

## Inner Healing

Inner Healing is a broad term that covers many forms of the healing of the inner man.

As we grow and learn, from infancy, we receive information into our minds, constantly. We judge whether each piece is truth, and if we judge that it is truth, we let it become a deposit in our information bank, which is like a "hard-drive" on a computer. Because, as little children, we have very little real ability to judge whether something is true or not, we let in a lot of information that really isn't true. We continue to accept erroneous information even on into our adult lives, like the modern worldly proverb, "Look out for ol' number one." This instructs us to keep up strong walls for our protection, to trust very few, if any, people, and to spend our energy focused on our own gain and advancement, instead of considering others. This is not God's way for us to live. Many Christians' lives are being shaped by the erroneous beliefs that they hold, like in the situation just described, without them even realizing it. God tells us in His Word, in Romans 12:2, "Do not be conformed to this world (or its ungodly belief systems...my words here), but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect."

The word "renew", in this place, doesn't mean simply "to refresh" our minds, but to "change what we believe, from worldly beliefs to Godly beliefs". The Holy Spirit is at work during our entire Christian lives, showing us the places where this renewing is needed, if we will listen to Him. When our minds are riddled with ungodly beliefs, it is as though our minds are wounded, because they can't function like the mind of Christ, which is God's goal for us (see I Corinthians 2:16). Thus, the renewing of our minds is a healing of our minds, so that they can function in Christ-like ways, can lead us in the path that God has for us, can bring blessing to others and glorify God.

In the same way that the Holy Spirit brings a renewing/healing to our minds, He wants to renew our entire inner man, or soul (our soul is composed of our mind, will and emotions). He is at work, showing us the ways in which we have real difficulties in life (particularly with people), and He wants us to seek Him for His truth about our inner problems that create our life problems. Jesus told us in John 8:32, "you shall know the truth, and the truth shall make you free." God had Paul write for all of us, in II Corinthians 4:16, "Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day." God is at work on our inner man, but many simply do not want to face their inner problems, or wounds, because they are afraid of what they might feel while dealing with them. Many believe that it is best to simply "move on", and try to "overcome through their own means." However, time does not heal wounds, as the world would like to think. Only Jesus can heal these wounds.

When the grade school boy was required to speak in class, he made a glaring mistake and all the other children laughed at him. He was crushed, and wounded in his heart. This hurt him very much. Now, as an adult, whenever events in his work indicate that it is going to be necessary to get up in front of a crowd and speak, he finds someone else to do it. He says, "I'm just not a public speaker". When he considers speaking like that, he feels fear rising up in him, fear that he will experience that same old hurtful feeling of rejection. His heart, his soul, needs healing. Jesus wants to heal him through the ministry of the Holy Spirit.

The instances of wounding that I have mentioned here are relatively mild, compared to some that I've seen the Lord heal. There is no wound too great for Jesus to heal.

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Self Protection

## THE HUMAN PROBLEM OF SELF PROTECTION

Nearly all living things, even trees, have a God-given means of self protection. Some of these means are very effective, and some are minimal. None of these living things want to die, or even be hurt. They utilize their means of self protection when the situation seems to call for it.

We humans have a unique ability to anticipate danger to ourselves. We have the mental ability to plan for our own protection, and to utilize somewhat sophisticated means of protection. Nevertheless, many of us die young, and all the rest of us get hurt in various ways. God has put within our physical bodies a wonderful means of healing, which can close up wounds to our skin, and even knit back together torn muscle, if the injury is not too great.

However, we do not have a built in, God-given, means of healing the emotional wounds that come from our normal interaction with humans in our environment, and even with members of our own families. We live in a "hostile environment" (Rom 8:18-25, Living Bible is best here), and it hurts us. The enemy has put a lie into our culture which says, "time heals all wounds". This is a lie spawned in hell. Millions of humans, in their 40s and on into old age, still suffer from childhood wounds to their souls. Time has not healed them. They try to cover up the wounds, and protect them from ever being touched by other

humans, but they still hurt, and cause various patterns of avoidance and other kinds of dysfunctional reactions when they do get “poked”, even accidentally. We can learn ways of “coping”, but this leaves us dependent on patterns of protective behavior that are not best for our Christian lives. Only the Lord can heal emotional wounds.

The grade school child may be required to sing a short little solo in front of the class in order to see if he has done his homework and learned the little song the class will sing together at the school assembly. He doesn't have a very good voice, and it cracks a couple of times, and then the class snickers at him. This humiliates him, hurts his feelings and wounds his soul. His self-protection system doesn't want that to happen again. He may simply develop an avoidance pattern that causes him to shy away from circumstances where he may have to sing by himself, or even sing at all. He may make an inner vow that he will never sing again. This is a much deeper step into self-protection. It binds him into feelings and behavior that could prevent him from ever wanting to attend a church service, because singing will take place and he will be expected to sing. He may not be willing to share the reason for not wanting to go to church, even with his wife, because he believes it will sound like a silly and unacceptable reason for not going. He believes it is likely that he will then receive additional pressure to go. He doesn't want additional humiliation over his reason for not going, so he may become hostile over the issue and make a pronouncement that “we are not going to talk about this any more.....ever again”.

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## Trusting God

Most people, including Christians, have pretty thoroughly bought into the teaching of the world that we are to become self-sufficient, and as powerfully in control of our own destinies as we can be. So, we have this strong tendency to want to take care of ourselves, with no help from anybody. Unfortunately, this may include God. Many of us have been taught that “God helps those who help themselves”, as though that idea came from Scripture. It did not. The Lord wants us to learn to depend upon Him. He has told us in Proverb 3:5, “Trust in the Lord with all your heart and do not lean on your own understanding”. He is there for us every minute of the day or night.

I Peter 5:7 invites us to cast our cares (things that make us anxious and stressed) upon the Lord, because He cares for us. Our cares are, generally, those things that are negative for us (or potentially negative), and are out of our control (we can't fix the problem). When we are frustrated by our inability to fix the problem, or our inability to get in control of an event, we get stressed. When we are stressed, we are “in the flesh,” and not “in the Spirit.” We do not want to live there.

Jesus said in John 14:27, "Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, nor let it be fearful." Jesus is offering us His peace. There is no better peace anywhere. This is deep tranquility in our spirit and soul. You see, with Jesus there is never an emergency. He is Lord of this universe, and in control of everything. No emergencies. He knows that when we get stressed, our peace is stolen from us. When our peace is gone, we are in stress....in the flesh. This is when we are trying to fix things in our own wisdom and our own strength. This is when we make mistakes, say things we regret. He wants us to be in the Spirit, so that those around us are blessed, so that His will can be accomplished in the situation, and so that we are blessed because of these things. He offers to give us this peace on a constant basis.

Even though we have tried to give our cares to the Lord, we seem to take them back into our own hands, and re-enter the frustration and stress. This happens when God doesn't fix our problem as soon as we want, or when we're afraid He won't fix it the way we want. God wants us to trust Him, so that we can leave our cares in His hands, and let Him take care of them. This may include Him directing us to be involved in the solution. It may not. We must leave that to His wisdom. We must leave the final outcome to Him. He does know best.

We read in Phil 4:6,7, "Be anxious for nothing, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus." Many people have said, "I have prayed and prayed, but I still am worried and stressed". They express skepticism about the word, "thanksgiving" in this verse, because they don't want to thank anyone for their problem. We need to have another understanding of God's intentions when He arranged to have that word used here.

In order to appropriate the peace of Jesus into our minds and hearts, our thanksgiving should be on this order: we thank Him because He is in control of His universe, and He will use His sovereign control on our behalf because He loves us, and He will take care of us. He is our perfect loving Shepherd, and we are the sheep of His pasture. Therefore, our trust in Him can be so deep and complete that we can relax and count on His involvement in our situation. He will take care of us in the way that is best for us. We can be at peace.

Each of us will be far better able to release our cares to Him, and appropriate His peace, after we go to Him in prayer and ask Him, directly, the questions listed below. After we ask the questions, we need to provide time, get quiet and listen for His answers. He will answer in the way He knows is best for us. The questions are:

1.Are You really in control of Your universe?

2.Do You really love me?

3.Will You take care of me?

Yes, our minds will tell us that we have read about each of these matters in God's Word. Our cognitive memory will remind us that His Word tells us that these are true. However, in addition to our cognitive memory system, we also have a feelings memory system. Down in our feelings memory system, we have memories from early in our lives of times when it felt to us, as a child, that nobody was in control of this world. The situation was scary and/or painful. In our feelings area, there is a message that nobody is in control, and we have to take care of ourselves. The conflict between these two can only be resolved by receiving from Jesus His truth on the matter.

Until that time, the feelings message will ring louder and will win out when a stressful time comes, and then we'll find ourselves stressed and in the flesh, trying to fix things in our own wisdom and our own strength, again and again. We need to get this problem resolved, through going to Him in prayer with the three questions. He wants you to have His answers. He will answer you in the way that is best for you. Perhaps He will bring a memory back to you that shows you the answer. Perhaps He will have someone say something that will resound like a large bell, bringing His truth to you. The answers are "yes", and are life-changing.

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## God In Control

In the natural, nobody likes to feel out of control. Nobody likes to encounter circumstances that affect their lives, and which are beyond their control, especially circumstances that are negative for them. We seem to have a pretty strong desire to "manage" the circumstances of our lives so that they will go the way we want them to go. Of course, we believe that the way WE want them to go is the right way, even though we may be mistaken.

People make carefully laid plans, taking great pains to cover every detail, so that the plans will work out "just right". When one of these plans begins to unravel, great effort is made to correct the problem. The author of the plan gets stressed because his plan isn't working, and all the more so when it becomes apparent that the plan has fallen through. His peace is stolen, and he is "in the flesh", and not "in the

Spirit". "In the flesh" means that the remnant of our carnal self has risen up and wants to have its way, no matter what the Holy Spirit is saying (see Galatians 2:16-24). When he is in the flesh, his responses to people around him while the plan is failing are not particularly Christ-like. He has acted out the assumption that "he has to make the plan work". He has stepped outside of his circle of faith in God. While in his "circle of faith", two days earlier, he would have said that he was happy to have God take care of the events in his life. But, here, he was put to the test, when things didn't go according to his plan, and he found it impossible to really trust that God cared, and that He would be involved in this situation.

At the moment that something began to go wrong with his plan, he began to "have a care" (see I Peter 5:7). In this passage, God invites us to turn our cares over to him. He wants to be invited into the cares of our lives, so He can take care of them. What is a care? It is anything that is out of our control and also negative for us. If we had something that was negative for us, but was in our control, so that we could fix it, we would just fix it--like discovering that the phone is off the hook. It was in our control, so that we could fix it. It is no longer a care. If it was out of our control, but not negative for us, like the color of the barn in Nova Scotia, then it is not a care for us. But, if something is out of our control and also negative for us, we will want to fix it. However, since it is out of our control, we can't fix it, and that leaves us stressed, perhaps worried, perhaps filled with anxiety. We have a care.

Let's say we begin to take seriously the I Peter 5:7 passage, and decide to give God a particular care (it is a care because we can't fix it). He may point out to us that this time He is not going to let us give Him a care that has strings attached to it, like almost all the others we have given Him. In the past, we have attached strings because we wanted to be able to pull it back into our own hands if it looked like He wasn't going to fix our care the way we wanted it to be fixed, or if it appeared that He wasn't going to take care of our care according to the timetable that we had established for its fixing.

This approach to letting God take care of our cares indicates that we think that we know best how to take care of our cares, better than He does. This shows that we have a "gap in our faith". We trust Him up to a point. We may trust Him with our eternal destiny, our salvation, but have a real problem trusting Him with the circumstances of our daily lives. "Thanks, God, for causing the sun to come up, but I need to take care of this little problem." We want to run our own daily lives. Of course, this doesn't work when our problem is out of our control. We become frustrated by our inability to fix the problem, and we are simply left in our stress. We are left devoid of the peace of Christ. We are left in the flesh, where we operate out of our own wisdom and strength instead of God's, and we are in real danger of making decisions, or saying or doing things that we later regret. We do not want to live this way. How can we get free from this problem?

God has made clear to me that we have all taken control of our lives into our own hands, at an early age, usually between the ages of 4 and 8. We came to believe (even subconsciously) that our needs were not being met to our satisfaction, especially in terms of our sense of emotional safety and security. We entered into a pact with our flesh, in which we determined that we will be in control, to try to ensure our emotional well-being and safety. Since it is the will of God that He be in control of our lives, we have sinned. We have sown to our own flesh. This resulted in consequences, according to the spiritual principle of sowing and reaping. We have reaped a consequence of corruption (see Galatians 6:7,8). The reaping comes in two parts.

The first part of the reaping is that at the very moment of the decision to take control, a signal begins to play in the heart that says: "I must be in control; I must be in control; I must be in control". This signal plays once every second for the rest of our lives, unless we take action to be released from it. The signal is louder for some than for others.

The second part of the reaping comes when we get older, in middle school and on into our adult lives. We find out that we CANNOT control the circumstances of our lives in the way we had hoped as a child. Most of life is truly beyond our ability to control. We cannot fix the "cares" of our life, those things that are out of our control and negative for us. This produces stress, and then we have lost the peace of Christ. So, the second part of the corruption is "the deprivation of the peace of Christ". We don't want this, because it leaves us in the flesh, and likely to do "fleshy" things. When we meet up with a stressful situation (negative for us and out of our control), we want to respond in the Spirit, so that God is glorified, people around us are blessed, and we are blessed by being able to sense the Holy Spirit's leading as we find God's solution to the care. How can we get there?

God's answer to this problem is a relatively simply one, but which involves a significant step of trust. We turn ALL control of EVERYTHING over to Him. If we have given Him control of the outcome of absolutely everything in our lives, then we have no reason to be stressed. Some haven't ever considered this, and the idea can be a little scary. Others have recognized their problem with control, and have asked God to help them with it. Unfortunately, they are still wanting to control, and don't know how to get free of this struggle. The good news is that God has revealed a kind of ministry that enables a person to get release from this problem. He wants us to work with another person, who will lead us through a solemn ceremony in which we give up everything to Him. God has designed the ceremony, and it has been used successfully to release hundreds from this bondage.

The ceremony goes like this:

## Part A

1. Confess that you took control of your life into your own hands, and that it was a sin

2. Repent of that sin

Renounce that old ungodly decision to take control

Declare your hatred for this way of living

Renounce the devil's torment in your life, in Jesus' Name.

3. Ask God to forgive you for taking control

4. Receive His forgiveness with thanksgiving in your heart

5. Release total control into His hands

## Part B

1. Ask God to help you put a picture of His big hands into your

2. mind's eye, so you can see them.

3. Then, you place into those big hands of God every person who has ever or is now able to tweak your emotions and cause you stress.

4. Then release them to God. Then, place symbols for every "thing" that causes you stress, or is capable of causing you stress into His hands, and release them, too.

At the end of this ceremony, if a person does it deeply and sincerely, God will have taken the "once per second signal" out of your heart, and filled you with His profound peace, in a way that you can live in, every day of your life.

The key difference in the way a person lives his life after going through the ceremony is that he learns to discern what it is that he CAN do in situations--the part that God has equipped and called him to do, his part—and do that, but then leave the final result of all situations to God. We simply cannot arrange perfection in the completion of our plans. We can do our part, and then we WANT to leave the rest to God, because if we try to MAKE it all come out OUR way, we will probably mess it up.

One may logically ask, "Does this mean that I just sit on a stool and let God earn my living for me? or raise my kids for me? No. God does expect us to use the talents, abilities, intelligence and training He has given us, diligently and under the guidance of His Holy Spirit. He still wants us to trust Him to bring about the conclusions in our life's affairs that HE wants. He does know best.

To turn all of one's life over into the hands of someone he has never seen would be madness, and without real intellectual integrity, according to the world's way of thinking. However, it would not be madness if one could come to some important conclusions about the One he could not see, before he released everything. We know we are talking about God. We need to hear from Him, in some way, an affirmative answer to the following questions.

Ask God, in prayer:

1. Are You really in control of Your universe?
2. Do You really love me?
3. Will You take care of me?

When we get God's wonderful "yes" answers to these questions we are then able to release control of all of our lives into the hands of God with complete intellectual integrity. We don't have to have a "burning bush experience", like Moses, in hearing God on these questions. The idea is simply to hear from God in the normal way you usually do. Most people simply receive an "impression" from God in their spirit, which God then feeds into our understanding. Drink into your soul that assurance that He is in control.....that nothing happens that is out of His control. Even when something happens that doesn't seem right to you, here is where we must relax and declare inside of ourselves, "I don't understand, but I trust that God knows what He is doing. He never makes a mistake".

Drink into your soul that truth that He loves and cherishes you. He loves you as a perfect Father....not as the earthly fathers that you have seen and that have disappointed you. When He is almighty and in control, and He loves you, He will exercise His control on your behalf. Now, you can rest in the knowledge that He will take care of you. You can ask Him to remove the very heavy yoke of self-protection and the need to be in control, and replace it with His yoke, which is easy, because you can live your life totally released into His wonderful care (see Matthew 11:28-30).

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## Video Teaching

Please go to this link to view my teaching on giving God control. YouTube contains a part 1 and part 2 of the teaching. The link below is a playlist that connects the two videos and will make it easier for you to see them in order.

Click here to see my teaching.

<http://www.youtube.com/watch?v=UVa52aQY2L0&list=PL474A1A38BD1284ED>

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## Healing Wounds 1

### The Healing of Wounds to the Soul - Part 1

Unfortunately, a great amount of hurt comes to children in this world. Children's hearts are extremely vulnerable, and totally dependent on Mom and Dad, the two BIG PEOPLE in their lives. Children view these parents almost as God, during their first two years of life. God has built into our little hearts the understanding that our parents are there to take care of us. We trust them completely, and depend on them for everything, while we are little. Of course, when we get to about two years old, our flesh begins to rise up in its independence and rebellion, and we begin to want our own way.

None of us has ever had the privilege of being raised by perfect parents. Not even Adam and Eve were able to be perfect parents. One of their sons killed the other one (see Gen 4:8). This was a dysfunctional family, as is every family on this earth, in varying degrees. Some are only slightly dysfunctional, while other are severely so. Beginning with Adam and Eve, each adult has his own set of problems, sins, hurt, fears, guilt, anger, etc. Each adult adds a good bit more pressure to his life when he becomes a parent, and his life becomes even more complex and difficult to manage. Because of all this, it becomes difficult to attend to all the responsibilities of parenting, and to do it in a godly, loving

and correct way. We end up hurting our children and/or neglecting to give our children the unconditional love and attention they need, even though we never intended to do these things.

Children are also hurt by the other people in their environment, which may include relatives: aunts, uncles, cousins, grandparents and even siblings. In addition, there are neighbors, and those at school who may hurt them. Many children go through their whole childhood feeling like they are in danger, living with fear, without any sense that there is a BIG PERSON who will take care of them adequately. Just having this constant fear is a wounding thing, leaving their hearts very sensitive to any possible danger, and sometimes being paranoid about dangers, either physical or emotional. This robs the person of the peace they should be having. This causes them to pull back from relationships, so that as adults they are unwilling to enter into the kind of emotional intimacy that is needed for a happy marriage. The damage to the soul can be great.

The kind of damage to the soul (our mind, will and emotions) that is mentioned above is a permanent thing, unless it is dealt with. The Lord is willing to heal it, redeem it, transform it, and make us whole, but only as we seek Him out for His ministry to us, and cooperate with His healing process. It is not automatic. There is a good bit of what I would call “wishful thinking” in the Body of Christ, which would like to believe that when we are born again, we are made whole, automatically; that we are placed in God’s army, totally healed, and now we are supposed to press forward into the battle.

Our observation of Christians around us tells us that we are not made whole, automatically. Scripture tells us the same thing, if we read it carefully. II Cor 5:17 tells us that “if any man is in Christ, he is a new creature (or creation); the old things passed away; behold, things have become new (or new things have come, NASB)”. This could suggest that old ways of thinking, feeling, reacting have passed away. But, have they? Why do so many Christians continue in their sins for so long? II Cor 4:16 tells us that “our inner man is being renewed day by day”. This shows us that it is a process. Well, what about this sudden passing away of the old and the coming of the new, mentioned in II Cor 5:17? Could it be that the very structure of our inner man is what has been made new? We have been “re-wired for power”, the power of the Holy Spirit, because He has just come to live inside us. We have been “equipped with God’s wiring”, in some way connected to the Holy Spirit, so that we can feel Him, sense His presence, hear Him direct our paths. This is what is new. Then, Rom 12:2 tells us that we are to “be transformed by the renewing of our minds”. It is a process of the Holy Spirit showing us that our belief on this subject, or that, is ungodly and needs to be replaced by this new godly belief. Eph 4:22-24 also speaks of our process of being renewed.

In Phil 3:12-14, we read that we are to “press on”; that we are to forget what lies behind and reach forward to what lies ahead; press on. Many want to believe that “forgetting what lies behind” means to go forward without dealing with the things in our past that need to be dealt with; that we are to just forget about it. God wants us to deal with these things, the ungodly inner vows, bitter root judgments, unforgiveness, and the anger we have carried toward another person. He also wants us to be good stewards of our own person, and receive healing for the wounds that we carry with us. They cause us to limp or stagger in our faith, or do other things which are not in the Spirit. Many stagger under a disabling load of condemnation and/or self-condemnation. Some want to be good Christians, but are so afraid of God that they cannot draw near to Him. In addition to getting our healing, He wants us to get rid of the demons that we have carried for so long.

Many Christians can sense that there is a hurt, or a fear, or something, deep down inside, but they don't know what it is or where it came from. This causes them to want to just forget about it, because they believe they would not be able to tell a “ministry person” what the problem is, and that would make them uncomfortable. The wonderful truth is that Jesus knows. He has every split second of our lives memorized. He knows what you were wearing on your very first day of school. Chances are that even your mother can't remember that. Jesus knows our hurts and fears intimately. He knows all about the event or events that caused our wounds, and He knows exactly how to heal them. These wounding events happened in our past. In order to get the wounds healed, we need to revisit the past, just for a few moments, so that Jesus can come into that past event and heal us.

People have a real allergy to going anywhere where there might be some discomfort. We generally do not want to go back to an uncomfortable scene. We would prefer that Jesus would simply come in the night while we are sleeping and touch us with His magic wand, and make it all better. Jesus does not do it that way, for several reasons:

He knows that to change us that quickly would shock our system.

He wants us to learn to have patience with His process for our lives, healing and otherwise. He wants us to trust Him.

He wants us to see precisely what He is doing while He heals us, so that we can understand what He has done.

He wants us to pay attention to how He does it, because He may want to use us to bring the same healing to others.

He wants us to understand it so that we can have fullness of gratitude in our hearts toward Him.

Jesus knows all the details of the healing He wants to bring, as well as the long term effects it will have on our lives. He knows that it will result in a more deeply intimate relationship with Him than anything we have ever known. He knows that it will open up our hearts to the level of real vulnerability that is necessary for His love to flow through us in a truly abundant way towards others. He has called us to love Him, and to love our neighbors as ourselves (Matthew 22:36-40). Many wounded people have so encased their hearts with protective walls that they have trouble loving others, and they have trouble receiving love. This also affects their relationship with God. Because of this problem, many have trouble being open to God's love, and they miss out on this precious part of the relationship that He has designed for us. By the time we reach adulthood, we all need healing. Let the Lord show this to you, and open yourself up to His plan for your healing. You will be blessed.

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## Healing Wounds 2

### The Healing of Wounds to the Soul - Part 2

Ordinarily, we have a strong inner drive to survive, and to use our wits and personal strength to cope with our wounds, in order to go forward in this one life we have been given to live. We are very good at devising ways to cope. We are especially adaptive, as children. We can learn how to live in ways that make us acceptable to others, so that life hurts less than before we took that last coping step.

One four year old girl had to adapt when her mother ran away and left her with her lumberjack father and her one year old baby sister. Right after her mother ran away, her father lost his right arm in an accident in the woods. After his recovery and therapy, he was able to get other work, but his four year old daughter had to do most of the house work. He spent a lot of time showing her what he knew about house work, and she followed his ways. When she married and then returned from her honeymoon, her husband found her in the bedroom putting a pillow case on a pillow. She had gotten the pillow into the inner pillow case with her left hand, and was holding the corner of the case with her teeth, while she pulled the zipper with her left hand. Her right arm was hanging by her side. Her father had taught her the way he did it, with his one arm, and she had adapted.

A young man grew up in the hills of West Virginia, with an angry alcoholic father who would come home drunk and look for someone in the family to slap on the head. When he was real little, these slaps hurt a lot. As he got older it hurt less, and humiliated him lots more. He got so that he would duck and cover his head whenever his father was drunk and came near. Now, 30 years later, his father is not drinking like he did; but, whenever he raises his hand to scratch his head, and his son is near, his son will

duck and cover his head. The wound in his soul is still very much alive and tender. It causes him to react in this way, which makes him feel very foolish every time it happens. He carries deep anger toward his Dad, which hinders this very basic and important relationship in his life. This anger spills over into other relationships, including the relationship with his wife. His wife has said she fears what will happen to her children because of his anger.

Wounds of rejection, fear, trauma, or worthlessness are very real. If we could see our souls, and if they had physical properties, like a liver, we would see bleeding wounds and deep bruises on them. These wounds are just as fresh as when they happened. The world teaches us that “time heals all wounds”. This is a lie from the “father of lies”, the devil. The wounds never heal unless Jesus heals them. Those who have wounds that Jesus has not healed will usually try to heal them through their own efforts. Finding that this doesn't work, they usually resort to some form of trying to protect the wounds from being touched, so they will stop hurting. People build walls around themselves, to protect their wounds, so they won't get hurt. People engage in activities and forms of conversation that are only on the surface, so nobody will get deep enough to touch their wounds. Hurt is a part of nearly everybody's life, because of these wounds.

In about 1990, I ministered to a woman of 31 who had a deep wound in her soul that hurt her nearly every day. She had not found a way of protecting herself from this wound, because it was so prominent in her active memory. Ten years earlier, when she was only 21, she had been asked to take care of her little sister, who was 16, while her parents went out of town over night. She had a date that night, but her sister said she was planning to stay home and watch TV. She promised she would not have any friends in the house. The younger sister was usually very reliable, so she agreed to this. When she came home from her date, she called for her little sister. There was no answer. She searched the house, and found her sister in her bedroom. She had shot herself through the head, while sitting up in bed. She lay in a pool of blood in the bed. The shock and horror of this sight made this the worst day in the life of this young woman I was meeting with. She was near hysteria with grief for days after that incident. There was the pain of losing her sister; the pain of seeing the horror of the death scene; and there was pain from guilt because she was not there to prevent this thing from happening.

She came to me with this pain in her soul, ten years after the incident. She began to cry with the pain of the memory while describing it to me. I was deeply moved, and expressed compassion. I told her that Jesus was there with her in the room when she discovered her sister. He was available to minister to her, but she didn't realize it. So, she did all she knew how to do. She comforted herself as well as she could. Her effort to take care of herself brought meager results. She still needed that wound healed. I asked her if she would be willing to let Jesus take her back to that scene for just a very brief time, so she could discover Him in that memory, and then let Him minister to her, and heal her. She said, “yes”.

We entered into prayer, and I asked Jesus to give her peace, as she was trusting Him to take care of her during this time of dealing with the memory. He did. Then, I asked her if she would be willing to set her personal memory retrieval system aside, and let Jesus take over and take her to the precise moment in the memory where He wanted her to arrive. She said, "OK". Then, I asked Jesus to take her back into that memory, and let her see what happened only just long enough for her to get in touch with that reality, and to know and feel her need for His healing touch. He took her back into the memory to the hallway outside her sister's room. She saw the hallway just as if she were really there. The memory was made very real by Jesus. Of course, He remembers every detail, and can bring it all back, as He sees fit. She began to weep some, because of her fear of what was coming next. I encouraged her to go into the room, and see what was there, and assured her that she would not be required to look for more than a second or two. I told her that Jesus would be there to help her.

She stepped into the room, and saw the horrible sight. The old feelings came back with a rush, and she began to cry in earnest. I reminded her that Jesus is there, and that if she would look around the room she would find Him. I assured her she would not have to look at her sister again. She turned away from the bed, and began to look for Jesus. Very soon, she saw Him standing not far from her, looking at her with a look of deep compassion on His face. His arms were outstretched toward her, inviting her to come into His arms, so He could hold her and comfort her.

She ran into His arms, and held onto Him with all her might, as He held her. She could actually feel Him holding her. I encouraged her to push all the pain, all the grief, all the fear, all the anger out the front of her chest, into Him. I explained that it wouldn't hurt Him, that He wanted to take it from her, and that as this stuff left her, His peace would take its place. She pushed it out into Him, and His peace came. He began to speak to her. The first thing He said was, "It wasn't your fault". When she heard this truth, she began to sob with relief. A part of the healing had taken place. I could have told her that. Her parents could have told her that. She could have agreed, intellectually, but the pain would have still been there. Your healing comes when you hear the truth from Jesus in the midst of immersion in His love.

She had several questions to ask Him, and I suggested a few more for her to ask. He spoke right into her mind, as He answered all of her questions. At the end of this exchange, she was quickly falling in love with her Savior. She hugged His neck, and thanked Him for coming to help her. I asked her to open her eyes, and we talked for a few minutes. Then, I asked her to close her eyes, just for a minute or two. She did. Then, I asked her to go back to her sister's bedroom, and go to the far corner, away from the bed. Then, I asked her to look over at the bed for just a second. She did. I asked her how she felt. She said she didn't even have to look away. She was feeling peace, because she knew her sister was with

Jesus, and the loss wasn't her fault, and, besides, Jesus was right there with her. Her soul was healed of that wound. She never had pain from that memory again.

There are many people who do not have any such traumatic memory as this. Therefore, they believe they must be "just fine". However, if they are really honest, they realize that they have this dull ache, or pain, in their hearts a lot of the time. Some call it just a "yucky" feeling. They don't know where it comes from, but it seems to spoil the joy they wish they had. It spoils their peace. It hinders their ability to love people adequately. It can, and does frequently, make them feel lonely. They don't know what to do about it, so they just try to push it down, and cope. But, it keeps returning. This "yucky" feeling is the result of wounds.

In this case (there are many of these), I ask the person to try to identify the kind, or flavor, of feeling it is. As we begin to identify the feeling, I ask the person to let himself feel it, just a little bit, so Jesus can use it as a pathway back into their past, so He can take the person there to discover the origin, or source, of this yucky feeling. The feeling is described, frequently, with words like: I don't measure up; I can never please them; they don't love me; nobody would miss me, if I were gone; or I can't seem to do anything right. I explain that Jesus will take them back to the precise event when there was a hurt that began to produce this yucky feeling. Over the years there have been many similar events that poke that wound and cause the yucky feeling to grow.

When Jesus takes the person to the memory, He will cause them to see a person or a thing, indoors or outdoors, something simple. I encourage the person not to try to figure out why He has them looking at what is in front of them. Then, I ask them to tell me the moment they see this object or person, so I can begin to ask them questions about it, before they get to analyzing it. I don't ever tell them what they are seeing, or what is happening. I don't know, and can't see. But, the Holy Spirit shows me what questions to ask, as a way of getting him to describe the scene and what is happening. He also shows me what questions He wants the person to ask Jesus. Soon, we discover the source of the pain, grief or yucky feeling, and Jesus shows up in the memory and ministers to the person, bringing His glorious healing. He normally manifests the same loving ways as described above, as He ministers to the person with His eyes and words, and holds them in His arms, taking the pain right out of their soul.

Often, while in this encounter, the person will hear Jesus tell them some important things about the parent or other person who hurt them. This revelation gives the person a whole new understanding about the one who hurt them. In addition, the Lord frequently tells the person things about themselves that builds them up very significantly. This encounter with Jesus is usually life-changing.

If God's Holy Spirit is showing you that you need some healing from Jesus, I would recommend that you find a deeply spiritual person that you trust, and have them read this material. Then, ask this person if he would be willing to help you with this healing process. There are some who don't know anyone who can or will do this, so they just have to go to Jesus and ask Him to take them to the memory and show them the truth, and just relax and let Him do it. He wants you to have your healing, so if you come to Him as a child of God, in full submission and dependency, and ask for your healing, He will lead you there.