

Inner Healing

The following are the steps and process to inner healing

1. Pay careful attention to your emotions.
2. When you have an elevated emotion, take notice of events that are triggering the emotion.
3. Afterwards, determine if the event (on a scale of 1 to 10) warrants this high of an emotion, or if you are over-reacting.
4. If you determine that you're over-reacting, it's telling you that there is a wound that still needs to be healed.
5. Remember as many details of the event as possible...place, people, words, and sensory details.
6. When you get home or to a quiet, peaceful place, say "I divide soul and spirit," then take yourself (in your mind) back to the event that triggered the over-reaction. Use the event details in your memory to trigger that adverse emotion. REALLY GO THERE in your mind and let the emotion come up again.
7. At this point, out-loud ask, "Jesus, please come and heal this part of me."
8. Jesus will come and either "take the emotion or heal the wound by speaking to you." When you feel the emotion lift or hear His Words, the wound is healed.
9. After the wound is healed, tell all the demon on that wound to go to the pit, "in Jesus name."

***The next step is the freedom from the past process.**

Freedom from the Past - The Process

Forgiveness towards the Other Person

1. (Name) I forgive you for:

List all that you can remember that this person did that caused you pain in the past. Ask Holy Spirit to expose all hurts, even those that are buried deep.

Father I forgive (Name) on purpose and I choose to close all of these past issues with (Name), and I give them to you Father.

Accountability for My Sin

2. **I am offended at (Name) and I confess my sin of:** Speak out loud all the attitudes you felt towards them: **criticism, condemnation, rejection, resentment, anger, hatred, bitterness, rage, revenge, retaliation.**

3. **Father I call all of those feelings & attitudes sin.** Therefore, because of confessing my sin, **I now receive my forgiveness;** I also receive my righteousness, my peace and my joy. [1 John 1.9]

4. Because I have been forgiven for these sins in my life, **I now cancel and release all the judgments** that I have made against (Name) or this situation. **I also cancel all curses** that were established by my judgments concerning (Name) or this situation.

4a. At times we will also need to forgive ourselves. (Say your name with finger in chest) **I forgive myself** for my part in this **and I let go of all the guilt, self-condemnation and shame.**

4b. At this point if necessary, give this person to God by handing a physical item to the person in charge.

5. **I declare these issues completely closed in Jesus name.**

Therefore I command all unclean demonic spirits to come out of me and never to return to me; GO from me now in Jesus name!

Now Father I apply God's Glory and Light to the wounds caused by these sins and the demons allowed by the sins and I command the total healing of the wounds in their soul, heart and body in Jesus name.

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