

Spiritual Warfare: Freedom from Demonic Influence

Teaching Notes for Part 10 Inner Healing Exercise

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I. Introduction:

- If you have had much trauma in your life, if you know that you have many demons, or if you know that you have associative disorder you can try to do inner healing yourself but you may find that you are just not able to do this without assistance.

If you begin to feel as though you are losing control or that you know that demons are fighting you stop and get help from an experienced inner healing and deliverance minister. You may need a level of deliverance first. The enemy will do try to stop this if possible.

- Inner healing is painful because you will be asked to remember. This is tearing the scab off of the wound so that it may be cleaned and healed. It is painful but necessary.
- You can do this exercise with me if you feel comfortable doing it. If so pause the video when I say to.
- When you actually do inner healing with this video or another time you will be a quiet place and time where you will not be distracted
- I will ask you to use your imagination during this video. God is the one that gave us the ability to imagine. Being able to see Jesus with you through this will help. I will also ask you to visualize yourself giving your wounds to the Lord.
- There are other techniques that can be used in inner healing for example writing letters to Jesus about your woundedness or writing to your attacker.

II. Rundown of Inner Healing Exercise:

1. Invite the Holy Spirit to come and minister to us
2. Bind the enemy from interfering with this work of the Holy Spirit and loose the angels to come and do battle for us as we seek to be free from Satan's hold on us.
3. We are going to invite Jesus to be present with us while we remember
4. Ask the Holy Spirit to bring to mind one incident that He wants you to receive healing for right now.
5. Spend some time allowing the memory of this incident to run through your mind.
6. Release forgiveness to our attacker – the one who caused us pain
7. Release our attacker to God
8. Ask for forgiveness of any part we played in this

9. Release God from any supposed wrong doing
10. Releasing forgiveness to ourselves
11. Break word curses
12. Break soul ties
13. Release all anger, pain, fear or anything else that is within that wound to the Lord
14. Ask God to remove all traces of pain
15. Receive His love and healing

Isa 53:4a ESV Surely he has borne our griefs and carried our sorrows...

Psa 147:3 ESV He heals the brokenhearted and binds up their wounds.

1Pe 5:7 ESV casting all your anxieties on him, because he cares for you.

God loves us so, we can know that if we come to Him for healing, he will surely heal us.

III. Inner Healing Exercise

Step 1 Invitation and binding prayer

Holy Spirit I invite you to come now to minister to me. I ask you to tear down every strong hold of the enemy in my life, heal every wound and make me to be the person that you created me to be. I now bind all the work of the enemy from trying to stop this inner healing process. I ask you Lord to send you warring angels to do battle on my behalf. I trust you Lord and I place myself into your hands now. Jesus, I ask you to stand with me as I remember things that have wounded my soul. I ask you to hold my hand and make me strong. I know that you are here with me now. Thank you Lord. Holy Spirit please bring to my mind one incident that wounded my soul that you would like to bring healing to right now. Lord allow me to remember every detail that I need to remember. Allow me to feel all that I need to feel in order to fully release this infection to you.

Step 2 Remember

An incident will come into your mind. If you want to do this exercise with this video now go ahead and pause the video now. Take however long you need to allow this incident to run through your mind. Don't suppress any feeling. Allow whatever comes up to come. Remain aware of Jesus with you. When you are ready to move on turn the video back on.

Step 3 Forgiveness Releasing Prayer

Father as an act of my will in obedience to you, I release to you the ones who hurt me in this incident. Lord you know them by name. I forgive these people for the pain and anguish they have caused me. I expect no restitution from them for this pain caused. I don't expect any apologies or even for them to understand the hurt they have caused me. I look to you for full restitution because I know you love me. I know you take what is meant for my harm and make it work out for my good. I know you will cause all of this to work for my good. I place my trust in you.

I ask you to deal with these people in any whatever way you see fit. I ask you to heal their wounds as well and bring them into right relationship with you. I give them to you completely. They are not my burden but yours.

I ask you to forgive me for any wrong I did in this situation.

I ask you to forgive me for any blame that I placed you in this incident. I know you give people a free will and we can use that free will to hurt others but it was not your will for me to be hurt. I know this attack against me came from the wicked one and that it hurt you as well.

With your help I forgive myself and release myself from all guilt, all burden, all pain and all wounds in the name of Jesus. I do this in accordance to your will because you are a gracious, merciful, loving and forgiving God that loves me very much. I choose to love and accept myself with your love which is perfect and unconditional. If I fail in this please help me. Help me to see myself as you see me. Help me to trust in your great love and mercy. Thank you so much Lord, In Jesus name I pray. Amen

Step 4: Visualization Technique: Releasing of Negative emotions

Search in your heart for negative emotions like anger, pain, anxiety, fear, shame, guilt, sadness, feelings of rejection and feelings of not being good enough or any other such negative emotions.

See yourself releasing these to Jesus one at a time. Dialogue with Him. Say things like: Jesus, I don't want this anger any more. Here take it. See yourself extending your hands to him and him taking what is in your hand. Listen to what He says to you in response. Do this until you have given him every negative emotion. Now see you and Him embracing. Feel His love and acceptance of you.

Step 5: Visualization Technique: Ministry to self:

See yourself at the age in which this wound occurred. I want you to minister to yourself. Visualize yourself hugging the wounded you. Tell yourself that you are loved and cherished and that God loves you. Tell yourself that what happened is not your fault and that you could not have prevented it. Tell yourself any other truth that you need to hear.

Step 6: Breaking the curses of Negative Words:

Lord, I ask that the power of every negative, evil word spoken to me or about me by this person be broken now in Jesus name. I reject others false opinions of me. From this day forward my identity is founded in your love for me. Thank you that I am created in your image, I am chosen to be your child, I am greatly loved and highly favored by you. I choose to accept, love and honor myself regardless of what others think or say about me.

Step 7: Breaking of Soul Ties

Visualization Technique:

See yourself with the sword of the Spirit, that says "whom the son sets free is free indeed". See the people that wounded you and use the sword of the spirit to cut the bonds between you and these people.

Prayer:

Lord I ask that every soul tie with the person or people who hurt me be broken now in Jesus name. By faith I call back to myself every emotional thing they stole from me and I send back to them any emotional thing that I took from them. Make us all whole and complete in Jesus name. I ask you to show me if I have held on to any physical articles from this relationship that hold me in bondage and I will do with it whatever you say. Lord I thank you for freedom! In Jesus name I pray.

Prayer for Cleansing:

I ask you now to clean out this wound of all infection. Heal my broken heart. I give to you all of my pain, sorrow, disappointment, and guilt, condemnation, anger or any other thing. By the power of the Holy Spirit I loose myself from its hold on my life.

Cleanse me Lord. Pour in your healing oil. I receive it now. Pour in your love. I receive it now. Pour in resurrection life to bring back to life every part of my soul that has been killed by pain. I receive it now. Pour in your joy and peace. I receive it now.