

Introduction To Inner Healing & Deliverance

“He heals the brokenhearted and binds up their wounds.” Ps. 147:3

“A joyful heart is good medicine, but a crushed spirit dries up the bones.” Prov. 17:22

“The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord’s favor.” Luke 4:18-19

Main Objective of Inner Healing:

One of the main purposes of inner healing and deliverance is to help people become “sons of God” who are being transformed into Christ’s likeness. This process is called sanctification. Inner healing and deliverance are Biblical strategies for helping people deal with the effects of sin, painful and damaging experiences, and demonic oppression, so they can live free and fully alive. Prayers from the heart, made in faith, release God’s mercy and grace which liberate us from the “false self”, sin, and Satan. God is restoring our covenant relationships with Himself and others, so that we can receive the maximum level of His Life, Light, Love (His positive “energy”). This ongoing and ever-increasing infusion of God’s Life, Light, Love (energy) dislodges and displaces sin and Satanic energy, allowing us to be progressively transformed into Christ’s likeness. As “sons of light”, connected properly in covenant unity and love with God and each other, we have the authority and power to advance Christ’s kingdom on earth.

Introduction & Overview To Inner Healing & Deliverance:

Inner healing is the process in which Christ imparts His Grace and Truth to renew the mind and transform the heart into the whole and healthy condition God intended. With the mind and heart of Christ, we can have a lifestyle of covenant oneness (intimacy & love) with God and others. In the overflow of that love we will impact the world by helping to advance Christ’s kingdom on earth. John Sandford writes, “Inner healing is not merely a way to restore hurting people, though it does that. It is a ministry within the Body of Christ to enable believers to come to more effective and continual death on the cross, and resurrection into the fullness of life in Christ. Inner healing is a tool the Lord uses to mature His people. “Speaking the truth in love, we are to grow up in all aspects into Him who is the Head, even Christ” (Eph. 4:15). Inner healing is actually the application of the crucified and resurrected life of Jesus Christ and His blood to those parts of my heart and yours that did not fully “get the message” when we first received Jesus as Savior. Paul wrote, “Take care, brethren, that there not be in any one of you an evil, unbelieving heart that falls away from the living God” (Hebrews 3:12). Because some areas deep in our hearts have not believed and accepted the good news of our death and rebirth in Him, the fullness of His work has not yet happened for us. We are new creatures in Christ, but some of our old self-centered selfish character (false self) continues to act in its ugly old ways, as though we had not yet received the Lord. Inner healing, then, is evangelism to the unbelieving hearts of believers.” (Book Title: “Deliverance & Inner Healing”) Therefore, inner healing and deliverance is really applying the power of the gospel to areas of our mind, heart, and lifestyle that are yet to be “saved”. We are saved in that we are new creation “sons of God” with access to our Father through Christ, but we are also being saved because there are places in our minds and souls that are still being governed by our “false self” opening the door to being demonically oppressed.

Inner healing also involves healing the hurts of the past, dismantling the lies that were believed as a result of the pain, and eliminating the current influences these negative experiences have on our lives. This includes dealing with the possible influences of the "sins of the fathers" that may be having an effect generationally. We ask God to expose wrongful belief systems, conclusions and judgments (about oneself, others, life and God) that have become embedded convictions because of past wounding

experiences. Negative “soul ties” to others (intense negative emotional connections and reactions) in the past or present are worked through. Memory pictures of past hurts, in which Jesus’ presence seems absent, are also part of the healing process. We ask God to show us where He, in truth, was (omnipresent) in that memory picture, what He was feeling, doing, or trying to do to protect us in those situations (given the context of God not over-riding human free will). We practice prayer counseling for inner healing within the safety of confidential and trusted brothers and sisters in Christ who are taught how to follow a Biblical process. We strongly discourage an atmosphere of religious performance orientation, shallow advice, legalistic approaches, preachy lectures, shame, guilt, manipulation, and control. Ultimately, healing and deliverance come as we apply the blood of Jesus to every situation, receive and give forgiveness, believe the Truth, and appropriate the Grace of God by faith in every area of our lives.

Because we have a covenant with God through Christ’s shed blood and sacrificial death on the cross, we can approach our loving Father, and ask for the mercy and grace we need to live in full obedience to Him. He will release the power of the Holy Spirit to give us the fruit, wisdom, revelation, and power we need to advance Christ’s kingdom on earth in the context of our church family. It is rebellion to Christ and the kingdom, and broken covenants that cause sin, sickness, inner wounding, and demonic bondage. Faith, obedience, and reestablished covenant is the means to healing and deliverance. See these Bible passages that describe the power of prayer: Luke 18; Matt. 6; Eph. 1:18; James 5:15; Phil 4:6-7; Acts 1:14, 2:42, 6:4, 10:31; Eph. 6:18; 1Thess. 5:17

(The following paragraph is from Mark Virkler, Prayers That Heal the Heart): “To heal the heart, you must use the language of the heart, not the language of the mind! The language of the mind is analytical reason (Matt. 16:7 KJV). The language of the heart is flow (Jn. 7:37-39 KJV), imagination (Gen. 8:21 KJV), dreams and visions (Acts 2:17), emotions (Gen. 6:6 KJV) and pondering (Ps. 77:61 KJV). Therefore, as you pray stay tuned to flowing thoughts, flowing pictures/visions, and emotions. If you neglect this, your prayers will be coming from your head and they WILL NOT HEAL YOUR HEART! Constantly rely upon the Holy Spirit (i.e. Holy Spirit “flow”) to guide you through this healing process. He can and He will respond to your faith.”

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness (1 Jn. 1:9).

Assurances regarding our approach to inner healing and deliverance:

- A. Our practice of inner healing and deliverance is:
 - 1. Christ-centered
 - 2. Holy Spirit Led & Empowered
 - 3. Biblically sound
 - 4. Theologically orthodox
 - 5. Not one specific methodology. There are many wonderful models for inner healing and deliverance (like Theophostic Counseling, Sozo, AA, etc). We will try to combine several of the best practices modeled by Christ and rediscovered by effective pastoral leaders.
- B. Our practice of inner healing is not:
 - 1. Psychotherapy
 - 2. Clinical counseling

3. Spiritism or New Age practices.
 4. A ministry just practiced by a select group of trained professionals for those who are especially wounded. The entire Body of Christ needs to be equipped to perform the ministry of “reconciliation” and “liberation” to free the captives from the “false self”, Satan, sickness, and the dominion of darkness. Everyone needs ongoing inner healing (and sometimes deliverance), and every “son of God” gets to carry out inner healing and deliverance for others
- C. Key Concepts.
1. Salvation – to be made whole.
 2. Justification through the shed blood, crucifixion, resurrection of Jesus Christ.
 3. Atonement - In theology, is a doctrine that describes how human beings can be reconciled to God. In Christian theology, the atonement refers to the forgiving or pardoning of sin through the death and resurrection of Jesus Christ which made possible the reconciliation between God and His creation.
 4. Body, Soul, Spirit.
 5. Born again, new creation “species”, sonship.
 6. Sanctification – to be transformed into Christ’s likeness.
 7. Energy: a. sin energy, b. Satanic energy, God energy. The power, light, energy of Christ – from the inside out...and the outside in...John 5:39, “You diligently study the Scriptures because you think that by them you possess eternal life. These are the Scriptures that testify about me, yet you refuse to come to me to have life. Jn. 7:38 – Whoever believes in me, as the Scripture has said, streams of living water will flow from within him. By this he meant the Spirit, whom those who believed in him were later to receive.” Jn. 1:9 Jesus is true light. Jn 8:12 I am the light of the world. 2 Cor. 4:6 – made his light shine in our hearts. 1 Thess. 5:5 – you are all sons of light. Jn. 10:27 – My sheep listen to my voice; I know them, and they follow me. I give them eternal life...
 8. Three words in the greek new testament..for power or energy
 - a. Exousia (108 times) which means right or prerogative...like a policeman has the authorized right or power to exercise authority... power to operate.
 - b. Dunamis (108 times) which means “might, power, force.. when the Holy spirit comes on you you will receive dynamite.. supernatural powers... from the unseen realm...
 - c. Energeis or energias (31 times) “active energy, energetic in-working” translated...“at work” or operating in... influential energy... This word “energias” or energy in the New Testament is used to describe negative energy and positive energy. Negative energy comes from two sources: Sin – i.e. sin energy and Satanic or demonic energy... When sin energy combines with demonic energy..you have a very difficult and dangerous force to operating in your life.
 - d. Energia – Greek word for energy... is used in 2 Thessalonians 2:9 and 2:11 to describe the “working” of Satan and the “working” of error or delusion... energetic operation

- e. Romans 7:5 it is used for the “impulses of sins that are, through the law, at work (energew) in our members to bear fruit leading to death. This sin death energy is present in us inhibiting the life of Christ from flowing through us.
 - f. Eph. 2:2 speaks of living according to the prince of the power of the air, the spirit that is now “working” (energizing) within the children of disobedience. “Working” is a form of the Greek word “energes” which means that this indwelling evil spirit is “energizing” the individual.
 - g. Energew is also used positively... Phil . 2:13 – For it is God who works in you (energia) energizes to will and to act according to his good purposes...Phil 3:21 Eph. 1:19 – His incomparably power for us who believe. That power is like the working of his might strength, which he exerted in Christ when he raised him from the dead... all three words for power, energy..
 - h. This sin energy can is a governing force, principle or law...it is the way things are... Romans 7:23 describes the “law of sin” This law or principle cannot be evaded because of the presence, power, or force of that which energizes it and thus controls our conduct... Sin energy “dwells” or is operative deep within our lives Romans 7:17-18, 20
 - i. Will-power cannot overcome this sin energy...
 - j. You can only overcome this sin energy that dwells within...by a higher power..the energy of the Holy Spirit... Romans 8:2
 - k. We connect deeply with each Person of the Trinity...because each one has a different role and releases a different type of radiant Life... Father – Source... Jesus both Savior and King... Holy Spirit. All the power and energy we need radiates off of God..
 - l. We need the power of God, His “energy”, which comes from the indwelling Christ and the outpouring of the Holy Spirit. Will-power, alone, cannot displace sin, sickness, or demonic energy.
 - m. Inner healing and deliverance shuts the door on and eradicates all negative energy (sin, demonic, false self). It also opens the door of the heart to God’s Life, His energy and power which fills us, heals us, and empowers us to become like Christ.
- D. Deliverance – the expelling of demonic influence in the life of a believer. The best strategy is displacement. Remove the legal right for demons to operate by confessing sin, repentance, forgiveness through the blood of Jesus, inner healing of the heart, etc. Receive the infilling and baptism of the Holy Spirit. Sever all ties with demons. Cast them out!
- E. How we got “broken”.
- 1. Freedom to choose love and worship.
 - 2. We chose anarchy. The Fall, Sin, Iniquity (means twisted and perverse from the inside out)
 - a. Lost covenant oneness (intimacy & love) with God and each other.
 - b. Lost our capacity for impact to rule & reign, to expand the reality of the kingdom of God on earth.
 - 3. The door was open to sin through 1. Negative faith (fear & unbelief), 2. Pride (the desire to be our own self-sufficient, self-worshipping god).

4. When we chose to rebel, a leadership vacuum was opened on planet earth. Satan and his demons took up residency, setting up a hierarchy of mafia-like control around the world. They are the gods of this world...principalities and powers.
5. Because we lost our true selves (sons of God), our false fallen self became in charge and created alliances with the demonic realm. We gave legal right for sin, sickness, and Satan to have influence. Therefore, legal access must be broken through the blood of Jesus.
6. This rebellion opened the door to:
 - a. Lies and deception in the mind – strongholds (a collection of integrated lies and deceptions).
 - b. Wickedness of heart motives and attitudes. Hardening and separating of the heart.
 - c. Perversion of lifestyles.
7. In a fallen world, with sinful parents, leaders, family and friends, we experience painful events and circumstances that cause us to draw negative conclusions and believe lies.
8. Emotional pain on the inside of the heart, will often override true information to the mind. Emotions must be healed and the mind renewed for healing to take place.

Three steps: Confession – Forgiveness – Cleansing – Prayers For Healing & Deliverance

Prayer #1: The Prayer that establishes a covenant with Christ through His blood, enabling us to enter His kingdom as sons, reconciling us to God and our Kingdom family. All covenants are made in blood which is why we will take communion (Lord's Supper) with this prayer.

Dear Lord God, I acknowledge You as my Lord and my Savior. I repent and turn from going my own sinful way, and I acknowledge that You have the right to the reins of my life. I place my life back under Your control where it should have been from day one. I acknowledge my sinfulness and self will and stubbornness, and I turn from these sins and from the many other sins which come from my independent living. I acknowledge You as the One to Whom I will come for direction for my life from this day on. I ask that the blood of Your Son, Jesus Christ, which was shed on Calvary, be applied to my sins and wash them away as far as the East is from the West. Let them be remembered no more. Teach me Your ways. Instruct me in the way that I should go. From this day on, I look to You as my Lord and my Savior. Thank You for Your gift of eternal life, of life both now and in eternity. Transform me into a "son of God" and bring me into your Family. I worship You, Lord. In Jesus' Name, Amen." See Ro.8, 10:9-10; Jn 3:16

- If you have not been baptized in water, you should do this as a sacrament of identification with Christ, dying to yourself and living by, for, and through Christ.
- You need to also receive the baptism of the Holy Spirit and fire.
- Make sure that you become an active member of an authentic biblical church family

Prayer #2: Prayer that breaks the power of generational & current sins and curses. Diagnostic discovery prayer for God to expose lies, sins, and curses:

God, will you reveal all sinful thoughts, attitudes, motives, desires, and actions that were in my ancestors and received by me?

I confess and repent of the sin of my ancestors, my parents, and my own sin of _____, and of my anger and resentment against You, God, for allowing this to happen in my life. This confessing

prayer was left out before . I forgive and release my ancestors for passing on to me this sin and for the resulting curses of _____(be specific). I ask You to forgive me, and I receive Your forgiveness. I forgive myself for participating in this sin.

I come under the blood of Jesus and place the cross of Christ between my ancestors and myself, as a baby in my mother's womb. I command the sin of _____ and all accompanying curses to be halted at the Cross of Jesus Christ, and for freedom and release to flow down from the Cross of Christ to that baby in the womb.

- Has the Lord given you a picture of this scene? Ask the Lord if he has more to show you about yourself as a baby in the womb. Added this visualization—find that we always do this here—has been powerful
- Curses are stopped at the Cross of Christ and covered by the blood of Christ. Gal. 3:13
- It is most powerful to apply the grace of God at the point of need (i.e. when the child received the curses in his or her mother's womb). God lives in timelessness, so this is no problem for Him.

Prayer #3: Prayer that severs ungodly soul ties. (We cut off the sinful influences, but we do not reject the person.)

Questions for discovering the need to sever ungodly soul ties:

- With whom have I had a close committed relationship that was unhealthy, dominating, controlling, or manipulative.
- Lord, please remind me of everyone with whom I have had a sexual encounter of any kind.
- Lord, were there any sexual encounters in my early childhood that I was too young to remember?
- When have I given or received blood or eaten blood?
 1. I confess and repent of my sin of an ungodly soul tie with _____, and of my anger and resentment against You, god, for allowing this to happen in my life.
 2. I forgive _____ for their involvement in this sin. I ask You to forgive me, and I receive Your forgiveness. I forgive myself for participation in this sin.
 3. Lord, sever the ungodly soul tie between _____ and me and restore the broken or torn portions of my soul. Lord, destroy anything that has come into me through this soul tie and, Lord, bring back anything godly that has been stolen from me.
- Has the Lord given you a picture of this scene? Ask the Lord if he has more to show you about yourself as a baby in the womb.

Prayer #4 : Prayer that replaces negative expectations with faith. Are we believing for what is in God's Word? It will be done to us according to our faith. Matt. 9:29 (See 2 Cor. 5:7)
Negative expectations are ungodly beliefs or systems of belief that become established in your

heart. It may be a belief or expectation against you, others, authorities, institutions or God. Most of these are on an unconscious level so you are generally not aware that you are holding them. Yet these beliefs are sin and need to be repented of and replaced with God's truth in order to walk in freedom.

Questions for discovering the need to replace negative expectations with faith:

Lord, what beliefs do I hold that do not line up with your truth? What negative confessions come out of my mouth or are in my heart? What expectations rob me of love, joy and peace, and what negative emotions trigger these beliefs?

- Negative beliefs activate the Law of Faith in reverse. Matt. 9:29 "According to your faith let it be to you."
- Negative beliefs activate the Law of Judgment, Matt. 7:2 "For with what judgment you judge, you will be judged...", Ex. 20:12 "Honor your father and your mother, that your days will be long...".
- Negative beliefs activate the Law of Sowing and Reaping. Gal. 6:7 "... for whatever a man sows, that he will also reap."
- Negative beliefs activate the Law of Multiplication. Hos. 8:7 "They sow the wind, and reap the whirlwind..." All NKJV

Questions for discovering the need to replace negative expectations with faith:

- Lord, what negative confessions come out of my mouth?
- Lord, what negative expectations are in my heart?
- Lord, what things do I believe that do not line up with what the Bible and Spirit are revealing to me?
- Lord, what expectations rob me of love, joy, and peace?
- What expectations keep me from giving thanks for all things and in all things (Eph. 5:20, 1 Thess. 5:18)?
 1. I confess and repent of my sin (and if appropriate my ancestors' sin) of believing the lie that _____ and for the ways I have judged others and/or institutions based upon this negative belief.
 2. I forgive _____ for contributing to my forming this negative expectation/belief. I ask You to forgive me, and I receive Your forgiveness. I forgive myself for believing this lie.
 3. I confess these positive affirmations of faith and divine truth that counter my negative expectations _____ Ro. 10:17; Eph. 1:17-18

Prayer #5: Prayer that renounces inner vows. See Matt. 5:34-37; Acts 19:21

Questions for discovering the need to renounce inner vows:

- Lord, what do I promise I will do?
- Lord, what do I promise I won't do?
- Lord, what do I promise about myself?
- Lord, what do I promise about others?
 1. I confess and repent of my sin of vowing that _____.
 2. I forgive _____ for contributing to my forming this vow and myself for making this vow.
 3. Instead, I now purpose by the power of the Holy Spirit to _____. (It is appropriate to have biblical, godly resolutions that solicit the help and power of the Holy Spirit.)

Prayer #6: Prayer that enables God to heal you from traumatic and negative pictures. Prayer that releases the Spirit of wisdom, revelation, divine pictures, dreams, and visions. Eph. 1:17-18; Acts 2:17-18; 2 Cor. 4:17-18; Heb. 12:2; We are not talking about making up scenes or visions ourselves.

Questions for discovering the need to heal traumatic/negative pictures:

- Lord, what negative pictures are in my mind?
 - Lord, what traumatic pictures have I tried to block out?
 - Lord, what negative pictures come up in my dreams?
1. I confess and repent of any anger and bitterness I have against You, God for allowing this event to happen in my life. I ask You to forgive me, and I receive Your forgiveness.
 2. Lord, please take me back to the appropriate memory that is underlying this issue in my heart. (See the scene. If a rape or other extremely traumatic scene, you may go back to just after it is over.)
 3. Lord, show me where You were in this scene. (Look and see where Jesus is/was.) Holy Spirit, take over this scene and give me a vision, showing me what Jesus was doing. (Respond to what the Lord is showing and doing.)
 4. Lord, please enable me to see you and the revelations you have for me through the eyes of my heart.

Prayer #7: Prayer that breaks word curses.

"Lord, what word curses have I or others spoken over me, which contribute to the problem of _____.

(For example, "You dummy! You'll never make it in the field of _____! You are such a loser! What a moron! You are just fat! You are so lazy! You'll never amount to anything! This is my lazy daughter. This is the computer nerd, or any negative nickname.)

In Jesus name, I break all these word curses _____ spoken over me. I forgive for saying these things. I forgive myself for receiving these curses. I place all negative words spoken under the blood of Jesus. I bless all those who have cursed me.

Prayer #8: Prayer that casts out demons.

Demons attach themselves to sin. We must eliminate their legal right to operate in our lives. When the roots of sin are removed, it is much easier to command demons to leave. The goal is to displace darkness with the light of God. Questions for discovering the need for deliverance:

- Lord, what compulsive pressures are within me?
- Lord, what sins can I not defeat?
- Lord, what stumbling blocks occur over and over?
 1. Make sure the demon's house is thoroughly dismantled and his anchors completely pulled up by praying through the above six prayers. If the demon does not come out, go back to the above six prayers – something has been missed. Ask god what has been missed and honor what flows back in response.
 2. In the Name of the Lord Jesus Christ, I renounce and break all agreements with the demons and the strongholds of lies they have tried to embed in my mind and heart. Individually identify these demons and/or groups of demons and command them to leave.
 3. I take authority over the demons of _____ and I bind you and command you to leave me now in the Name of the Lord Jesus Christ.

Prayer #9: Prayer that enables us to experience the power of the Holy Spirit in our lives. Ro 8:2,13

The goal is to overcome the power of the flesh and sin within you by turning your focus from laws and self-effort to the Holy Spirit and His power within you. The power of the Holy Spirit in your heart breaks the power of sin in your flesh. Your flesh cannot break the power of flesh and sin, only the indwelling Holy Spirit can. The blood of Jesus, His mercy, opens the door to the power of the Holy Spirit, God's grace.

Questions for discovering the need for freedom from enslavement to sin:

- Lord, what sins am I attacking with my will?
- Lord, what sins continue to trouble me?
 1. God, the power to overcome the sin of _____ is in You, the One Who lives in me.
 2. I turn away from my self-effort to overcome this sin, and embrace the power of the Holy Spirit Who flows within me.
 3. Jesus, I release the flow of the power of the Holy Spirit out through me, to overcome completely the sin of _____. (May use vision, seeing this happen.)

Most of the content of these prayers were taken from "Prayers That Heal The Heart" by Mark & Patti Virkler

Follow-up:

- Prayer of Witnesses: After the prayers, the team prays together, blesses the person and

witnesses everything that has been done for the person by the HS to this point (we adopted this from the Sanford's)

- Give any follow-up homework/things to remember to do
- Make any follow-up appointments/arrangements necessary
- It highly important that every person, especially those going through healing and deliverance, become an active member of a healthy Christ-centered church family. Within a New Testament local church, each person needs to also be a part of a smaller Missional Kingdom Family. This MKF involves “fellowshipping in the light” , mutual support and accountability, and helping each other become disciples of Christ. There is safety, love, and ongoing support in a healthy spiritual family.
- Develop an ongoing intimate relationship with Jesus Christ. Cultivate a “pray, hear, obey” lifestyle. Submit to the Lordship of Christ in every area of life.
- Stay filled with the Holy Spirit, all day every day.

Recommended Resources:

1. “Prayers That Heal The Heart” by Mark Virkler
2. “Deliverance and Inner Healing” by John Loren Sandford
3. “You Can Be Emotionally Free” by Rita Bennett
4. “A Way of Escape” by Neil Anderson
5. “The Bondage Breaker” by Neil Anderson
6. “Spiritual Protection For Your Children” by Neil Anderson
7. “Changes That Heal” by Henry Cloud
8. “They Shall Expel Demons” by Derek Prince