

HEALING THE OBSTACLES TO HOLINESS

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Mother of God Prayer Meeting
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*"Lord, I am not worthy to receive you,
but only say the word and I shall be healed."*

What is Inner Healing?

Healing is an extraordinary expression of God the Father's divine mercy and love. Inner healing is a grace for holiness. It is the application of the dying and rising of Jesus to the interior life of the person; that is memories, thoughts, beliefs, habit patterns, and abilities to form relationships. Inner healing is the evangelization of the unconverted areas of the heart (see 2 Cor 5:17).

Inner healing occurs in many forms:

1. Healing of memories
2. Forgiveness of sins/repentance
3. Renewing/transforming the mind: "I appeal to you therefore, brethren, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect" (Romans 12:1-2).
4. Removing the veils: "When a man turns to the Lord the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all with unveiled face, beholding the glory of the Lord, are being changed into His likeness from glory to glory; for this comes from the Lord who is the Spirit" (2 Cor 3:16-18).
5. Freedom: "For freedom Christ has set us free; stand fast therefore, and do not submit again to a yoke of slavery" (Gal 5:1).
6. Sanctification. Healing is not an end in itself. It calls the healed one to live the rest of his life for God. "Strive for peace with all men and for the holiness without which no one will see the Lord" (Heb 12:14).
7. Generational healing

Healed from what?

Healed from what? "See to it that no one fail to obtain the grace of God; that no root of bitterness spring up and cause trouble, and by it the many become defiled" (Heb 12:15).

1. Foundational disturbances or insecurity
2. Distresses or emotional trauma
3. Complicated bereavement
4. Blockages to God's love
5. Life patterns
6. Unforgiveness
7. Inner vows

How does the inner healing process operate?

1. Coming into the Lord's healing presence
2. Prayer: immediate and long-term
3. Word of knowledge
4. Scripture
5. Confession
6. Freely choosing to act in obedience to love
7. Relationships
8. Teaching
9. Suffering well
10. Deliverance
11. Tincture of time
12. Prayerfully revisiting the life cycle
13. Intercession
14. Revealing the lies in memories
15. Works of justice and mercy, caring for the poor, etc. (Is 58:7-10)

The goal of inner healing

1. The goal of inner healing is to guide the sufferer to the Lord himself not simply the gift of the healing.

2. Inner healing is not self-absorption, which is an obstacle to actual healing. We look up and out of self to the Lord who is the healer.
3. Inner healing is not an excuse to mask sin. Confession and repentance are crucial ingredients to most healings. Inner healing identifies and brings into order the interior structures of the person's life, empowering them to change and live fully for the Lord.
4. *"Your eye is the lamp of your body; when your eye is sound, your whole body is full of light; but when it is not sound, your body is full of darkness. Therefore be careful lest the light in you be darkness. If then your whole body is full of light, having no part dark, it will be wholly bright, as when a lamp with its rays gives you light." (Lk 11:34-36)*

Questions For Fellowship Group Discussion

1. Can I identify the structures, thoughts, and memories in my life that weaken my ability to love the Lord and others? Do I believe that after all these years they can still be healed?
2. What are the ways I knowingly keep God at a distance? Do I want the Lord to reveal them and to heal me?
3. What area of my life did the Holy Spirit shine a light on during this talk? What parts of the talk did I like? What parts of the talk bothered me?
4. What are some areas in which I don't experience the freedom that Christ has won for me?

In these areas, how can I begin to "stand fast and not submit again to a yoke of slavery" (Gal 5:1)?

5. Which of the processes of inner healing listed above have I already seen the Lord use in my life? Which of them do I think the Lord might want to use more in the future?
6. Read one of the healing stories of Jesus in the Gospels, and ask the Lord to show you what this story has to say about His healing work in you.