Biblical steps to inner healing

I have compiled a basic list of fundamental steps that are so important for those receiving or ministering inner healing. This is a vital part of the deliverance ministry and plays an irreplaceable role in setting many free today.

**God wants to take your wounds, pain, hurts, and sorrow!**

Position yourself to be healed!
Having the right relationship with God;
Having a right relationship with yourself
Having a right relationship with others

**Romans 3:24:** Being justified freely by his grace through the redemption that is in Christ Jesus:

**Hebrews 9:14:** How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?

**Hebrews 10:19:** Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus, By a new and living way, which he hath consecrated for us, through the veil, that is to say, his flesh; And having an high priest over the house of God; Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)

**Evil** - πονέρος { pon-ay-ros’} - full of labours, annoyances, hardships, pressed and harassed by labours, bringing toils, annoyances, perils; of a time full of peril to Christian faith and, steadfastness; causing pain and trouble, bad, of a bad nature or condition

**Conscience** - συνείδεσις { soon-i’-day-sis} - συνείδο { soon-i’-do} - to see (have seen) in one’s mind with one’s self, to understand, perceive, comprehend, to know with another, to know in one’s mind or with one’s self, to be conscience of.
So an evil conscience can be defined as the labor or annoyance in one's perception of self. It is the toil and peril to one's faith in one's own conscience.

Healing does involve seeing yourself! We often exist as prisoners of others as we seek healing. **Start with seeing yourself!**

The Holy Spirit has spoken to me clearly about this fact: Knowing that your sins are forgiven, and you are made right with God, is absolutely necessary or essential to freely receive emotional healing. The only way that you will reach that place is when you put your total and complete trust in the Blood of Jesus, knowing that it was shed for the remission or removal of your sins and **evil conscience!**

**Matthew 26:28,** "For this is my blood of the new testament, which is shed for many for the remission of sins”.

Before we begin, I want you to know that God desires to heal our wounds and take our pain and hurt from us. You know how you can love somebody so much, that you wish you could take their pain or suffering from them? That's how Jesus feels about us... He loves us so much that He paid the price for our emotional healing in the work on the cross!

**Isaiah 53:4,** "Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted."

He carried our sorrows in His work on the cross. The NT Greek tells us that the word **sorrows** - to anguish, affliction, grief, pain, and sorrow.

Jesus took these things and paid the price with His own blood for us! You need to know that God desires to heal your broken heart and bind up your wounds. This is what the Bible tells us:
Psals 147:3, "He healeth the broken in heart, and bindeth up their wounds."

Do you want to receive healing from emotional wounds, pain, sorrows, grief, and anguish? It is vital that we take advantage of what Christ has done for us, and learn to cast our cares upon the Lord. Not some of them, but ALL of them; knowing that He cares for you and wants to take those things from you.

1 Peter 5:7, "Casting all your care upon him; for he careth for you."

Release those hurt, painful and fearful emotions into the hands of Jesus

Hanging onto fear, hurt and pain can actually block the healing power of the Holy Spirit in your soul. It is vital to open up and allow the Lord to heal your wounds.

Luke 4:18, "The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised."

Jesus paid the price for the healing of our souls and to set us free from the bondage that we have come under from the bruises that we've received. It is important to God that we receive this inner healing... His Son paid a costly price for it!

Matthew 11:28-30, "Come unto me, all ye that labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."
In the above verse, it's not speaking about a heavy physical burden, but a burden in a person's soul. This is made evident in the later part of this passage where it says, "Ye shall find rest unto your souls." Jesus is telling us to come unto Him and give Him our heavy burden, and take His yoke which is light and easy to bear.

Allow your painful emotions to be released as you give them to the Lord. It's okay to cry, sob and let the damaged emotions come out as they are given to the hands of the Lord. Holding on to the pain and hurt will only prevent you from be healed.

James 5:16, "Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."

If you can find a person to confide in, it can also be very helpful to share your burden with them and receive prayer for healing. There is tremendous healing that can take place as you share your pain with a fellow brother or sister in Christ!

**Realize the love of God for you; this will help you open up and receive inner healing**

Knowing the true nature of our heavenly Father will help us to trust Him and open ourselves up so that we can receive the healing that only the Holy Spirit can provide for us.

Romans 8:32, "He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?"

After Christ has suffered and died for us, why would He withhold healing our wounded souls? We can confidently open up to Him and know that He has our best interests in mind simply by looking at what He went through on the cross for us.
You are loved by God, not because of what you've done, but because of who you are. The Bible tells us that while we were yet sinners, Christ died for us. He longed to have a relationship with you even before you became His child!

_Romans 5:8, "But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us."_

Jesus said that the greatest love a man can show for his friends, is when he lays down his life for them. Jesus laid down His life for us - that is how valuable and dear we are to Him!

_John 15:13, "Greater love hath no man than this, that a man lay down his life for his friends."

Did you know that God loves us with the same love that He had towards Jesus Himself? Yes, believe it or not, this is true! I want you to look up this verse in your Bible:

_John 17:23, "I in them, and thou in me, that they may be made perfect in one; and that the world may know that thou hast sent me, and hast loved them, as thou hast loved me."

It is absolutely essential that we learn of and realize the love that our heavenly Father has for us. Without knowing the love of God for us, we cannot be filled with His fullness:

_Ephesians 3:17-19, "That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, May be able to comprehend with all saints what is the breadth, and length, and depth, and height; And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fullness of God."

**Realize God's will for your mind and receive it!**

_2 Timothy 1:7, "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."_
Abuse, trauma, hurt and pain are all works of the devil. Jesus came to destroy the works of the devil and restore His children to the fullness to which He created them to fulfill. When Jesus was here on earth, He went about doing the will of the Father in heaven, and this included healing all who were oppressed of the devil: