

04/11/17: THINK AGAIN

Inner Healing Prayer

- I. ONE THING – The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

- II. MEDITATION

- A. Review your class notes from Tuesday.
 - Take some time to think about the main ideas of the lesson. If you want to add details to your notes, you'll find the audio message on our website under the Resources tab. (www.DivineDesignDiscipleship.com).
 - Which of the scriptures referenced were particularly meaningful to you? Write out those verses below and spend some time studying them this week.

- B. Rewrite your One Thing into a prayer, expressing your heart's desire for God to make this truth become your experience.

III. Inner healing prayer

Resources – This is Rusty Rustenbach’s Inner Healing Prayer model. His model is a resource of the People Resources Team of the Navigators. For further study, read Listening and Inner-Healing Prayer (Meeting God in the Broken Places) by Rusty Rustenbach. Parts of this information also came from Patty Metcalf of CRM (Church Resource Ministry) and her 30 year study of listening and inner healing prayer.

A. Definition

1. Inner healing Prayer is a God-centered ministry that can help a person experience internal freedom from bondages, addictions, and recurring painful emotions.
2. It can be experienced in time alone with God or with the help of a facilitator.
3. Inner healing prayer is one application of listening prayer wherein we listen to God about areas of inner pain and bondage and allow Him to be the wonderful counselor (Is. 9:6) who brings truth that sets us free/ heals our broken hearts.
4. Inner healing prayer has roots in the passage from Isaiah 61:1 which Jesus quoted in Luke 4:18 when He began His earthly ministry.

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners...”

5. Inner healing prayer moves truth from our heads to our hearts so God can transform us (Rom. 12:2).
6. Through inner healing prayer we experience truth in our inmost being (Ps. 51:6).
7. Inner healing prayer reveals truth that sets us free (Jn. 8:31-32).
8. God’s spoken word brings light/revelation and births faith (Gen. 1, Rom. 10:17)

B. Principles

1. All of us have had our hearts broken.
2. The heart broke in response to something that happened in the past.
3. Our response to the event, not the event itself, places us in bondage. One typical sinful response is when we believe a lie.
4. Present difficulties often trigger past pain. Today’s recurring issues are rooted in our past.
5. Life changing truth can be known and experienced when God communicates it in a special way.

C. The structure and people involved in Inner Healing Prayer

1. Our prayer time will involve 3 people –

The *facilitator* – Your group leader – the one who will ask Jesus questions

The *prayee* – the person being prayed for, will listen to God and share impressions

The *intercessor*- a silent prayer partner from your small group, will pray silently during the prayer session and take notes about what is being said. The intercessor will pray for the participants and against interference or distraction. She may also have impressions to share at the end of the session.

2. The facilitator will ask a series of specific questions. The prayee responds with the impressions, thoughts, words, or pictures that she hears, sees or senses from the Lord.

3. Facilitator often asks, “What’s coming to your awareness? What do you hear, sense, see?” Or she may say, “stay gently present with that (thought, picture, etc.), see what else comes.”

4. Facilitator’s main job is to listen to people, love them and help them meet with Jesus.

D. Common Obstacles/Hindrances to Clear

1. Inner expectations
2. Difficulty getting in touch with emotional pain
3. Learning to tune in to “stray” thoughts and deal with them
4. Analysis paralysis
5. Fear/need to be in control
6. Enemy interference
7. Unsurrendered heart

E. Preparing the Heart for Inner Healing

1. Exercise the authority of Christ over all other voices that seek to speak to us.

In prayer: (based on James 4:7) “I now command any spirits NOT of Jesus Christ (the world, my flesh, the devil, my own understanding) to be dumb and silent – you may not distract or interfere with this time.”

2. Come fully present before God. Still and quiet your heart before Him. (Ps. 131:2, Ps. 46:10)

3. Ask God to search your heart and bring up anything that needs His healing touch. (Ps, 139:23-24, Ps. 27:8)
4. Ask Jesus to speak
5. Surrender your will to God; predetermine to act on His word.
6. Wait in silence and peace for God's communication. Don't force this.
7. Don't try to analyze and figure out meanings. Remember- "analysis paralysis".
8. Write down the impressions God brings.
9. Test impressions with God's word, His character, and other believers.

F. The Process of Facilitated Inner Healing Prayer

Facilitator asks Jesus a series of questions; prayee responds with impressions, thoughts, or pictures she senses.

1. Facilitator asks Jesus for an area of focus.
"Jesus is the area you would have prayee focus on a repetitive unwanted behavior, a recurring painful emotion or an overreaction to a recent event?"
2. If the issue is a repetitive unwanted behavior, Facilitator asks Jesus to uncover the emotion attached to it. "Jesus, what emotion does P. usually experience just before she senses herself entrapped by this area of bondage?"
3. If the issue is a persistent emotion or an overreaction to a recent event, F. asks, "Jesus, what is the underlying emotion P. is struggling with?"

Common Painful Emotions

Fear, anxiety, worry, resentment, anger, rage, hostility, guilt, shame, self-hatred, inferiority, insecurity, rejection, worthlessness, defectiveness, powerlessness, abandonment, grief, aloneness, loneliness, hopelessness, emptiness, jealousy, depression, depressed feelings, feeling unloved, unwanted, neglected, uncomforted, etc.

4. F. asks, "God, would You please help P. experience this emotion right now?" Experiencing the emotion will open a window into the deeper part of your being. (Job 36:15-16).
5. F. asks, "Lord when was the first time P. experienced this emotion? Jesus, please take P. back to when this all began." P. waits in His presence, speaking

the impressions that come to her awareness no matter how faint or unexpected they seem. Sometimes the wound is a pattern in P.'s childhood (such as a distant parent, neglect, or criticism) and she won't be able to identify a specific event.

6. F. asks, "God what did P. come to believe in this event or with this pattern from her childhood?"

7. F. asks, "Lord Jesus what do you have to communicate with P. about what she came to believe? What is the truth?"

8. If P. doesn't feel like a burden has been lifted, F. asks, "Jesus what else do you want to communicate to P. about this event? Did she come to believe another lie? Jesus what's the truth?"

9. Renounce and reject lies. Lies are to the enemy as garbage is to rats (see John 8:44). Embedded lies we've believed give the enemy a foothold in our lives (Eph. 4:27).

- State and confess the lie as sin.
- Ask for forgiveness.
- Receive the forgiveness of Jesus Christ.
- Renounce and reject the lie.
- Command any demonic spirits that may have gained access to you through the lie to leave and never return.
- Ask the Holy Spirit to fill the vacated places.

G. Additional Areas God may bring to light in the Inner Healing process

1. Where was Jesus?

Jesus promises that He is with us always and will never leave or forsake us. He was with us in our past experience, just as He is with us today and will be with us in the future. Finding Jesus in a painful memory can reframe the memory for good.

2. Issues of Forgiveness

Is there anyone P. needs to forgive from this memory? Unforgiveness keeps us bound to the offending party. Ask Jesus to help you forgive and release the offender. Remember you may need to forgive a person, a group of people, or yourself. Sometimes we need to admit our offense with God and "forgive" Him.

3. Are there vows and strategies to renounce?

An unbiblical inner vow is a strong decision, oath, or declaration of what we will or will not do in order to protect ourselves from pain or further hurt, or to get what we feel we need.

A faulty strategy refers to a largely unconscious plan, method, or series of maneuvers that help us fulfill our vow.

4. Are there Pronouncements to break?

Pronouncements are defining statements or a persistent attitude we experienced growing up (often made by an authority figure) that can call forth an identity or place us in bondage.

5. Is there a burden that needs surrendering?

Ask, "Jesus is P. willing to give this burden to you?"

If hesitant, ask, "Jesus, why is P. hesitant to give this burden to you? What function does it play in her life?"

Then ask, "Lord, if I were to lay the burden at your feet, what would You give me in return?"

6. Ask, "Is there anything else, Lord, or is that all for today?"

H. Sealing the Healing

1. Sealing prayer - F. prays thanking God for what He has done in this session and blessing the P. with the opposite spirit of the emotion that was keeping her in bondage.

2. Retaining Your Healing and Taking it Deeper

- Ponder these things in your heart/ meditate.
- Journal your healing and review it often.
- Anchor your healing in God's written Word. Ask God to give you scripture passages to affirm what He said or did in the time of inner healing.
- Ask God to give you a song that speaks of what He did for you.
- Commemorate your healing – purchase a symbol or picture of your healing.
- Continue to listen to God on your own.
- Share your healing with others.

I. Keys to Staying Free

1. Remember that we experience our bondage as a lack of ability to choose. Through inner healing our freedom of choice is restored. Now we can choose by God's power to live His will His Way. This does not mean we will never struggle in this area again. As we choose to believe the truth and not the lie of the enemy, our will power will get stronger and stronger.

2. Realize the enemy will attack you (1 Peter 5:8). Be on your guard against his attacks (2 Cor. 10:3-5). Put on the whole armor of God and take your stand against the schemes of the enemy (Eph. 6:10-18).

3. If struggles arise, pour your heart out to God.

4. If trapped in doubt, get help from other believers.