

WHAT IS INNER HEALING?

Sometimes people have traumatic memories from the past that affect their current reactions and behaviour. These memories and the subsequent responses may be conscious or unconscious. By the harnessing of some of the charisms (or gifts) of the Holy Spirit it is possible to walk back with God into the remembrance of the time of hurt, and begin the healing process. This ministry is referred to as “Inner Healing.”

Inner healing can take many forms, but is usually connected with the Holy Spirit aiding us to shake off philosophies or thought patterns from the past and replace them with the truth of God. Romans 12:2 (NIV) states this principal clearly: “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.” When the mind is renewed, then healing can be appropriated as the word of God is put into action. “Do not merely listen to the word, and so deceive yourselves. Do what it says.” (James 1:22 NIV)

Charisms or Spiritual Gifts at work (1 Corinthians 12:4-11):

Within the church, God has placed charisms, spiritual gifts or abilities that are to be used for the common good. He has done this so that we may become whole, “mature, attaining to the whole measure of the fullness of Christ.” (Ephesians 4:13b NIV). Charisms at work in the ministry of Inner Healing usually include **the message of knowledge**, (sometimes known as the “word of knowledge”.) This is the supernatural revelation of information about a person or situation. It is not knowledge learned through the usual channels for gaining information. It is information freely given by God, making known truth which the Holy Spirit wishes to reveal about a particular person or situation.

A gift of distinguishing between spirits (sometimes called the gift of discernment) may also be used. This is a supernatural gift of perception given by God to empower individuals to identify the motivating spirit behind particular words or actions.

The charism of deliverance ministry may be harnessed to set people free from evil influences that may have eventuated from sin.

A gift of prophecy and a gift of healing may also be in evidence.

WHEN IS THERE A NEED FOR INNER HEALING?

My family once owned a dog that had been beaten with a broom by his previous owners. We noticed that if anyone picked up a broom, the dog automatically cowered and retreated from us. Though we were kind to him and had no intention of beating him, the bad memories from the past prevented him from trusting us when we had a broom in our hands.

Our reactions to situations from the past are not usually as obvious as this, least of all to us. Painful memories from the past can cause reactions in the present that may interfere with us living life to the full. Though people may receive counselling for an issue that occurs in the present, unless the root of the problem is healed, then it will merely manifest itself again in a different guise. Traumatic situations from early years may have caused us to take some defensive action, to put up barriers to minimise possible further hurt. At that time, we may have needed those barriers in order to survive. However later, these same barriers or defence mechanisms can imprison us, often without our even realising that they are still in place.

People may encounter these defence mechanisms when we respond to them, or react to situations in a

manner that seems illogical, or more intense than the situation justifies. Such responses may surface in situations where we firmly state an opinion and refuse to listen to either reason, or the views of others. They may be evident by obsessive behaviour. They may arise when someone interacts with us and gives out an emotion to which we have had a strong reaction in the past. If for instance we have had a parent who constantly traumatised us because of their anger, then when we have to deal with other angry people it may be hard for us to cope. We may withdraw at the slightest sign of animosity, fearing the past effect that usually resulted from anger. Alternatively our usual objectivity may disappear to be replaced with distorted perception. We may go to the other extreme and explode when we think that someone might be going to get angry with us. Inappropriate reactions may show forth in our words, our actions, even our body language. They may be linked with situations that we regularly try to avoid. They may be connected with our response to a personality type that automatically sets our teeth on edge. This is because the person reminds us of someone who has deeply upset us in the past. We may even react to particular physical features.

THE BENEFITS OF INNER HEALING:

Painful memories can distort our self image. They can warp our perception of life situations and of other people. They can sometimes severely mar our relationship with others. At their worst, they can turn people into emotional cripples, unable to achieve even a small percentage of their potential. We do not have to continue living with these “chains that bind us.” Jesus came to set people free from such matters. Through the power of the Holy Spirit, he is still setting people free today. Through the ministry of Inner Healing, God is able to lead us into all truth, truth that

will set us free (John 8:32). Jesus said: "I have come

John 10:10 NIV) Inner healing gives us greater potential to experience that fullness of life.

HOW DO WE ACCESS THIS MINISTRY?

Though others may clearly see that we need some help, it may not have surfaced in our awareness. Until we acknowledge for ourselves that there is work to be done, then healing cannot usually begin. We must also have a desire to be healed.

By reflecting on what is happening, we may be able to identify that we **are** over reacting and that it would be helpful to talk this over with someone.

It is hard to get an objective view of the situation ourselves. We need someone else to walk with us and help us in tracking down the source of our concern. We may not be able to contemplate taking this journey on our own.....It may be too scary. But on the other hand, to walk the path with someone who is walking with God, then that's another matter. We need someone else too who will assist in discerning the next steps in the path that we must walk in our journey towards wholeness. To venture into areas from the past that have caused us distress takes courage. It can also drain us both emotionally and physically. It is not easy to be vulnerable in the presence of another person. It is not easy to contemplate uncovering painful emotions and situations that we have kept hidden for a long time. It involves touching emotions within ourselves that can cause us to be very fragile. We must therefore be discerning in our choice of a helper.

The best helper is a mature renewed Christian who exhibits the fruits of the Spirit, is experienced in the workings of the charisms of the Spirit and is a trained counsellor. The helper empowered by the Holy Spirit,

will begin to assist us in discerning the source of our pain and the next steps in our walk towards wholeness.

POSSIBLE PROCEDURES INVOLVED IN INNER HEALING

1. Uncovering the area of hurt and exploring the feelings that it engendered.
2. Acknowledging any way that we may have sinned in the situation. Repenting of that sin and asking for and accepting God's forgiveness. Being set free from any negative spiritual influence that may have eventuated from the sin.
3. Exploring avenues for dealing with those who have hurt us. Looking at the need to "forgive our enemies."
4. Receiving and accepting God's healing love.
5. Discerning strategies for appropriating God's Word in changing our future reactions and behaviour.

**Published by the National Executive of
Anglican Renewal Ministries Australia.**

July 1996

Copies of this pamphlet, and pamphlets on other topics, can be obtained from:

ARMA (Vic), PO Box 123, Chelsea, Vic, 3196

We welcome reproduction if desired, provided the content is not altered and acknowledgement of the source is quoted.

Inner Healing

