

## INNER HEALING

**Inner healing** is a process in which all the **repressed** and **suppressed** “garbage in the soul” is accessed and channeled out to **Jesus**

- Such “garbage” consists of **anger, guilt, shame, grief, pain, anguish**, etc.
  - These can be “**true**” – i.e. a result of **sin** in our lives for “*all fall have sinned and fall short of the glory of God*” (Romans 3:23)
  - Or, they can be “**false**” – i.e. what the **world** or **Satan** deceive us into **receiving** even though it is **undeserved** for “*He [the devil] was a murderer from the beginning, and does not stand in the truth, because there is **no truth in him**. When he speaks a **lie**, he speaks from his own resources, for he is a **liar** and the father of it.*” (John 8:44)
- This “garbage” winds up **stored inside us** because we don’t know what else to do with it
  - **Psychologists** encourage us to “talk it out” but this is only of **marginal help** because it takes a long time and Satan usually convinces people to take it back
- However, **God** tells us to **give the “garbage” to Jesus**
  - We do this by “*casting all your cares upon Him, for He cares for you.*” (1Peter 5:7)

But what happens if we **forget** or **didn’t know** to do this **at the time** the wound occurred?

- Some say that this was all **taken care of through salvation** quoting 2Corinthians 5:17
  - “*If anyone is in Christ, he is a **new creation**; old things **have passed away**; behold, all things **have become new**.*”
- However, the original **Greek** has **3 additional verb tenses** that we don’t have in English
  - The tense for “*have become*” is **perfective** which means it is a “***past event that has ongoing consequences, not completed consequences***”
- This means that **sanctification** is a process of **becoming holy** – growing into the “***likeness of Christ***”
  - “*And do not be conformed to this world, but be **transformed** by the renewing of your **mind**,*” (Romans 12:2)
- The Apostle Paul says, “*The good that I will to do, I do not do; but the evil I will not to do, that I practice. Now if I do what I will not to do, it is no longer I who do it, but **sin that dwells in me**.*”
  - Thus, we must “***die daily***” (1Corinthians 15:31)

Jesus said on the cross, “*It is **finished***” (John 19:30)

- This is the same **perfective verb tense** meaning it has **ongoing consequences** and its completeness is not yet fully manifested
  - Therefore, we must **appropriate** (i.e. take into our possession) the work that **Jesus already did** into our lives

How do we do this? The **Scriptural principles** are:

- “*Let us **lay aside every weight**, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,*” (Hebrews 12:1)
- “***forgetting** those things which are **behind** and **reaching forward** to those things which are **ahead**, I **press toward the goal** for the prize of the upward call of God in Christ Jesus.*” (Philippians 3:13-14)

The **process of inner healing** is:

1. **Recall** an event in your life that **brings out** emotions of **anger, guilt, shame, pain, etc.**
  - You **don’t** need to do this with **all similar events** in your life, just a “**typical**” one
2. **Realize** that, whether you knew it or not, **Jesus was right there with you** at that time
  - Jesus said, “*I will **never leave you nor forsake you***” (Hebrews 13:5) – He is **everywhere at all times!!!**
    - And, He **transcends time** – “*I am the Alpha and the Omega, the **Beginning and the End***” (Revelation 1:8) and “*with the Lord **one day is as a thousand years, and a thousand years as one day.***” (2Peter 3:8)
3. **Visualize** Jesus in the **past event** with **His hands outstretched to receive** all your **guilt, shame, anger, grief, etc.**
  - “***Come to Me**, all you who labor and are **heavy laden**, and I will give you **rest**. **Take My yoke upon you and learn from Me**, for I am **gentle and lowly in heart**, and you will find **rest for your souls**. For **My yoke is easy and My burden is light**.*” (Matt. 11:28-30)
    - Jesus both **commands** us to do so – as well as **gives us permission** to do so
4. **Give** to Jesus all your **hurts and wounds**
  - He **already died on the cross** and **already suffered** for our **sins** and our **griefs**, so we are **not adding to His burden** – He **really wants** you to do so!
    - “*Surely He has **borne our griefs and carried our sorrows***” (Isaiah 53:4)