

## **INNER HEALING THROUGH INDIVIDUAL PRAYER**

**DEFINITION** Inner healing through individual prayer involves the process of sanctification made practical for daily living, especially as it relates to negative experiences, forgiveness and the release of past hurts in order to free us to be more like Jesus.

**FOCUS** Inner healing through individual prayer is a private process between oneself and the Lord, with the aim of allowing the Holy Spirit to systematically take one through his/her life, and reveal any areas of hurt of unforgiveness, and of any sins, that one has committed that are yet unconfessed.

### **SCRIPTURES**

1. **On healing and restoration** Psalm 34:18; 41:4; 103:2-3; 139:23-24; 147:3; Isaiah 61:1; Luke 4:16-21; Isaiah 61:3-4; Jeremiah 17:14; Malachi 4:2; Psalm 51
2. **On confession, forgiveness, and condemnation** Psalm 32:3-7; 51:1-13; 103:10-14; 145:18; Isaiah 44:22; Micah 7:18-19; Romans 8:1; Hebrews 10:16-17; 1John 1:9
3. **On the importance of Christ, His name and blood** Acts 3:16; 13:38-39; 1 Cor. 6:11; Col.2:12-15; Hebrews 2:9; 3:1; 9:13-14, 22-28; 10:29h; 1 John 1:7; Rev. 12:11

### **STEPS TO INWARD CLEANSING THROUGH INDIVIDUAL PRAYER**

1. **READ** the above scriptures as you patiently allow God, by His Holy Spirit to minister to you. Read each passage attentively, and allow your heart to absorb each truth. Then come as a little child and humbly ask God for His restoration power.
2. **TAKE AN INITIAL BLOCK OF TWO TO THREE HOURS TIME** when you can be uninterrupted and alone to pray. Commit yourself to God's Spirit and His leading. Then go through one segment at time, starting with:
  - ✓ ages one to five, one year at a time (formative period);
  - ✓ you can cluster together the elementary years,
  - ✓ you can also cluster the middle school years,
  - ✓ and cluster the high school years,
  - ✓ start naming one year at a time from 18-25 (these are also formative years),
  - ✓ then lump the remainder in two and three year clusters.
3. **AT EACH SEGMENT**, as you systematically go through your life, **ASK GOD, "WAS THERE A BREAKING EXPERIENCE OR SOMETHING THAT MADE A MARK ON ME AT THIS TIME?"** As God allows you to remember, first thank Jesus, then repeat back the scene to Him, and *openly tell Him how you feel*. Then release that person who hurt you in forgiveness, and ask for Jesus' blood to bring you restoration and wholeness: "Lord, I ask you to release the emotions, hurts, pain and anger attached to these memories and bitter root judgements." Also ask forgiveness for sins you have committed to others. Be sure to cover events that often bring life shaping marks, such as: *a) major family illnesses that caused stress; b) broken romances; c) incidents of rejection; d) times you were uprooted; and e) any event that brought shame or embarrassment.*
4. **AFTER THE INITIAL SESSION**, turn to Isaiah 43:18-19 and Rev. 21:5. God wants to make all things new in your life. As you close in prayer, give God permission to continue to surface things to your mind, and let God help you deal with each incident as you remember it.