

Healing of Hurts, Emotions and Memories

Memories can wound, cripple, and bind people. Some speak of this wounding as producing **cracks in our soul**. This type of wounding can also keep us in bondage, prevent God's healing power from working within us, and cause us to become physically ill. God's love, however, can transform (change or renovate) our emotions—and even our memories—to set us free and to allow us to live an abundant life through Christ. God, who desires "*truth in the inner parts*" (Ps. 51:7), allows His Holy Spirit (the spirit of truth) to reveal truth and to bring His love to cover each situation so that healing may occur.

This section deals with inner healing in general. Other sections deal more in-depth with specific causes of wounded memories, such as rejection, divorce, abuse, etc.

Definitions

"While **sickness of the spirit** is caused by what we do, **sickness of the emotions** is generally caused by what is done to us. It grows out of the hurts which are done to us by another person or some experience we have been exposed to in the past. These hurts affect us in the present, in the form of painful memories, and weak or wounded emotions. This in turn leads us into various forms of sin, depression, a sense of worthlessness and inferiority, unreasoning fears and anxieties, psychosomatic illness, etc. Included in this [process] are the present day effects (consequences) of the sins of the parents in the bloodline of a person. Thus healing of past hurts touches the emotions, the memories and the person's bloodline" (as referred to in John Wimber's book, *Power Healing*).

Inner Healing

1. Repentance will not heal hurtful or painful memories. **The person did not sin but was sinned against.**
2. Most inner healing requires forgiveness of those who have hurt or abused us; it also requires healing prayer for the hurts and painful memories of that experience which still reside within.
3. We cannot truly experience inner peace and joy and the full love of God when we are suffering from woundedness. Most wounded individuals experience feelings of fear or fear of rejection, rejection, self-rejection, and/or lack of self-worth.
4. Our deepest need is to be loved and if we are denied love as infants or as children (known as love deficit), somewhere along our lifeline we may be affected and be robbed of our peace—of our ability to **love and trust mankind** and/or God.
5. These hurts may even precede birth (having occurred while the baby is in-utero—as discussed in a later section). A child may feel rejection if they are aware their parents did not want them or that the timing of their birth was somehow disfavored.
6. These inner hurts may be **the root cause** of physical problems.
7. Often evil spirits attach themselves to these experiences and make healing even more difficult.
8. Some inner healing needs may be present because of the sins of our predecessors (as discussed in the section on "Healing from Generational Influences").

9. The basic idea is simply this: since “time” does not exist with God in heaven, then Jesus (who is also the same yesterday, today and forever) can go back through what we know as time and heal the wounds, pain, and memories of our past so they no longer cause us woundedness. Jesus then fills (with love) all these places in us that have been wounded, hurt, and empty.
10. In the process of inner healing, we ask Jesus to go back in time to when the person was hurt, rejected, or abused, and to free them from the effects of that woundedness “in the present” by bringing to light the things that have hurt them, and we pray that the Lord heal the binding effects of the hurtful incidents of the past. In most cases, each distinct situation needs to be prayed for individually.
11. It isn't the event that is the problem, it's the emotional reaction to the event that causes the problem (continued woundedness) and allows Satan in.
12. Parts of their spirit (of those experiencing woundedness) have not been consecrated to God (and anything Jesus does not own, Satan owns).
13. 80% of the problems of Mayo Clinic's visitors are psychosomatic, not physical.

Possible Symptoms Revealing an Individual's Need for Inner Healing

1. They withdraw from life, acting as though they want to hide
2. They are shy or secretive and unwilling to use their talents
3. They exhibit or speak about feelings of rejection
4. They exhibit difficulties in progressing spiritually
5. They continually struggle with addictions, forgiveness, woundedness, etc.
6. They exhibit behavior or feelings of hollowness or emptiness and may often be expressionless
7. They demonstrate a sense of being deeply lonely
8. They exhibit reactions of feeling persecuted, tormented, or afflicted
9. They show signs of feeling desperately lost and futile inside but act on the outside as if things are going well
10. They may suffer vertigo during the Lord's anointing
11. They have dyslexia problems
12. They feel and act nervous and uncomfortable during serious worship
13. They feel their spirit is imprisoned
14. They weep uncontrollably on occasion
15. They wonder if they are losing their mind
16. They exhibit continued feelings of guilt and shame

Inner Healing Inventory

The following questions may be helpful in identifying areas in your life which need healing. These questions may also suggest openings in your “spiritual hedge” where the adversary can or has entered. Find a quiet place, make spiritual preparation for a short time, then ask God to open your mind and help you recall the answers to the following questions.

1. Have you ever been divorced? How is your relationship with your ex-spouse? Do you hold unforgiveness? Has he (she) hurt you deeply and rejected you?
2. Have you lived with a “significant” other and then later separated?
3. List all those who have hurt you deeply (for which you still experience pain).
4. Have you ever been raped or abused (sexually, physically, or emotionally) and by whom? Have you forgiven them?
5. Have you ever had a miscarriage or an abortion or fathered a child that was either aborted or miscarried? Have you ever paid for an abortion or transported someone to get an abortion?
6. What was your father like? How did you and he get along? Did he love you? Did he express his love by holding you and speaking words of love?
7. What was your mother like? How did you and she get along? Did he love you? Did she express her love by holding you and speaking words of love?
8. Was yours a happy childhood? Were you adopted or cared for by foster parents? Did father or mother die at an early age, or leave the home through separation or divorce?
9. List the names of all those who have rejected you or made you feel worthless.
10. Have you ever considered suicide?
11. Have you ever been diagnosed with a mental disorder or hospitalized for psychiatric counseling?
12. Have you ever made any vows, such as “never to let men hurt me again?”
13. Do you have excessive and/or unreasonable fears? Are you fearful of anything in particular?
14. Are there any idols in your life—things that you put first before God or that you do first before doing things for God?
15. Has anyone tried to control you? Have you tried very hard to please someone without success? Are you co-dependent with anyone?
16. Were you greatly embarrassed when you were a child or a young adult?
17. Can you identify a pattern of hurtful events beginning early in your life, each building upon the other?
18. Do you wish you were someone else? Do you dislike yourself? Do you wish you had never been born?
19. Do you have a learning disability (such as dyslexia) which was not diagnosed in childhood? Do you have any other kind of limiting handicap?
20. Do you dislike the opposite sex or your own sex?
21. Do you often find that your reaction to something said or done is out of proportion to whatever the stimulus was (do you often over-react)?
22. Do you have a recurring memory of a past hurt? Does it still trouble you to think about it?
23. Are there people you can’t forgive? Do you have trouble asking someone else to forgive you?
24. Do you have overwhelming feelings of guilt or shame?
25. Do you find it nearly impossible to admit making a mistake? Do you usually look for someone to blame for what goes wrong in your life?

26. Do you have a nearly-continuous feeling of anger inside? Are you usually critical in your remarks or thoughts about others?
27. Do you have a fantasy world to which you escape?
28. Do you have a physical illness that has no known cause?
29. Have you been diagnosed with as a slow learner, manic-depressive, bi-polar?
30. Do you frequently suffer from depression or are depressed over long periods of time?
31. Do you have frequent nightmares or troubling and recurring dreams?
32. Do you have physical or mental exhaustion from wrestling with inner problems?
33. Do you have difficulty sleeping or do you want to sleep too much?
34. Are you extremely restless and/or “on the go” constantly? Are you unable to sit and relax for any length of time?
35. Are you a workaholic? Do you feel guilty if you aren’t doing something productive? Are you always striving for the approval of others?
36. Were you an adult before you ever felt loved by another person?
37. Do you often compare yourself with others and end up feeling inadequate and discouraged?
38. Do you have a constant need for physical affection or do you dislike being touched at all?
39. Do you have a deep sense of insecurity, of feeling unloved, or of disapproval?
40. Is it hard to believe God loves you or approves of you?
41. Do you find it difficult to give and receive love?
42. How do you feel about yourself? (Circle all that apply.)

low self-image	insecure	withdrawn personality
self-condemning	hate myself	try to please others
worthless	believe I am a failure	agony within
inferior	question my identity	display a facade
starved for love	promiscuous	insecure
unworthy	fear of rejection	don’t know who I am
approval-seeking	self-rejecting	feel abandoned
self-accusing	can’t accept love	depressed
can’t give love	internal hurt/pain	can’t love spouse
no lasting relationships	earn acceptance by being good or by hard work	

Inner Healing Prayer

1. Usually this prayer is done privately with only two persons on the prayer team. Some of the memories may bring back guilt or shame.
2. Always pray for inner healing before giving a deliverance prayer. When the root

memory is healed, the spirits of darkness will leave much easier.

3. The person is usually asked, with the help of the Holy Spirit, to visualize the hurtful experience. Then we ask Jesus Christ to be present in the mental picture—not to change it, but to take the hurt and pain away and replace it with love.

Let's take an extreme example. A young girl is sexually abused by her father, brother, or a close relative. Typically during this experience, a gate is opened and unclean spirits of lust, fear, physical pain, and confusion (particularly if it is her father) come in. Normally healing will not come until she can re-visit the experience in her mind, ask Jesus to come into the picture and take away the hurtful emotions she felt at that time, and bring healing to the experience.

Sometimes we (intercessors) have to pray that **the cross of Jesus** is placed between the abuser and the seeker, and, when this happens, in her mind's picture the view gets light on her side of the cross and stays dark on the other side of the cross. Sometimes Jesus comes and stands between the abuser and the seeker. Either way, the traumatic emotional experience is healed by the love of Jesus and by the seeker's willingness to forgive the abuser and to turn over to Jesus the traumatic emotions that were there at the time.

We (as intercessors) also **cast out or command the unclean spirits to go** and pray that God heal the experience. Healing comes, and while the seeker can remember the experience again in the future as a **historical event**, the event will cause them no PTSD (Post Traumatic Stress Disorder) problems, discussed further in the section on Trauma.

4. If the power of the Holy Spirit is present, the person will (1) see Jesus in the picture, OR (2) feel Jesus' love and warmth, OR (3) know in their mind what Jesus would do (usually occurring in those with highly analytical thinking).
5. If they are unable for one of these three things to happen, there may be evil spirits or a curse present that is preventing Jesus' light from entering.
6. Prayer may have to be given to **place the cross of Jesus** between the perpetrator and the victim.
7. Have the seeker share the emotions they are feeling.
8. Ask them if they can see Jesus in the picture. Ask them if they want Him to come.
9. Ask them to give Jesus all the painful emotions, and to receive from him love, & peace
10. Ask the seeker if they want Jesus to come to them and hold them. Don't rush here.
11. When the person is ready, ask the Holy Spirit to guide the person to the next experience and/or picture that the Lord wants to heal.
12. This kind of prayer may take more than one session and may be accompanied by significant weeping.
13. This process requires generous and unhurried time. Listen, love, and pray but don't counsel. You don't have any answers; only God has the answers.

Listening Prayer

An alternate prayer method to traditional inner healing prayer is called listening prayer or “**behold and be held**”. The objective is to allow the seeker to **behold** the face of Jesus, and **be held** by Him in His arms which always seems to bring instant healing of traumatic experiences. While this method may seem to be similar to traditional inner healing prayer at first glance, this method enables the seeker to find Jesus in a safe place **first**, rather than searching frantically for Him in the middle of a traumatic memory. It becomes a safe home base for all forays into inner healing. Jesus provides comfort, courage, reassurance, and promises before we enter the scary places. It allows the intercessor to get acquainted with how each seeker personally hears, sees or senses Jesus. We take Jesus at His word that he will come. “*Whosoever will may come*” (Rev 22:18) “*Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.*” (Rev 3:20) “*...He will be with thee, He will not fail thee, neither forsake thee: fear not, neither be dismayed.* (Deut 31:8) and the last words Jesus spoke to his disciples “*and, lo, I am with you always, even unto the end of the world.*” (Matt 28:20)

The process for listening prayer is as follows:

1. The prayer minister asks Jesus a question.
2. Jesus gives His answer to the seeker.
3. The seeker reports Jesus’ answer to the prayer minister.

Steps in Listening Prayer

1. **Meeting Place** - The seeker first asks Jesus to meet them in a safe “meeting place”. Everyone has a safe place in his/her heart in which to meet Jesus. God has graciously preserved a place of refuge for Himself in even the most broken or bound up of his children.

Intercessor prays: *Thank you Jesus for creating and preserving a safe place in every human heart where we can meet with you to begin the healing process. Please show us now what that place of refuge looks like in this person.*

Ask the seeker what Jesus is showing them.

Intercessor prays: *Jesus show _____ (the name of the seeker) how you see them.* (the most common picture is that of a child with a loving parent. Peace may ensue)

2. **Recognition of the root wound(s)** – Intercessor prays: “*Lord would you please show us what root wound you want to heal.*” When God begins to lead the seeker back to a root wound, we find it is usually an early painful memory or an obvious specific trauma. At such times, wounds are inflicted and messages are imprinted on our hearts. Even when the memory itself is long forgotten, we respond to life through the grid of those hurts. Thus we normally learn to be angry, or fearful, or despairing at a very early age.

Sometimes He will actually take the seeker by the hand and leads them through a door from the place of refuse into the place of pain. Other times, He will go before them to let us

know when it is safe to enter. Most often, Jesus sends them into the memory, assuring them that He will be there even though they may not see Him immediately. The rationale is that the seeker must first experience the event as they have been remembering it to recognize how the root wound occurred. These often are pre-natal or infant experiences for which we are too young to have any defense.

3. Confession – To the seeker “*What are your emotions in this experience, pain, fear, confusion, anger? Tell Jesus honestly and exactly the emotions you are feeling*”. Once the seeker is brutally honest, we find that Jesus usually rushes in to help.

4. Revelation of Jesus . (behold) “*Lord, your Word says that you never leave us or forsake us. You promise to be with us always. Would you now open the eyes of our heart? Please enable us to find you in this memory.*” When Jesus comes, He washes away all the emotions, the pain, the lies, the vows the seeker may have made, the guilt, shame and sorrow. He invites us to cast all of our cares and anxieties on Him (Ps 55:22, I Pet 5:7) He sprinkles our hearts clean and washes our bodies with pure water (Heb 10:22)

5. Be Held - Once we find Jesus in the mental picture (memory) we ask Him to come and stand between the seeker and the perpetrator or the traumatic experience. Then we ask the seeker “*Would you like Jesus to hold you?*” Sometimes it takes a while for them to say yes. But once all the pain is gone, they usually rush toward Jesus’ open arms.

Once they are in Jesus’ arms, we wait a few minutes then ask the seeker “*Would you like to look into Jesus’ eyes to see the love He has for you?*” This sometimes takes a few minutes and encouragement. Once the seeker looks, we ask them “*What do you see in His eyes?*”

6. Healing Self-Image - After the seeker has looked into Jesus’ eyes, we ask the seeker “*Ask Jesus what do you see when you look at me?* Most seekers with inner healing needs have a low self image that needs to be healed. More about this in a following section on Healing Your Self-Image.

7. Healing of the next memory – Return to the meeting place and ask Jesus to bring to the seekers mind the next memory He wants to heal. Follow the same pattern given above for each memory Jesus brings.

Resources (in order of priority)

1. Norma Dearing, *The Healing Touch* (Chosen Books, 2002). ISBN 0-8007-9302-1.
2. John and Paula Sanford, *Healing the Wounded Spirit* (Victory House, 1985). ISBN 0-932081-14-2.
3. John and Mark Sandford, *Deliverance and Inner Healing* (Chosen Books, 1992). ISBN 0-8007-9206-8 Charles Kraft, *Defeating Dark Angels* (Servant Pub., 1992). ISBN 0-89283-773-X.
4. Ruth Stapelton, *Gift of Inner Healing* (Bantam, 1997). ISBN 0553102915.
5. Matthew and Dennis Linn, *Healing of Memories* (Paulist Press, 1974). ISBN

- 0809118548.
6. Barbara Shlemon Ryan, *Healing Prayer* (Servant Books, 2001). ISBN 1-56955-262-2.
 7. Charles Kraft, *Deep Wounds, Deep Healing* (Servant Publications, 1993). ISBN 0-89283-784-5.
 8. David Seamands, *Healing of Damaged Emotions* (Chariot Victor Books, 1991). ISBN 0896939383.
 9. Betty Tapscott, *Inner Healing Through Healing of Memories* (Box 19827, Houston, TX 77024, 1977).
 10. Francis MacNutt, *Healing* (Bantan Books, 1974): 161-73. ISBN 0-87793-074-0. (Excellent summary in a few pages.)
 11. Agnes Sanford, *Healing Gifts of the Spirit* (Lippincott Publishers, 1966, reprinted 1974). ISBN 087-981056-4.
 12. John and Paula Sandford, *Transformation of the Inner Man* (Victory House, 1982). ISBN 0-932081-13-4.
 13. John Wimber, *Power Healing* (Harper & Row, 1987). ISBN 0-06-069533-1.
 14. Francis MacNutt, *Deliverance From Evil Spirits: A Practical Manual* (Chosen Books, 1955). ISBN 0-8007-9232-7.
 15. Brad Jersak, *Can You Hear Me?* (Fresh Wind Press 2003) ISBN 0-9833586-0-2 (Much of the information on Listening Prayer is taken from this resource)