

# INNER HEALING AND DELIVERANCE

## “BREAKING CHAINS OF BONDAGE AND SETTING CAPTIVES FREE”

Isaiah 61:1 “The Spirit of the Lord God *is* upon Me, Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to **heal the brokenhearted**, To **proclaim liberty to the captives**, And the **opening of the prison to *those who are bound***;

John 8:36 Therefore if the Son makes you free, **you shall be free indeed**.

### COME OUT OF AGREEMENT AND REPENT

### FORGIVENESS IS THE PATH TO INNER HEALING AND DELIVERANCE

### WHAT IS INNER HEALING?

Inner healing is a process of using \_\_\_\_\_ and the \_\_\_\_\_ to heal the deepest wounds to our souls.

- Hebrews 4:12-14 <sup>12</sup> For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. <sup>13</sup> And there is no creature hidden from His sight, but all things *are* naked and open to the eyes of Him to whom we *must give* account.
- 2Timothy 3:16-17 <sup>16</sup> All Scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness, <sup>17</sup> that the man of God may be complete, thoroughly equipped for every good work.
- Matthew 17:14-21 <sup>14</sup> And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, <sup>15</sup> “Lord, have mercy on my son, for he is <sup>16</sup>an epileptic and suffers severely; for he often falls into the fire and often into the water. <sup>16</sup> So I brought him to Your disciples, but they could not cure him.” <sup>17</sup> Then Jesus answered and said, “O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.” <sup>18</sup> And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. <sup>19</sup> Then the disciples came to Jesus privately and said, “Why could we not cast it out?” <sup>20</sup> So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. <sup>21</sup> However, this kind does not go out except by prayer and fasting.”

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Inner healing brings forth deliverance as it:

- deals with memories of the past that caused trauma, abuse, or emotional pain.
- moves to change our inner heart motives and attitude and restore our relationship with God, ourselves, and others.
- offers promises of God's healing, forgiveness, and His presence for those who are brokenhearted (overwhelmed by grief or disappointment) and contrite (regretful, remorseful, sorry, shame).
  - Psalm 147:3 He heals the brokenhearted And binds up their wounds.
  - John 8:32 And you shall know the truth, and the truth shall make you free."
  - Isaiah 61:1 "The Spirit of the Lord God *is* upon Me, Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to *those who are* bound;
  - 1 John 1:9 If we confess our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness.
- moves forward from the past; addresses the past but does not reside there.
- supports our faith in overcoming fear that causes us to remain captive, in bondage, and stuck.
- brings awareness to what is wrong and heals with TRUTH. The truth of who God is and who we are in Christ.
  - Romans 6:4 Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.
  - 2 Corinthians 5:17 Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.
  - 1 Peter 2:9 But you *are* a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light;
  - Psalm 139:14 I will praise You, for I am fearfully *and* wonderfully made; Marvelous are Your works, And *that my soul knows very well.*

**NOTE: Inner healing does not condemn or place shame. It does not invalidate our feelings nor the issue.**

### WHY DO WE NEED INNER HEALING?

We are made up of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. Inner healing addresses the hole in our soul, which is \_\_\_\_\_! God addresses our whole-being for complete sanctification.

1 Thessalonians 5:23 Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

- Spirit – \_\_\_\_\_ sanctification (past) – free from penalty of sin and our spirit is perfected through our faith in Jesus Christ (Romans 5:1 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,)

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- Soul – \_\_\_\_\_ sanctification (now) – BREAK FREE from the power of sin through our daily spiritual walk; our growth and maturity in the Lord (John 15:5; Galatians 5:22-23; Romans 12:1-2; James 1:2-4; John 17:17)
- Body – \_\_\_\_\_ sanctification (future) – free from the presence of sin our body will be perfected through glorification (1 Corinthians 15:51-53 Behold, I tell you a mystery: We shall not all sleep, but we shall all be changed— <sup>52</sup>in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed. <sup>53</sup>For this corruptible must put on incorruption, and this mortal *must* put on immortality.)

### Trauma Root Causes

- **NEGLECT:** Someone didn't realize that they were being hurtful (unintentional and not addressed)
- **NEGLIGENCE:** Someone knew there was a problem and failed to act (done intentionally and not addressed)
- **RANDOM:** Something happened that was beyond anyone's control (something unintentionally happened that should not have)
- **MALEVOLENCE:** Someone was deliberately violent or hurtful (something intentionally happened that should not have)

### Trauma Responses

- **FIGHT:** Anger, irritability, aggression (verbal or physical), extreme tension in body
- **FLIGHT:** Anxiety, fear, Panic, Worrying, self-isolation, staying busy to avoid difficult feelings, inability to tolerate conflict, immediately leaving situations where you feel uncomfortable
- **FREEZE:** Immobilization, Dissociation, Depression, feeling a sense of dread, forgetting to breathe, feeling physically cold or numb, feeling physically and emotionally disconnected from your surroundings
- **FAWN:** People Pleasing, can't say NO-unhealthy boundaries, prioritize other people's feelings to receive their approval, avoiding conflict at the expense of your own needs, apologizing when you're not at fault
- **FRIEND:** Trauma bonding; attracting and attaching with others who suffer the same unhealthy wounds

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## What Is a Stronghold?

- When trauma is introduced and tolerated, a stronghold is developed.
- 2 Corinthians 10:4-6 For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, <sup>5</sup> casting down **arguments and every high thing that exalts itself against the knowledge of God**, bringing **every thought** into captivity to the obedience of Christ, <sup>6</sup> and being ready to punish all disobedience when your obedience is fulfilled.
- A stronghold is a system of belief (thought) that has been created in the mind of a person that goes against the truth of God and His Word. It is a lie that has influence over our lives to the degree we submit to it. The Word of God has supernatural, divine power to demolish strongholds. It is God's Truth that sets us free. In the same way, as we submit to the truth of God's Word and act on it, the lies will come tumbling down (chains broken) and we can be truly free. (2 Corinthians 10:4-6; John 8:31-32; Ephesians 6:10-18).
- A few stronghold examples:

ANGER	CONTROL AND PRIDE	ERROR
FEAR	PASSIVITY	REJECTION
SHAME AND CONDEMNATION	UNBELIEF AND REBELLION	UNFORGIVENESS

More Examples: <https://eagleascend.com/sixteen-strongholds-manifestations/>

## BEGIN YOUR HEALING PROCESS

Major stronghold is UNFORGIVENESS we must begin there. Matthew 5:23-24 "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, <sup>24</sup> leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

## **BREAK AGREEMENT AND REPENT**

Conduct a self-assessment, evaluation and examination. Begin with the following:

- Prayer and quiet time with the Lord – Ask God to show you the areas in which you need help.
  - Psalm 139:23-24 <sup>23</sup> Search me, O God, and know my heart; Try me, and know my anxieties; <sup>24</sup> And see if *there is any* wicked way in me, And lead me in the way everlasting.

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- Meditation – When areas of need are identified, search the Bible for scriptures that speak to the lie (stronghold). Write them down, speak them out, journal about it.
  - Psalm 1:2-3 <sup>2</sup> But his delight *is* in the law of the LORD, And in His law he meditates day and night. <sup>3</sup> He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.
  - Joshua 1:8 <sup>8</sup> This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.
- Connect with trusted/safe people. This could be Christian faith-based therapists, advisors, pastors, leaders, family and friends.
  - Psalm 1:1 Blessed *is* the man Who walks not in the counsel of the <sup>(a)</sup>ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;
  - Proverbs 24:6 For by wise counsel you will wage your own war, And in a multitude of counselors *there is* safety.
  - Proverbs 11:14 Where *there is* no counsel, the people fall; But in the multitude of counselors *there is* safety.
  - 2 Corinthians 6:14-15 <sup>14</sup> Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness? <sup>15</sup> And what accord has Christ with Belial? Or what part has a believer with an unbeliever?
- Quiet time daily to think of good and noble things. Listen to hear what God is saying about you.
  - Philippians 4:8 Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.
- DO THE WORK
  - James 2:26 For as the body without the spirit is dead, so faith without works is dead also.

### **BE REMINDED:**

- **REPENT** without condemnation (Get right with God)
- **CURIOSITY** without judgment (why am I like this),
- **COMPASSION** for self and for others (where is forgiveness needed), and
- **COURAGE** to try something new (create and work on a healing plan)

Regardless of what we have been through that prevents us from living whole, free and fulfilled lives, the Holy Spirit is willing and able to bring us to complete healing and deliverance. Be open and receive. Next month we will explore inner healing in an area that immobilizes many from reaching God's potential in their lives... **The Spirit of Fear!** Invite someone to join you/us next month, Friday, March 1, 7:30pm.

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### FRUIT OF THE SPIRIT (How it shows up in our life)

1. **Love or Charity** — Not just feeling affection for something that pleases us, but selfless, sacrificial, unconditional love. Jesus said the greatest love is to lay down your life for a friend. It's what he did for us, and when we abide in him and he lives through us, we start showing it for others.
2. **Joy** — A supernatural joy that doesn't depend on circumstances. Abiding in Christ opens a channel of grace to your heart. In him, even the things that seem to crush us can lead to joy. Think about the wine that comes from grapes that are crushed. The wine that is Christ to us, in the Eucharist. That wine is joy!
3. **Peace** — Not the absence of conflict, but wholeness. Completeness and right balance. Anyone can be at peace when the world is quiet. It takes the life of Christ to give us inner peace that holds steady even through chaos.
4. **Patience** — This fruit becomes evident when you're willing to suffer trials; when you're not vengeful; when you avoid fighting; when you choose to put up with annoyances. Patience helps you carry your cross.
5. **Kindness** — When Jesus said his yoke is "easy," he used this word (Matthew 11:30). His yoke doesn't chafe, because it's tailored to the one wearing it. It fits well. It is "kind." The fruit of kindness extends that attitude through us. Kindness enables us to take into account the needs and foibles of others and help them instead of condemning them out of hand.
6. **Goodness** — This is doing the right thing for others. It can mean encouraging or helping them but it also encompasses a loving rebuke or what we call "tough love."
7. **Faithfulness** — Being trustworthy and reliable. When this fruit is active in your life, you are faithful to God even when you can't see him or feel his presence. Faithfulness hangs onto what we know is true and acts accordingly.
8. **Gentleness** — This is sometimes translated "meekness." It's not weakness, though — it's power under control, like a horse that is trained to the bit. When Christ's spirit lives in you, and you abide in him, that spirit flows through you and enables you to be gentle and considerate even in difficult situations.
9. **Self-control** — This fruit shows mastery over desire and self-indulgence. When Jesus was tempted in the desert, he practiced self-control. He was helped in that battle by quoting Scripture; there's a reason that "abiding in Christ" involves soaking in the Word. We can work at gaining self-control (and should), but the kind of self-control that comes from the Spirit passes what we can do on our own.
10. – 12. **There are three more: Generosity**, in which the Spirit deepens our impulse to give abundantly from what God has given us; and two that are related to self-control, namely **Modesty** and **Chastity**. The Spirit doesn't cause us to reject passion or other human gifts, but it gives us a moderation and proper way to use them to a good end and the greatest eternal fruit.

Source: <https://comeintotheword.com/bearing-fruit-in-christ/>

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## SELF ASSESSMENT

