the ones you have looked over.
- Briefly go over the question sheet on healing.

NEXT—Discuss:

- The importance of "freeing others through forgiveness" in the whole process of inner healing
- Discuss the "generation curse." Is it for real? Need we fear it? How can it be dealt with Exodus 20:5; Deuteronomy 5:9-10).

IF TIME PERMITS—Use these additional questions

1. How do we learn the meaning of our dreams?

Leader's Note:

- Most important of all—seek God for the interpretation.
 - Become familiar with the basic symbols in dreams.
 - Some people seem to have more perception than others to interpret dreams.
 - Read Herman Riffel's popular book on dreams.
2. Do you think children can really be affected with fears and other emotional pressures even before birth while in their mother's womb? If so, how can these needs be met? (See Psalms 139:13-18).

FINALLY

1. Eat Matthew 18:15-35.
2. Read carefully the chapter "How God Speaks to us" on pages – of your manual.
3. Complete the question sheet for session four and bring it to the next session..
4. Encourage those who have not completed their "Psalm of Praise" to do so this week.