

# Facilitating Inner Healing Workbook



3820-A North 30<sup>th</sup> Street, Colorado Springs, CO 80904

Train – Develop – Care website:  
<https://www.tdcresourcehub.org>

Any reproduction or changes of this material must have the written permission of TDC. All rights are reserved by TDC © 2020.

Unless otherwise noted, Bible quotations are in the New American Standard Version. Other versions quoted are the NLT (New Living Translation), MSG (The Message) and AMP (The Amplified Bible).

Revision, June 2020

**Table of Contents**

Table of Contents .....	2
Introduction to Facilitating Inner Healing .....	3
When Is Healing Prayer Helpful? .....	4
What Is Inner-Healing Prayer? .....	5
A Three-Way Conversation.....	5
Preparing the Heart for Inner Healing .....	7
Healing Prayer Questions to Ask God .....	8
Dealing with Lies and Resulting Enemy Access.....	12
Additional Possibilities.....	13
Where Was Jesus? How Was He Responding? .....	14
Is There an Area of Needed Forgiveness? .....	16
Are There Vows and Strategies to Renounce? .....	22
Are There Pronouncements to Break? .....	24
Is There a Burden that Needs Surrendering? .....	25
How Is the Person You're Helping Doing? .....	27
Is There Anything Else, Lord? .....	28
Further Possibilities.....	28
Sealing the Healing .....	28
Healing Puts Us on a Level Playing Field .....	29
Retaining Your Healing and Taking it Deeper .....	30
Keys to Staying Free.....	32

### Introduction to Facilitating Inner Healing

*The Spirit of the Lord GOD is upon Me,  
Because the LORD has anointed Me  
To preach good tidings to the poor;  
He has sent Me to heal the brokenhearted,  
To proclaim liberty to the captives,  
And the opening of the prison to those who are bound.*  
Isaiah 61:1 NKJV

*Facilitating Inner Healing* has its roots in the above Messianic passage which Jesus quoted when He began His earthly ministry in Luke 4:18. Amazingly, God's passion to heal the broken-hearted was announced 600 years before the birth of Jesus.



This workbook is especially designed to guide an individual through the process of facilitating inner-healing prayer with another person. It may be helpful to supplement this booklet with the NavPress book, *A Guide for Listening and Inner-Healing Prayer: Meeting God in the Broken Places*. Chapters 11 through 13 of this book will be useful in learning to facilitate.

This workbook is also used in conjunction with the *Listening and Inner-Healing Prayer Seminar* of the Train - Develop - Care department of The Navigators. For seminar dates and places, please see our website.

Here are a few helpful tips before you seek to facilitate inner healing with another person.

To start with, you're not offering to help the person work through *all* of his areas of brokenness over an extended period of time. Instead, explain that because the

inner healing you've experienced helped you so much, you want to share it with others. Interject a little of your

story. Invite the person to try this out with you (and your partner, if you have one).

For a typical session, you'll want to set aside about an hour and a half. A first appointment might unfold in several different ways. If the person you hope to facilitate with is a good friend and you already know in detail what he is struggling with, you might start by explaining healing prayer at a basic level, ask if he has any questions (most times he won't), and move into facilitating.

On the other hand, if the person you meet with has only alluded to problem areas, in all likelihood your first meeting will consist of him telling you his story as you primarily listen and draw him out. You'll need to schedule a second meeting for the actual time of facilitating inner healing.

You and the person you're meeting with can take turns reading the booklet aloud until you get to the section titled *Preparing the Heart for Inner Healing*.

### **When Is Healing Prayer Helpful?**

Healing prayer can be very helpful when we're struggling with any of the following:

- A repetitive unwanted behavior, bondage, or compulsion (*such as perfectionism, people pleasing, workaholism, drivenness, sexual addiction*).
- A struggle with a recurring painful emotion (*fear, anxiety, guilt, anger, depression, hopelessness, abandonment, and other such patterns*).
- An overreaction to a present difficult or trying



*circumstance (such as deep feelings of rejection over being denied a promotion, extreme fearfulness because something goes wrong, stronger than usual anger toward someone at work or home, depression due to a loss).*

### **What Is Inner-Healing Prayer?**

Healing Prayer is a God-centered ministry that can help a person experience newfound internal freedom from bondages, addictions, and recurring painful emotions. It can be experienced in time alone with God, with the help of a facilitator, or at a seminar.

Inner Healing makes use of listening prayer so God Himself can reveal the roots of a persistent problem and bring healing to it. Unwanted repetitive behaviors and persistent emotional patterns have a beginning point somewhere in our past (a root). Since God knows our hearts better than we do, was present in everything that's ever happened to us, and can communicate to us through the Holy Spirit, He is the Perfect Healer. He's uniquely able to take a person to the roots of a struggle, reveal lies that have been believed (and other kinds of bondages), and communicate experiential truth that can set the captive free. John 8:32 says *the truth will make you free*. Healing Prayer is God supernaturally moving the truth from the head to the heart so He can transform us (Romans 12:2). Through this, we experience God's truth in the "inner being" (Psalm 51:6 AMP).

When people are experiencing severe emotional struggles, they need to be under the care of qualified mental health specialists. Healing Prayer is not a substitute for professional care but can powerfully supplement it.

### **A Three-Way Conversation**

*My heart has heard You say, "Come and talk with Me."  
And my heart responds, "Lord, I am coming."*

Psalm 27:8 NLT

We sometimes describe facilitated healing prayer as a three-way conversation. The facilitator asks God a question. The person receiving ministry listens and shares the impressions that come into his heart and mind as God communicates, usually through thoughts, words, verses from the Bible, emotions, and pictures. Only rarely does He speak with an audible voice.



Sometimes the things that come to us won't seem to make sense or answer the question that was asked. This is a normal facet of listening to God (Isaiah 55:8-9). Encourage the person to share whatever comes, even when the impression is faint or not what he expected. Many conversations people had with Jesus in the gospels weren't linear or logical. Someone would ask a question, and Jesus' answer didn't seem to fit (John 4:7-26). This is because He communicates to the heart of things since He is omniscient and knows what we really need. So we seek to trust in Him with all of our heart and not lean on our own understanding (Proverbs 3:5).

Encourage the person you're meeting with to relax and not to put himself under pressure. Inner healing is not about analyzing everything that's ever happened or somehow forcing ourselves to come up with something. Instead, it's a time of resting from self-effort, focusing in stillness on God, and allowing Him to gently communicate to us. It's something God must do and so there's no pressure on us to perform or invent things. No one is on trial; neither you nor the person you're meeting with has to make the process work. Ask God to calm any anxiety, fear or worry (1 Timothy 1:7).

Before beginning the time of prayer, ask if the person has any questions. Usually he'll be good to go.

### Preparing the Heart for Inner Healing

*Come to Me with your ears wide open. Listen, for the life of your soul is at stake.* Isaiah 55:3 NLT.

You'll now switch from talking together and move into prayer. As the facilitator, you'll prepare for a time of listening to God by praying through these *Listening Prayer Guidelines*.

1. Come fully present before God. Based on Hebrews 12:2; *Looking away from all that will distract to Jesus, Who is the Leader and the Source of our faith ...* (AMP). **Lord Jesus, would You still and quiet our hearts and help us to come fully present to You?**
2. Exercise the authority of Christ over all other voices that seek to speak to us. Based on James 4:7; *Submit therefore to God. Resist the devil and he will flee from you* (NASB). Pray something like, **In the name of Jesus Christ, I command you, Satan, or any other influences to be silent and not interfere.**
3. Ask the Three-in-One to reveal Himself in a special way. Based on Psalm 70:1; *Please, God, rescue me! Come quickly, Lord, and help me* (NLT). **Father, Son, and Holy Spirit; would You come in a special way and minister deeply in our midst?**
4. Ask God to search your heart and bring up anything that needs His healing touch. Based on Psalm 139:23-24; *Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way* (NASB). **Our hearts are not a puzzle to You. Would You search [name's] heart and bring up one hurtful way that needs Your healing touch?**
5. Ask Jesus to communicate. Based on 1 Samuel 3:10; *Speak, for Your servant is listening* (NASB). **Lord Jesus, would You please communicate with [name's] during this time?**
6. Wait in silence for God's communication. Based on Psalm 62:1; *My soul waits in silence for God only; from Him is my salvation.* After praying through the preceding steps, the thoughts that come to you should be God's communication. Avoid the tendency to analyze. Instead, *Trust God from the*

*bottom of your heart; don't try to figure out everything on your own (Proverbs 3:5 MSG).*

7. Write down the impressions God brings. When God cares enough to communicate, it's wise to write it down so it won't be forgotten (see Luke 2:19).
8. Test impressions with God's Word, His character, and the other believers. Based on 1 Thessalonians 5:19-22; *Don't suppress the Spirit, and don't stifle those who have a word from the Master. On the other hand, don't be gullible. Check out everything, and keep only what's good* (MSG).

### **Healing Prayer Questions to Ask God**

Move into facilitating by asking God the question below. (Remind the person you're meeting with to report any thoughts or impressions that come to mind no matter how vague or unexpected they are.)

1. Remaining in prayer, gently ask, ***Jesus, is the area You'd have [name] focus on an area of bondage where he does not feel fully free, a persistent painful emotion, or an overreaction to a recent difficult event?*** Then wait on God together. You can jot down what the person says in the spaces below each question.

---



---

If, after three to five minutes, he doesn't report anything, you can gently ask, *As you've been listening, what thoughts and feelings have been going through your heart and mind?* Jot these down.



Sometimes the person will say that no thoughts, emotions, or anything else has occurred. Ninety-nine percent of the time, this isn't entirely true. Thoughts and impressions of some kind happened, but he probably analyzed them, concluded they weren't relevant or from God, and decided not to share them.



When this happens, ask him to relate whatever comes to him, no matter how insignificant or faint . . . even if it doesn't seem to answer the question being asked. You can suggest that it's best not to worry or begin to analyze, because doing so will stifle the process. Instead, advise him to delay analysis until after your time of prayer. As you return to prayer, ask God to enable him to cease from all self-effort or analysis and to rest in God's presence. Then repeat question 1. This is a normal facet of facilitating.

Based on what the person said in response to the first question, move to either question 2 or 3 on the next page.

2. An area of bondage: If the struggle is with an area of bondage, ask Jesus, ***What emotion does [name] usually experience either just before or as he is tempted to practice this area of bondage? Lord, what's usually going on inside [name] when he is triggered?***

---



---



---

3. A persistent emotion – or– an overreaction to a recent event: If the struggle was in one of these areas, ask, ***Jesus, what is the underlying emotion [name] is struggling with? Would You please help clarify it?***

---



---

If the person you're meeting with has a hard time identifying his emotions, you can read or show him this list to help him identify what he's feeling.



### *Common Painful Emotions*

Fear, anxiety, worry, resentment, anger, rage, hostility, guilt, shame, self-hatred, inferiority, insecurity, rejection, worthlessness, defectiveness, powerlessness, abandonment, grief, aloneness, loneliness, hopelessness, emptiness, jealousy, depression, depressed feelings, feeling unloved, unwanted, neglected, uncomforted, etc.

- 
4. You should now be aware of the underlying emotion the person is feeling. Ask, ***God, would You help [name] experience this emotion right now?*** This opens a window into the deeper parts of his being (Job 36:15-16).
  5. After pausing for about thirty seconds, ask God, ***When was the first time [name] experienced this emotion? Would You gently take [name] back in time? Jesus, where did this all begin?***

---



---



---

Most times the person will be taken to an event that took place during his childhood. Often he won't be sure exactly how old he was. This is normal. Sometimes the wound is a pattern he grew up with, such as neglect, a distant parent, or being constantly criticized, and he won't be able to identify a specific event. This is also common.

6. Once the person communicates an event or a pattern, ask, ***God, what did [name] come to believe in the midst of this event (or pattern)?***

---



---



---

If the person shares what he came to believe, skip ahead to question 8.

7. *If the person doesn't report anything.* Sometimes the person will say nothing came to him. It's probable something did come, but it didn't seem to answer the question about what he came to believe. Ask, ***What thoughts, feelings and impressions were going through your heart and mind as you were waiting on God to reveal what you came to believe?***

---

---

---

***Other possibilities*** as to what the person might say is going on inside:

- *A different emotion* came into his awareness. If this happens you can ask God to stir it up, as in question 4, wait thirty seconds, and then move on to questions 5 and 6.
  - *A different event or pattern* may have come to mind. If this happens, you can ask God question 6 regarding what the person believed in this new event or pattern.
  - *Alternate possibilities.* The individual you're meeting with might have other things going on inside that don't fit within this first part of the healing prayer process. You could explain this possibility to him and if time permits continue praying in the *Alternative Possibilities* section. (If the two of you are studying the book *A Guide for Listening and Inner-Healing Prayer*, you can ask to meet next week and work through chapter 13.
8. After the person reports what he came to believe, ask, ***Lord Jesus, what do You have to communicate with [name] about what he came to believe? What is the truth?***

---

---

---

### Dealing with Lies and Resulting Enemy Access

Lies are to the enemy as garbage is to rats (John 8:44). Embedded lies we've believed give the demonic a foothold in our lives. Once God has revealed a lie (or lies), it will be necessary to deal with any foothold the enemy may have gained through this belief (Ephesians 4:27 NIV).

9. Help the person specifically list any lies that have come into the light. If other lies come to the surface during the time of facilitating, it will be good to return to this section.

---



---

Ask if he wants to renounce and reject the lies Jesus has revealed. He can do this on his own or pray after you, whichever he prefers, but either way he should speak out loud because the enemy cannot read our minds. This way you can be sure that his renunciation is complete. He can pray through these bullets or use the sample prayer below.

- Confess the lie (or lies) as sin.
- Ask for forgiveness.
- Receive the forgiveness of Jesus Christ.
- Renounce and reject the lie (this is an expression of repentance).
- In the name of Jesus Christ, command any demonic spirits that may have gained access to you through the lie to leave and never return.
- Ask the Holy Spirit to fill the vacated places.



### *Sample Prayer: Renouncing and Rejecting Lies*

*In the name of the Lord Jesus Christ, I confess and renounce the lie that [state the lie or lies you have believed]. I humbly ask for Your forgiveness for believing this lie. Thank You, Jesus, for shedding Your blood for the remission of sin. I receive Your forgiveness. Furthermore, in Your powerful Name I command any and all demonic spirits that may have gained access*

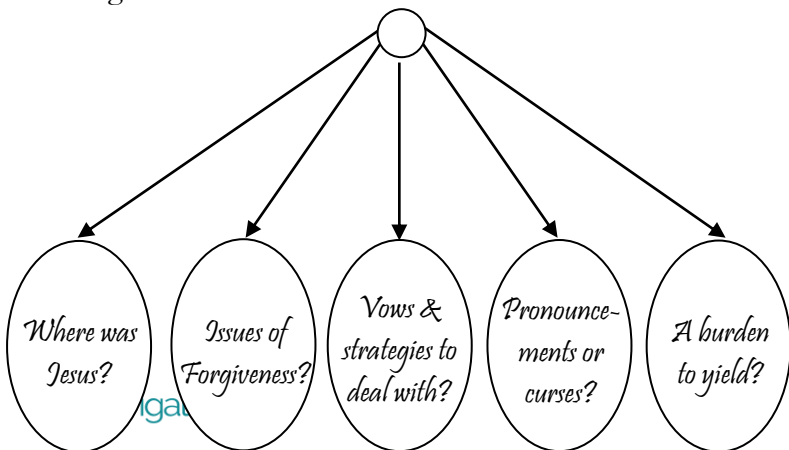
*to me through this lie to now go to wherever Jesus would send you and never return. In Jesus' name, I also command these spirits not to retaliate against me or any members of my family. You must go only to where Jesus sends you. Finally, I ask You, Holy Spirit, to fill any vacated places with Your holy presence.*

10. Ask Jesus this concluding question: ***Lord, now that [name] has fully renounced the lies he believed, is there a word or picture You have for him to fill the area of his life where the lie used to reside?***  
(Sometimes there is no additional impression.)

If you've spent an hour to get to this point or are using this booklet as part of a study of *A Guide for Listening and Inner-Healing Prayer*, move to the section *Sealing the Healing* and end your session. You can make another appointment to pray together through the rest of the booklet over the additional possibilities that follow.

### Additional Possibilities

When it comes to our inner healing, God refuses to be put in a box or to follow a step-by-step process. He's the Creator and is very ingenious in how He works deep within us. As you practice His presence and listen to God with another person, He may also bring other areas into the Light such as:



The preceding five circled areas are not part of every healing. However, if one or more of them comes up (sometimes all of them will be needed), it may be a key to greater freedom in the life of the person you're meeting with. Continue listening to God through the remainder of this workbook to see if He wants to communicate about any of the remaining areas of possible healing.

We'll restart the numbering of questions at 1 in this *Additional Possibilities* section to match the question numbers from chapter 6 of *A Guide for Listening and Inner-Healing Prayer*. If you're not using this booklet in conjunction with the book, please disregard this.

### **Where Was Jesus? How Was He Responding?**

If you're facilitating a new session of inner healing and beginning here, preface your time by praying through the *Listening Prayer Guidelines* on page 7 of this booklet.

In your previous prayer time, Jesus probably took the person you're meeting with to a hurtful event from the past. If so, move to the first question.

If for some reason a painful event didn't come to light during that time, you'll need to ask God this preparatory question: ***Father God, all of us go through hurts and disappointments during our childhood and teenage years. Would You please bring up the hurtful event of Your choice from [person's name]'s past that would be appropriate for our time of prayer today?***

---

---

---

1. Remaining in prayer, you can now peacefully ask:  
***Jesus, where were You or what were You doing when the wounding event took place? Would You***

***please show [name] what You were doing or feeling when this painful event took place?***

Wait on the Lord together for several minutes. It's possible that nothing will come to the person. For others, this will be the key to their healing. If nothing comes, move to the next section about forgiveness.

---

---

---

2. If he has a sense of Jesus being there, ask, ***Jesus, is there something You want to whisper into***

***[name]'s ear?*** If nothing comes to him here, move on to the next section.

---

---

---

3. If Jesus communicated something meaningful, give ample time for him to drink it all in. When Jesus reveals Himself in a painful event of the past, it's a holy moment. Follow any leadership the Holy Spirit gives. You might sense God's leading to ask something such as, ***Can you receive what Jesus just said to you?*** Later ask, ***Jesus, is there anything else You want to communicate or do?***

---

---

---

---

Before moving on, you may be led to spend some time thanking and worshipping God together. At times, an experience like this could take up an entire session, and you might move toward closing the session here. On other occasions, you will have both the time and leading of God to move into the forgiveness section.

### **Is There an Area of Needed Forgiveness?**

Forgiveness is often an important area God wants to address in inner healing. As you facilitate, ask God the following questions to cover four areas of forgiveness.

❖ Forgiving others for what they've done or failed to do:

4. ***Jesus, has [name] forgiven the one who hurt him for what he/she did?***

5. If he has already forgiven the one(s) who hurt him, move on to question 6. If he hasn't forgiven, ask, ***Jesus, would You have [name] do this now?***



If he decides to forgive the one(s) who hurt him, ask him to pray out loud and forgive. Listen to assure the prayer really is one of forgiving. If it isn't, suggest changes he may need to make and have him pray again (see sample prayer that follows *Forgiving Someone Who Hurt Me*). Then move on to the next question.

If he decides not to forgive the offender, share that unforgiveness gives the enemy a foothold in our lives. Ask him to let you know if he changes his mind, because you'd love to pray with him when he chooses to forgive his abuser. Then move on to *Forgiving Ourselves*.

Deeper forgiveness:



6. Once he's forgiven the offender, ask, ***God, has [name] forgiven the one who hurt him for the long-term effects or consequences of the sin against him as well as for the act itself?***  
  
\_\_\_\_\_
7. If he realizes he hasn't forgiven the offender for the consequences and wants to forgive at this level, ask, ***God, will You please reveal to [name] what those long-term effects have been?*** As the person responds, list the effects here and then facilitate a prayer of forgiveness.  
  
\_\_\_\_\_  
  
\_\_\_\_\_  
  
\_\_\_\_\_

Alternatively, you can give him an assignment to spend an hour with the Lord on his own and to ask Him to reveal the effects. If he decides to do this, be sure to ask him how it went the next time you see him.



### ***Sample Prayer: Forgiving Someone Who Hurt Me***

*Lord, I recognize that You have totally forgiven me. You have commanded me to forgive others just as You have forgiven me. I now choose to forgive [name] for his/her actions, the ways in which this has hurt me, and also for the long-term effects in my life. [Be as specific as possible.] I ask that You forgive me for not forgiving as You commanded. I choose to release this hurt and anger and release [name] from any debt owed me. I release this debt to You. In the name of Jesus Christ, I command any and all demonic spirits that may have gained access to me through my unforgiveness to now go to wherever Jesus would send you and to not retaliate against me or any members of my family. Finally, I ask You, Holy Spirit, to fill any vacated places.*

❖ Forgiving Ourselves:

For many, the person we have the greatest difficulty forgiving is ourselves.

8. Continuing in prayer, ask, ***God, has [name] forgiven himself for what happened?***

---

If he has already forgiven himself, move on to the section on *Forgiving God*.

If he hasn't forgiven himself, continue working here. Someone can experience guilt and shame even though he was an innocent victim. At other times, the person may have been a willing participant. If God indicates something is here, this is an important area to address.

9. If the person is struggling with forgiving himself, this would be a good time to ask, ***Jesus, what's at the root of [name]'s struggle to forgive himself?***

***Why is this so difficult for [name]?*** If nothing surfaces here, move to question 10.

---

---

---

10. Sometimes the underlying issue blocking our ability to forgive ourselves is some aspect of contempt, loathing, or self-hatred. Ask, ***Jesus, what are [name]'s underlying feelings and attitudes toward himself?*** If Jesus reveals he's been harboring some aspect of self-hatred, continue with the next questions. If God indicates this isn't an issue, move on to question 11.
- 
-

- 
- a. If the person is struggling with some aspect of self-rejection, ask, ***Jesus, where did [name] learn this? Where did [name] first begin to do this?***

---

---

---

- b. ***God, what did [name] come to believe in this event (or pattern he grew up with) about You, himself, relationships, and/or life in general?***

---

---

---

- c. ***What truth do You have to communicate with [name] about what he came to believe?***

---

---

---

---

- d. ***Lord, would You have [name] thoroughly renounce the self-contempt he's been carrying and surrender it to You so he can be free of it? What would You have him do with the rejection of self that he's been harboring?*** If God leads him to renounce and surrender the self-loathing he's been carrying, you can use the sample prayer below.

---

---

### *Sample Prayer: Renouncing Self-Loathing*

*Lord Jesus, I confess to You the self-hatred I've been carrying and ask that You would forgive me for not loving myself in the same way You love me. I receive Your forgiveness into the very core of my being. In the powerful name of Jesus, I command any demonic spirits that gained access to me through my self-contempt to now leave. I further prohibit Satan and his demons from counterattacking my children, spouse, or any other family member, Christian, or ministry. You must go only where the true Lord Jesus would send you and never return. Holy Spirit, come and fill any vacated places with the freshness of Your presence.*

---

11. Now ask Jesus, ***Do You want [name] to take this opportunity to forgive himself?*** Most times the person is willing and ready to do this, but not always. Other times, self-forgiveness isn't an issue. If the person decides to forgive himself, you can lead him through the sample prayer.
- 

---

### *Sample Prayer: Forgiving Yourself*

*Jesus, I recognize that You have totally forgiven me. But I haven't forgiven myself for what happened [be as specific as possible]. Please forgive my pride for thinking that my sin is somehow too horrible for You to forgive. I acknowledge that You offered the perfect sacrifice for all of my sins, past, present, and future. Forgive me for not forgiving myself. I now humbly receive Your forgiveness. In the Name of Jesus Christ, I command any and all demonic spirits that gained access to me through my unforgiveness to now go where Jesus would send you, to not retaliate in any way against my family members or me, and to never return. Finally, Holy Spirit, I ask You to fill any vacated places with Your holy presence.*

---

#### ❖ Forgiving God:

Others of us have been angry, resentful, or bitter at God for allowing the hurtful event or abuse. For us to come to full freedom, this also needs to be thoroughly dealt with.

12. ***Lord, has [name] come to peace with You for allowing this wounding event to take place?***
- 

13. If not, ask, ***Jesus, what do You have to communicate with [name] about his inability to come to peace with You? Would You reveal to [name] what's been going on down deep inside?***  
(If this step does not apply, move on to *Asking for Forgiveness from Others.*)
- 
- 

14. If God reveals that the one you're praying with has been harboring something against God, ask him, ***Would you be willing to take this opportunity to come to peace with God?***
- 

If willing, he can confess the hurt he's been holding on to, ask for and receive forgiveness, command any demonic spirits that gained access to go where Jesus would send them, and ask for a fresh infilling of the Spirit of God.

If the person isn't ready to make peace with God, don't pressure him. Instead, you can explain that this is a dangerous place to remain because it may result in a root of bitterness. Let him know that you'd be glad to meet with him once he gets to the place of willingness to deal with this.

❖ Asking for Forgiveness from Others:

Often the person you're meeting with has hurt others due to wounding events in his past. The inference of Mathew 5:22-24 is that God will not be pleased with our service if we fail to ask for forgiveness from the people we realize we've offended. *If it is possible, as far as it depends on you, live at peace with everyone*, is Paul's advice in Romans 12:18 (NIV). Ask God the following questions.

15. ***Father God, is there anyone in [name]’s past that he’s hurt or is not right with that You’d like him to talk to, acknowledge how he hurt them, and ask for forgiveness?***
- 
- 
- 

16. Ask him, ***Are you willing to go and talk with this person?*** If so, help him plan a time to take care of this. If he’s not willing to ask for forgiveness, let it go for now. You’ll want to ask him again about this at a later time.
- 

*Guidelines to Asking for Forgiveness:*

The following guidelines are adapted from the *Relational Healing Seminar* as offered by Train – Develop – Care. For more information, please visit our website.

---

*Guidelines to Asking for Forgiveness*

- ***Avoid*** “if,” “but,” and “maybe” – don’t try to justify or explain your actions.
  - ***Admit*** specifically – include both what you did and how you hurt the other person.
  - ***Apologize*** – communicate genuine sorrow and regret for hurt experienced.
  - ***Accept*** any consequences – this may involve some form of restitution.
  - ***Alter*** your behavior – what you will do differently in the future.
  - ***Ask*** for forgiveness – specifically ask, “Will you forgive me?”
  - ***Allow*** for a response – pause and accept their forgiveness with “thank you.”
-

You may have already spent an hour facilitating and should move toward closing the session by going to *Sealing the Healing*. At other times God may lead you to continue working through the following areas.

### **Are There Vows and Strategies to Renounce?**

Unbiblical vows and faulty strategies harden the heart against being led and guided by the Holy Spirit. They also hinder our ability to trust God and experience deep intimacy with Him.

An unbiblical inner vow is a strong decision, oath, or declaration of what we will or will not do to protect ourselves from pain or further hurt, or to obtain what we feel we need.

A faulty strategy refers to a largely unconscious plan, method, or series of maneuvers that help us obtain what was vowed.

17. ***Lord, were there any unbiblical vows that [name] made in relation to a wounding event, or to make life more manageable?*** Write out any vows God reveals. If none are revealed, move on to the next question.
- 

18. ***Lord, were there faulty strategies [name] began to follow in relation to the wounding event, or as a general way of seeking to make life work?*** If none are revealed, move to the next question.
- 
- 

19. If the person you're meeting with becomes aware of any vows or strategies, ask, ***Jesus, would You have [name] renounce these vows or strategies?***
- 

*Sample Prayer: Renouncing Vows and Strategies*

*Lord Jesus, I bring to You the vow and/or strategy I made [specifically name them]. I recognize the power this has (or these have) had over me. I confess it (them) to You as sin, ask You to forgive me, and receive Your forgiveness. I also want to repent of this vow/strategy. In the name of the Lord Jesus Christ I hereby renounce the vow/strategy and declare it/them to be empty, null, and void of power from this day forth. In Your Name I also command any demonic spirits that held this in place to now go where Jesus would send them and to never return. I further ask for You to fill any vacated area by a fresh infilling of Your Spirit.*

---

20. Sometimes a person is reluctant to renounce a vow or strategy. If this is the case, ask Jesus about it.

a. ***Why is [name] hesitant to renounce and break this vow and/or strategy?***

---

b. Hesitancy can occur for any number of reasons. Usually, the vow or strategy is fulfilling a function in the person's life, such as protection. If God reveals the reason for the reluctance, ask Him, ***What would You give [name] for protection [or whatever God reveals as the***

c. ***reason for hesitancy] if he were to renounce this vow or strategy?***

---

---

When God reveals what He will do or give the person in return, this should bring about willingness to move into renunciation.

### **Are There Pronouncements to Break?**

James 3:8-10 says, *No one can tame the tongue ... With it we bless our Lord and Father, and with it we curse men... My brethren, these things ought not to be this way.*



Pronouncements are defining statements or a persistent attitude we experienced growing up (often made by an authority figure) that can call forth an identity or place us in bondage.

21. Ask, ***Jesus, has anyone made a pronouncement of any kind over [name] (verbally or attitudinally)? If so, what was it?*** There may be more than one. If nothing comes to light, move on to the next section.
- 
- 

---

***Sample Prayer: Renouncing a Pronouncement***

*Lord Jesus, I bring to You the pronouncement [specifically name the pronouncement] that [name the person] made over me. I recognize the power this has had over me. In the name of the Lord Jesus Christ, I hereby renounce this pronouncement, declaring it to be empty, null, and void of power, and command any demonic spirits that gained access to me through this pronouncement to now go where You would send them and to never return. I further ask You to fill any vacated area by a fresh infilling of Your Spirit.*

---

22. If God led the person to deal with a pronouncement, ask, ***Jesus, is there a word, picture or message You want to bring to [name] to replace the pronouncement?*** God doesn't always communicate something here.
- 
- 

You may be out of time and need to make an additional appointment to finish the booklet, or God may lead you to move into this last section.

**Is There a Burden that Needs Surrendering?**

1 Peter 5:7 says, *Casting all your care upon Him, for He cares for you* (NKJV). Lugging a heavy and persistent

burden that Jesus never intended us to bear can drag us down and wear us out.

23. ***Is there a persistent emotional burden of some kind that You'd have [name] surrender to You?*** If no burden is revealed, go on to *Is There Anything Else, Lord?*

---

---

---



24. Ask the person, ***If Jesus would take away your burden, would you be willing to give it to Him?***

---

25. If there is no hesitation, move on to surrendering the burden. If the person is reluctant, ask God, ***Why is [name] hesitant to give this burden to You? What function is it playing in his life?***

---

---

26. If God reveals the reason for hesitancy, ask, ***God, if [name] were to lay his persistent burden at Your feet, what would You give him to deal with the reason why he's hesitant?***

---

---

27. If the person is ready to lay his burden at the feet of Jesus, ask him to picture himself kneeling before Jesus. Ask him to gather together the burden and to lay it at the feet of Jesus in prayer (out loud).

28. After he lays the burden at Jesus' feet, ask, ***What did you sense Jesus do with the burden?***

---

### How Is the Person You're Helping Doing?

When it comes to inner-healing prayer, the proof that God has truly ministered to the person you're meeting with is in the resulting inner change. Healing is evidenced by movement away from pain and bondage and toward newfound peace and freedom.



29. Does the heaviness seem to be lifted so the person now feels peaceful and calm – or does he still feel weighed down? Ask, ***[name], what's going on inside? How are you feeling?***

---

---

---

---

30. If he now feels free from the bondage he was experiencing, praise God! He just experienced inner healing! Move on to *Is There Anything Else, Lord?*

If he doesn't sense a newfound freedom, continue to listen: ***Jesus, is there another lie associated with the event or events we just visited? Why is [name] not experiencing Your freedom?***

---

---

---

31. If a second lie is revealed, ask, ***Jesus, what is the truth?*** Jot down whatever comes to him and continue to follow the Holy Spirit's leading. Depending on what surfaces, you may need to go back to one of the previous sections.

---

---

### Is There Anything Else, Lord?

The best way to close a time of inner healing is to lean into God and ask if He has anything else for this time you've been facilitating. Sometimes He'll have an additional word to summarize what He's done – like the cherry on a sundae. Other times He'll affirm that this is all for today.

32. Ask, ***Jesus, is there anything else or is that all for today?***
- 
- 

If God indicates another area of possible healing, it may be best (depending on the time you've already spent together) to make an appointment to pursue this at a later time.

33. If healing has taken place, it's good to take a few minutes to thank God for His gracious work. Then move to *Sealing the Healing* and work your way through this prayer to seal the work that God has accomplished.

### Further Possibilities

At times, hearing God may be blocked.

As you facilitate healing prayer, on rare occasions the person you meet with may hear little or nothing. Everything seems vague and uncertain. As the facilitator, you may be feeling frustrated or like a failure because the person you're meeting with isn't hearing from God.

In this case, we suggest that the two of you work through chapters 8 and 9 of *A Guide for Listening and Inner-Healing Prayer*. These two chapters both titled

“Obstacles to Inner Healing and How to Handle Them,” will help you dismantle the following nine obstructions:

1. The tyranny of inner expectations
2. Difficulty getting in touch with emotional pain
3. Inner conditions that block hearing and healing
4. Learning to tune in to “stray” thoughts and deal with them
5. Trying too hard
6. Overreliance on the analytical mind and doubts that we’re hearing from God
7. Fear and the need to be in control
8. Enemy interference
9. A need for the help of a facilitator



### Sealing the Healing

When God sends His specific truth to set us free from lies and bondage, the enemy’s stated aim is to keep us in his chokehold (Matthew 13:3-9, 18-23). He does not want the word God sends to fall on fertile soil in the heart where it can extend deep roots downward and bear good fruit outward. This is why a good action step for the end of a time of facilitating inner healing is to seal the healing work that God has done. We recommend that you pray along the lines of the following prayer:

---

#### *Sample Prayer: Sealing the Healing*

*Jesus, I thank You that You came to bring healing to the brokenhearted and to set the prisoner free; and that You have done a healing work in [name’s] heart. Thank You for [pray through the things God has said and done].*

*Jesus, all authority has been given to You in heaven and earth. And so in Your powerful name I seal the work that You have done in [name’s] heart by the power of Your indwelling Holy Spirit. I pray in Your name that You would protect [name] and this work from all the lying schemes of the devil. As [he/she] walks this healing out in the coming days, weeks, and*

*months, I pray that You would remind [him/her] of all that You communicated and did in [his/her] heart.*

*I ask that You would continue to speak to [name] and to bring additional healing and affirmation as needed as [he/she] walks this healing out. Help [name] to establish listening prayer as a live and powerful discipline in [his/her] daily life with You.*

*May the truth of all You did and communicated sink deep, deep down into [name's] innermost being because I know that this is Your desire. May it bear good and abundant fruit; not just a little, but 10, 50 and 100 fold both in [his/her] intimate experience of You and in its impact on those around [him/her]. And so in the name of God the Father, Jesus the Son, and the Holy Spirit, I seal this work of grace that You have wrought in [name's] heart. Amen.*

---

### **Healing Puts Us on a Level Playing Field**

If healing has taken place, and we hope it has, it's helpful to know what to expect as the healing is lived out. In all likelihood, the healing of the person you met with will be tested. It may be that the person expects to never struggle again in an area where God ministered.

When we're living under the bondage of an entrenched lie, struggling with areas of unforgiveness, or carrying a heavy burden, it's like trying to live the Christian life on a steep incline. Though we don't want to give in to an area of bondage or wallow in painful emotions, it's as if we're automatically taken to those places. We experience our bondage as a lack of the freedom to choose.

When God brings healing to an area, it doesn't mean we'll no longer struggle. However, it does mean we're placed on a level playing field in that area and our sense of choice is restored. As we walk out the area of healing, it will be tested. The testing doesn't mean that healing did not take place. As we choose the truth, our healing and our willpower are strengthened and deepened.

### **Retaining Your Healing and Taking it Deeper**

The ideas listed below will help the person you met with walk his healing out:

- Journal your healing and review it often. Most people find it helpful to write out what took place while they went through healing prayer with a facilitator. It's best to do this while it's fresh in your memory. As soon as you can, get the things God communicated and did down on paper. The facilitator can give you a copy of the notes he took as you prayed together. Look these over and write out what took place in your own words. As you do this, in all likelihood the healing will sink deeper into your heart. We recommend that you review this frequently in the days that follow (Psalm 143:5).
- Anchor your healing in God's written Word. Another way to take your healing deeper is to ask God to give you scripture passages to affirm what He said or did in the time of inner healing (2 Timothy 2:15). Record the scriptures He gives you as a way of establishing a firm biblical foundation for His supernatural work in your life.
- Commemorate your healing. Symbols are powerful and you will want to ask God if there's anything He would have you do to commemorate your healing. He may lead you to purchase something (like a cross) and begin to wear it, or to place something in your car or on your desk. In one man's healing, God gave him a picture of Christ in the form of a lion. The man purchased a poster of a lion, had it framed, and hung it in his home (Genesis 12:7).
- Listen to God on your own. Continuing to listen to God is essential to securing your healing. You'll reap rich dividends in your intimacy with Christ and your growing experience of Him. Seek to listen as a part of your daily time alone with God and be sure to set aside special times (an hour here, a morning there) to listen to Him (John 10:27).
- Share your healing with others. You may not want to do this right away, but as you walk your healing out over time, it can be helpful for you to share your healing with close friends and make it a part of your personal testimony.



### Keys to Staying Free

- Realize the enemy will attack you. Satan's objective is to devour you (1 Peter 5:8). He does not want to see you walk in freedom or make progress in any of the areas of your woundedness: he wants you to remain trapped in lies, vows, and other forms of bondage. As God gives you movement toward freedom, you can be sure that the enemy will seek to interfere. Be on your guard against his attacks, strategies, and lying accusations (2 Corinthians 10:3-5). Put on the whole armor of God and take your stand in the full authority of Christ against all of his deceitful schemes (Ephesians 6:10-18).

- If struggles arise, pour your heart out to God. Talk to Him about what's going on (Psalm 62:8). Listen to Him, using



this booklet. You may be able to deal with heightened struggles in time alone with God. However, if you find you can't resolve the difficulty, get back in touch with the person who facilitated healing prayer with you. If he or she isn't available, get with a trusted brother or sister.

- If trapped in doubt, get help from other believers. Even if you cry out to God, there may be times when things get so stirred up that you need the help of someone who attended the seminar or a mature Christian friend to talk and pray with you.

- Work through *A Guide to Listening and Inner-Healing Prayer* on your own or in a group with others. Although significant progress can be made in a special time alone with God or during an intensive session with a facilitator, deep and lasting healing usually requires time (2 Corinthians 3:18). We want a quick fix, but God is interested in a lifelong intimate relationship with His children, characterized by a deep and growing trust in Him and His character. Picking up a copy of the above book and working through it on your own or in a small group will



take your healing deeper and empower you to live in freedom.

**Train - Develop – Care website:**  
[tdcresourcehub.org](http://tdcresourcehub.org)

