

Inner Healing—Addressing The Wounds that Block our Maturing

1. **The story of God we are part of:** Our purpose and what the fall did

God created us for relationship and He created us to flourish and enjoy creation and to care for creation. We thought we knew better, we rebelled, we did not trust our God's intentions. We sinned we hid from God and God called out to us to come out of hiding he made provision for our shame and clothed us but the damage had been done and one generation later, the cancer of sin would become so bad that a brother would kill his own flesh and blood, his own brother. Look around today and see the pain and lostness all around. Humanity is reeling and groaning under the consequences of sin. Each one of us here today are still tempted to like Adam and Eve to hide our areas of brokenness and wounding. But we must realize that what is denied cannot be healed and spiritual growth can only really begin with the acceptance of our wounded life.

God loves us so much that our hurts, hurt him also. This is His great love for us. He longs for us to become free and whole so we can enjoy Him and flourish and Co-labor with Him in his restorative work!

2 – **Christ came to restore to us the life God created us to have**—life eternal in quality as well as in length. This is Christ's own life. He forms it in us as we become his apprentices in Kingdom living.

"Jesus came to bring life abundant—life at its fullest—life as it was intended to be" (John 10:10)

"Jesus, aware of this, withdrew from there. And many followed him, and he healed them all" (Matthew 12:15)

3 – **Wounded areas within us hinder or block maturing toward Christlikeness.** For us to be able to continue to grow there is the need for healing in the inner person.

4 – **Sin has wounded us:**

- our own sin
- the sin committed against us
- our sinful responses to the sin committed against us
- the effects of the sin all around us—family, school, work, society

5 – **Some primary factors that wound me:**

- Inability to accept myself—I am not in touch with the person I truly am.
- Looking to (or demanding) that others meet my needs—Only God can meet them.
- Introspection (self-centeredness, narcissism)—I am looking at the wrong person.
- Dishonoring my parents—I will relate to other authorities in unhealthy ways.
- Anger, contempt, bitterness—These sins of violence cause others to avoid me.
- Sexual violation—both what I may have suffered and what I may have inflicted.
- Shame—hinders me from being honest about my need and asking for help.
- Inability to forgive—to entrust my enemy to God and leave judgment to him.
- Inability to receive forgiveness—I may need to begin by forgiving myself.
- Taking on the role of a victim.

6– **Unhealed places within us:**

- Trap us in immature thinking and behaving
- Hinder and skew insight
- Energize addictions—behaviors to which I turn to numb out my inner pain
- Cause us to wound others—wounded people wound people
- Hinder our Christian ministry

7 – How I am healed:

I practice coming present to God and remaining there. It is in his Presence that I am progressively healed and transformed.

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. – Psalm 16:11 (ESV)

Abiding in the Presence of the Triune God, I listen for words of insight and healing he is always ready to speak. He speaks to me his affirmation and love. I feel his words healing me. He also speaks gracious, insightful, specific correction. I obey the instructions my Lord gives.

“Already you are clean because of the word that I have spoken to you.” – John 15:3 (ESV)

I learn how to bring my sins to the cross in prayer. I picture in my imagination Christ on the cross, dying for my sins. I see myself approach him, lifting up my sins to him. He wants to take them; it is why he came. He did not come to inflict guilt, but to bear and remove guilt. There is no guilt his cross cannot remove.

For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned.... – John 3:17-18 (ESV)

I learn to bring my past pain to the cross. As God Jesus stands outside of time. I can bring him a painful experience from my past, ask him to step into it with me and touch and heal the wounds. I can thank him for doing so, even if I don't feel anything. It is not about feeling but about relying upon (believing in, trusting in) him. As I welcome him into my pain, relying upon him, healing emotions will come.

But he was wounded for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his stripes we are healed. – Isaiah 53:5 (ESV)

I welcome any special experience God may want to give me. When Jesus was on earth he often healed on the spot. But I do not rely upon or make myself dependent on such experiences. The most significant work the Holy Spirit does is to form Christ within. Maturing toward wholeness (Christlikeness) is a process.

I concentrate on living, day by day, as an disciple/apprentice of Jesus in kingdom living. I make the necessary daily choices to be with him, to learn from him, how to become like him. As I become more and more like him, I become more and more whole.

“A disciple is not above his teacher, but everyone when he is fully trained will be like his teacher.”
– Jesus (Luke 6:40 ESV)

The Above Notes were adapted with permission, from George Miley, my spiritual father.

Support Scripture and Quotations

He heals the brokenhearted and binds up their wounds.
-Psalm 147:3

O Lord my God, I cried to you for help, and you have healed me.
-Psalm 30:2

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

-1 Peter 2:24

He restores my soul. He leads me in paths of righteousness for his name's sake. (Psalm 23:3)

For I will restore health to you, and your wounds I will heal,

-Jeremiah 30:17

"God alone knows the selfish motives behind my every act, the vipers' tangle of lust and ambition, the unhealed wounds that paradoxically drive me to appear whole. Prayer invites me to bring my whole life into God's presence for cleansing and restoration. Self-exposure is never easy, but when I do it I learn that underneath the layers of grime lies a damaged work of art that God longs to repair."

-Philip Yancey 'Prayer'

"God is the father who ran to his prodigal son when he came limping home. God weeps over us when shame and self-hatred immobilize us. God loves who we really are-whether we like it or not, and calls us, as He did Adam, to come out of hiding into a safe place."

-Brennan Manning

"I am beginning now to see how radically the character of my spiritual journey will change when I no longer think of God as hiding out and making it difficult as possible for me to find him, but, instead, as the one who is looking for me while I am doing the hiding."

-Henri Nouwen

"Jesus says to us burn up the old tapes spinning around in your head that bind you up and lock you up into a self-centered stereotype. Listen to the new song of salvation written for those who know they are poor. Let go of your fear of the Father and your dislike of yourself. The father of lies twists the truth and distorts reality. He is the author of cynicism and skepticism, mistrust and despair, sick thinking and self-hatred. I am the Son of Compassion. You belong to Me no one will tear you from My hand."

-John Eagan

"Pretending seems a much more reliable road to Christian maturity. The only price we pay is a loss of soul, of communion with God, a loss of direction, and a loss of hope."

-Larry Crabb

"Remember, if we do not forgive our brother, it is not only he who goes away with pain and tears in his heart, but we are wounded. If we do not forgive, we are ourselves are not healed. The evil that occurred to us at the hands of another person remains with us, damaging our soul, destroying us."

-Anthony Bloom

"Unconditional love has an unmatched power to affirm you and heal you of the deepest wounds and hurts of your life."

-George Miley

"The power to heal and be healed is available because God Himself is in our midst. His Presence and His power are mysteriously one, and we who live and move and have our being in God are called to preach, teach, and heal in that spiritual power and authority. Oswald Chambers expresses it this way: *"Ye shall receive the power of the Holy Ghost"—not power as a gift from the Holy Ghost; the power is the Holy Ghost, not something which he imparts.*" We become ministers of God's healing love and power, therefore, as we learn to invoke the mighty Presence of our Lord, and as we learn to become the vessels through which He ministers in our midst."

-Leanne Payne

"Without your wounds where would you be? The very angels themselves cannot persuade the wretched and blundering children of earth as can one human being broken in the wheels of living. In love's service, only the wounded soldiers can serve."

-Thornton Wilder

Prayer for Inner Healing: (Resource: Ransomed Heart Ministries)

When we are in the presence of God, removed from distractions, we are able to hear him more clearly, and a secure environment has been established for the young and broken places in our hearts to surface. We ask God to surround us with his presence. We declare the authority of Jesus over our hearts, for he made our hearts (Ps. 33:15) and he has redeemed our hearts (Rom. 2:29).

Jesus, I come into your presence now, and I ask you to surround me. I come under your authority and your claim upon my life. I give myself to you—body, soul, and spirit. I give my heart to you, in every way—including the broken places in me. I declare your authority over my heart, for you made my heart and you have redeemed my heart.

Then we invite Christ in. We ask Jesus to come into the emotion, the memory, this broken place within us. We give him permission; we give him access. We open the door to this particular place in our hearts. "If you hear me calling and open the door, I will come in" (Rev. 3:20 NLT). Truth be told, there are probably many broken places within us. Stay with one at a time, the one connected with the event or the emotion or the habit you can't seem to escape. Ask Jesus to bring his light there. "For God, who said, 'Let light shine out of darkness,' made his light shine in our hearts" (2 Cor. 4:6). Ask him to make it clear to you. What's going on here, Jesus? What is this all about? Shine your light in my heart.

Jesus, I invite you into this broken place within me (this wound, this memory). I give you total access to my heart. Come, Lord, shine your light here. Reveal to me all that is going on here. What is this about, Jesus? Come and show me, meet me here, in this place.

Sometimes he will take us back to a memory, a time and place where a shattering blow was given. Other times he will make us aware of a young place in our hearts. We ask Jesus what he is saying to this wounded part of us, listening, as Payne puts it, "for the healing word that God is always sending to the wounded." He will often bring words of love and kindness or comfort specifically to this place in our hearts: "You have the words of real life" (John 6:68, *The Message*).

Jesus, come and lead me in healing this brokenness in my heart. Speak to me here, Lord. What are you saying to me? Give me ears to hear and eyes to see what you are revealing. Let no other voice speak but you, my Lord Jesus, and you alone.

Now, I think it is safe to say that we all have mishandled these places in our hearts. We push them down, as I did. Or we turn to something or someone we hope will bring comfort, like food or sex. If we have done that, Jesus will often make that clear to us as we pray. As he does, we confess our sins, renounce them and ask him to cleanse our hearts (1 John 1:9).

*Jesus, forgive me for the ways I've mishandled my brokenness. You alone make me dwell in safety. Forgive me for all my self-protection and self-redemption, and for all my false comforters. (You'll want to renounce specific sins you are aware of here.) **Cleanse my heart of every sin by your shed blood.***

Oftentimes these young and broken places have become sites of spiritual strongholds. All of the streams flow together for our healing; we must use the stream of Warfare as well. Our sins give the Enemy a certain claim to our lives (Rom. 6:16). As we renounce any sin, we also renounce any claim we've given to Satan in our lives. This often comes in the form of "agreements"—Satan has suggested something to us, and we have said, "Yes." He might have said, "Don't ever trust anyone," or "Your heart is bad—never show it to anyone," or "You are dirty . . . lustful . . . addicted and never will get free." Whatever we have agreed with, we renounce those agreements.

I now break every agreement I have made with Satan and his lies. (Get specific here. What have you believed, bought into?) I renounce any claim I have given to my Enemy, and in the name of Jesus I command him to flee.

And then we ask Jesus to do for us the very thing he said he came to do: we ask him to heal this brokenness, to bind up our hearts. Sometimes he will ask us to take his hand in this shattered place, follow him into his heart and his presence within us. These places are often isolated from the life and the love of God in us; he draws them back into his presence and heals them through union with himself, in our hearts. Our part is to listen and follow where he is leading, and to welcome that part of our heart home. This is so important because many of us sent that part away. We welcome back the despised, forsaken part, just as Jesus embraces us.

*Jesus, come now and do as you promised to do—**heal my broken heart and set me free.** (Listen here for what Jesus is saying.) Bring this place into your love and healing, bring this place home. I welcome your healing, and I welcome this part of my heart home. Come, bind me up and make me whole.*