

SAVE THE LAST DANCE FOR ME

JESURAN INNER HEALING MINISTRY

CLIENT HANDOUT



WHAT IS INNER HEALING

Inner healing is Gods way of liberating and restoring us from our brokenness and the deepest wounds of our soul (heart).

This ministry focuses on a heart-to-heart transformation where people can discover the love, strength and answer that comes from God through forgiving self and others. Soul transformation comes only through God as He is the creator of Spirit, Soul and Body.

Psychologists, psychiatrists, and counsellors help with strategies which are effective. But these are merely coping strategies and not healing. Each individual learns to cope with the wounded soul in different ways. Whether it is physical or emotional, Doctors/psychologists treat the symptoms, but it is Gods' healing mechanism which He designed and built that completes or compliments the healing process. Sometimes there is miraculous divine intervention to heal without any human help. Exodus 15:26b – I am the God that Healeth thee.

Our mission here at Jesuran Healing ministry is to reach out to the weak, the suffering, the traumatised, the broken, the lost, hurting and the weary children of God and offer restoration through personal prayer, spiritual direction, pastoral counselling, and quiet reflection. These Spiritual keys are ministered hand in hand with tender loving care in the Name of Jesus as the person journeys to realise their full self-worth. The goal is for the Soul to be **restored by** God and to be empowered and free to live to fulfil the purpose and will of God in their lives.

IS INNER HEALING BIBLICAL?

There are many scriptures in the bible related to inner healing.

Isiah 53:5, Isiah 61: 1- 4, Psalm 142:7

Jesuran ministry bases its inner healing on **Isiah 61: 1-4**

"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 ^[a]heal the broken-hearted, To proclaim liberty to the captives, And the opening of the prison to those who

*are bound;² To proclaim the acceptable year of the LORD, And the day of vengeance of our God; To comfort all who mourn, 3 To [b]console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the Lord, that He may be glorified."*⁴ And they shall rebuild the old ruins, they shall raise up the former desolations, And they shall repair the ruined cities, The desolations of many generations.

INNER HEALING JOURNEY AND DELIVERANCE

UNDERSTANDING THE HUMAN PERSON



Explaining the Spirit, Soul, and body

The Body – is the physical part, the container that holds the spirit and soul on this earth. The body perishes when a person dies.

The Spirit – The Spirit and soul return to God at the time when we die. Until that day we need to preserve our Spirit, Soul, and body blameless by God's grace.

Ecc 12:7 *Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it.*

1Th_5:23 (KJV) *And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.*

The Soul – The soul consists of mind (which includes the conscious, sub conscious and unconscious mind), the will and the emotions. The soul and spirit are mysteriously tied together and make up what the scripture calls the heart.

Proverbs 4: 23 *Guard your heart with all diligence from out of it is the issues of life.*

Mind – This is the element of a person that enables them to be aware of the world, their experience on a conscious level; to think, to reason, to judge and to feel.

The battles that we confront daily, the temptations that we must overcome are in the mind. This is where we learn to balance worldly wisdom, Godly wisdom and become an overcomer. Thoughts are in ‘battle mode’ in this area.

Will - Every human has a will and uses information (past, present, and about the future), uses the mind (to think and process the information) and emotions (such as desire, jealousy, love, anger) in making decisions or ‘will-ing’ to do something.

Emotions – a strong feeling deriving from one’s past experiences, perceptions of past experiences, circumstances, mood, or relationships with others.

Sadness for instance is an emotion that causes a person to cry and withdraw from social circles. Surprise is an emotion that causes a startled response following something unexpected. The emotion of anger causes trembling and aggressive behaviour. All negative emotions result in unforgiveness.

UNDERSTANDING THE BATTLEFIELD OF THE MIND

Our human mind operates at three levels. They are conscious, sub-conscious and unconscious. Working together they create our reality.

Conscious mind stores thoughts, recent memories, feelings, and wishes of which we are aware at any given moment.

The Subconscious mind is the storage point for any recent memories needed for quick recall,

such as what your telephone number is or the name of a person you just met.

The unconscious mind is where all our long-term memories and past experiences reside. Unconscious mind is located within the innermost portion of the emotional confines of the heart. The battlefield is in our mind, activated by our circumstances. The Devil knows that deception is an effective tactic. His goal is to influence our thoughts because how we think determines our attitudes, emotions, desires, and actions. Therefore, he seeks to twist our thoughts in order to gain a foothold and wreak havoc in all areas.

In addition, our negative and positive experiences, trauma, education, values, bias, fear (real or imaginary) etc. influence our thinking processes. So, thinking can be constructive or destructive (at opposite ends of the scale) and is determined by the situation and circumstances. That is what makes us somewhat unpredictable. (By now it will be clear that the mind is extraordinarily complex)

A stronghold is a set way of thinking in a person’s life. All negative strongholds are developed in the course of one’s life journey. It is a pattern of thinking that the devil has ingrained into the mind due to situations and circumstances and holds one captive to and through it.

Examples: Being in a rut of depression or recurring unbelief, habitually bad tempered, resentment, constant feeling of worthlessness or being stingy.

2 Cor 10: 3-5 *For though we walk in the flesh, we do not war according to the flesh. 4 For the weapons of our warfare are not [a]carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,*

We have as Gods representatives, the spiritual weapons to break down these strongholds – to liberate the minds of men/women and then bring them into captivity and obedience to Jesus Christ.

The spiritual weapons include forgiveness and repentance as the Lord commanded us to love our enemies, the Armour of God, **(Ephesians 6)** the promises of God and the blood of Jesus Christ.

Romans 12:2, says;

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

SIX STEPS TO WIN THE BATTLE OF THE MIND

- 1) Take authority over your mind to be like the mind of Christ. Jesus said in **Luke 10:19** *“I have given you authority over all the power of the enemy.”* Not some but all. So, by faith we need to take authority.
- 2) By faith, wash your mind with the blood of Jesus.
- 3) Read Scriptures daily
- 4) Memorise a relevant or applicable verse of Scripture, meditate and repeat throughout the day.
- 5) Examine your heart for negative words spoken and received, offences, hurts, and unforgiveness and address these.
- 6) If possible, do at least one act a day to bless your enemies.

MEMORIES

Memories are found in the subconscious mind. There are long term memories and short-term memories.

With inner healing what matters is the long-term memories and the adverse impact it has caused resulting in soul wounds and unforgiveness.

Philippians 3:13 KJ21 *Brethren, I count not myself to have apprehended it, but this one thing I do: forgetting those things which are behind and reaching forth unto those things which are before.*

CHILDREN AND ADULT MEMORIES

An important part of inner healing is addressing inner children/adults or parts that have not been

dealt with or areas that has been pushed under the carpet. These experiences may have gone into the subconscious or into the too hard basket.

Unwantedness for example, develops from rape situations, an unhappy marriage while expecting a baby, desiring a child of the opposite gender, or just not wanting a child. This is a common type of problem **(root of rejection)** where the roots of negative self-image develop as early as at the stage of pre-birth.

Wounds experienced at different stages from infancy to adulthood – wounds are of many sources from unwantedness to being rejected, or even abandoned even for a few minutes. Parts or ‘inner’ children that do not grow with age hold significant memories from years past. These parts then take over when certain memories are triggered by events in the present. People think it is not necessary to address issues of the pre-birth and/or early childhood/adolescent stage of life, for the current healing they yearn to have. They are never conscious or even aware that this is a fact.

It should be noted that the psychological age of a person often stagnates at the age of trauma that led to substance abuse.

God has equipped us to tap into His resource and help the captive souls.

COVENANTS, CULTS AND SOUL TIES

A covenant is a relationship typically involving promises, obligations, and rituals. In laymen’s terms it is a formal agreement, or contract, between two human parties or God and humans to do or refrain from doing something. Besides covenants made by God with mankind, the Bible mentions covenants between men, societies, tribes, nations, or groups of people. (Freemasonry, Mormonism, Church of the Latter day saints, seventh day Adventists,)

A cult is a system of religious worship or devotion to a person or a relatively small group of people having religious leaders’ beliefs, or practices regarded by others as strange or as imposing excessive control over their member. (New Age, Scientology, Children of God, Moonies)

Soul ties cause all kinds of problems. These include Spiritual confusion, emotional confusion, sexual addiction, compulsive behaviours, obsession etc. Soul ties are formed when we have sex with people other than our spouse or by looking at sex images, phonography, or objects and fetishes. This often results in the establishment of a soul tie with an evil spirit. It can also happen through sexual abuse, rape, and molestation. These experiences result in unhealthy relationships, emotional abuse, unnatural affection, envy, or lust.

DELIVERANCE

Deliverance is release from demons attacking you, keeping you in captivity, oppression or being victimised in financial, spiritual, and emotional bondage.

Deliverance is also being delivered from strong holds of the mind.

Inner healing which deals with repentance forgiveness and faith in Jesus Christ is mandatory for deliverance. However inner healing can be ministered to a non-believer, while deliverance can only be carried out in the name of Jesus Christ and by the blood of Jesus Christ.

Nine Steps to Deliverance and Victory!

- Step 1 Personally affirm your faith in Jesus.
- Step 2 Humble yourself.
- Step 3 Confess all known sin.
- Step 4 Repent of all sins.
- Step 5 Forgive all other people.
- Step 6 Break with the occult and all false religions.
- Step 7 Prepare to be released over every curse in your life.
- Step 8 Take your stand with God.
- Step 9 Expel the demonic influence.

INNER HEALING IN-DEPTH

Soul Healing or Inner Healing comes from identifying and dealing with soul wounds and knowing how to remove them. Like a physical wound that causes lacerations, ugly patches, toxic infections and ultimately a puss that oozes out, spiritual wounds also are similarly detrimental though unseen outwardly these are very real in the soul.

How do soul wounds occur in the first place? As discussed above the soul includes the three segments mind, will and emotions. Negative circumstances and events in life have a domino effect which ultimately causes the soul wound.

Examples of causes of soul wounds are:

- Trauma due to accidents, divorces, wilful damage against someone, long term illnesses, rejection and even wars.
- When emotions like shame, guilt, fear, anxiety and toxic unforgiveness result from anger, rage and even murder.
- When the mind is distorted, broken, and confused.
- Words that are spoken and received piercing the soul.
- Generational factors of repeated occurrences through the DNA.

These soul wounds cause bondages, blockages, hindrances, addictions, family breakups, broken relationships and are the root causes of almost every affliction or disease we encounter.

The Spiritual puss from the soul realm oozes into the body affecting organs like the heart, liver, brain, pancreas, kidneys, tissues, marrow, bones, central nervous system, the immune system, and many others.

So, the inner soul wounds and broken hearts are brought to the Cross ([Isaiah 53:5](#)) and prayers are offered to Jesus Christ to stretch His nail pierced hands to remove the soul wounds and to wash and clean them with His blood. When we surrender the Holy Spirit does a work to transform the soul releasing the healing balm and the resurrection power to put to death the past and bring about a new chapter, a new song in the soul is interceded.

Factors such as Repentance, Forgiveness, Covenants, and Soul ties are addressed for each individual and healing is sought in the Throne Room of Grace.

GENERAL SPIRITS

Most times people have no idea of what is really operating behind their thoughts or actions or

what makes them behave the way they do. There are driving forces in the Spiritual realm that enable or add fuel to the fire that can only be changed with Gods help.

It should be noted that while there are Evil Spirits that entice us and put the pressure to ungodly thoughts or actions, the choice will always remain with us as to whether or not we will fall for the temptation to sin directly against the Lord.

GENERATIONAL SPIRITS

Generational spirits “attach” to the soul of a person at birth. Whatever the mother and father carry in their bloodlines is transferred to the child.

For example, if a mother is full of fear, the familiar spirit of “fear” will attach to the soul of the child in the womb. Similarly, if the father has an addiction problem in his bloodline, the child will have a familiar spirit of “addiction” attached to its soul.

INNER HEALING PATHWAY

BLOOD OF JESUS CHRIST

The Father used the instrument of Jesus’ blood to unite human and divine nature. Our precious Lord Jesus made the greatest sacrifice on the cross, shedding his blood so that we can experience and walk in absolute healing, deliverance, and restoration. Jesus came to earth to give us the richest inheritance one could imagine.

Romans 5:9 declares that we are justified by the blood and have several privileges available to us. Some of them are:

- Purchased by the Blood – **Acts 20:28**
- Pardoned through the blood – **Eph 1:7/1John 1:7-9**
- Procured for us by the Blood the great exchange - **Isaiah 53, Isaiah 61**
- Pleading of the Blood – **Gen 4:10-11, Heb 12:24**. Gods mercies are new every morning **Lam 3:22**. Jesus ever lives to make intercession for us – **Heb 7:25**
- Power in the Blood – **Col 2:13-15, Eph 6:10-17, Rev 12:10** – Overcoming evil forces/demonic harassment.

WORD OF GOD

Jesus declared in **Matthew 4:4** *“It is written: ‘**Man shall not live on bread alone, but on every word that comes from the mouth of God.**’”* It is also written in **Matthew 24:35** *Heaven and earth will pass away, but my words will never pass away.*

The Scriptures are inspired by the Holy Spirit and give the blueprint for believers to know God and His plans and purposes for each one. **John 1:1** says *In the beginning was the Word, and the Word was with God, and the Word was God.*

So, reading the Word of God, meditating, and living accordingly is the key to living a life pleasing to God. The word of God is God speaking, giving us hope, direction, what is in God’s heart, guidance, and warnings.

RESURRECTION POWER OF JESUS CHRIST

What is the resurrection power of God? It is the life giving, life sustaining and living life of God. It is not just the power of God. It is the life of God. And that life has quickening power.

When you stay hidden in the presence of God, the resurrection power of God will do three changes in you. It will quicken and strengthen your inner man with the spirit of might, it will renew your mind and you will be transformed from glory to glory after the image of the living Christ.

AUTHORITY

Authority in simple terms means, the power or right given to us to enforce obedience and subdue the enemy under our feet. Authority is given to us in the Name of Jesus Christ and by the blood of Jesus Christ.

LOVE OF JESUS CHRIST

John 3:16 records; *“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”*

We have come to know love by this: that Jesus laid down his life for us; He being the Son of God, left His throne and came to this earth to live so that He could experience all what we endure in

this life journey and die for all our sins so that we can be justified and spend eternity with Him.

As apostle Paul wrote in **Romans 8**, *Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?* ³⁶*As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered."* ³⁷*No, in all these things we are more than conquerors through him who loved us.* ³⁸*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our LORD.*

THRONE ROOM OF GRACE

The Throne of Grace is where we can approach God with our intercessions, hurts and offences. Jesus is there as our mediator and advocate, (**1 John 2:1**). It is also where Satan comes in the presence of God to accuse people of their iniquities. The Holy Spirit is our intercessor (**Romans 8:26-27**) -he is also there to intercede for us.

Each of us can take ourselves, our loved one, the person whom we pray for or those who hurt us to the Throne of Grace for prayer, healing, and deliverance.

Hebrews 4:16 says: *"Let us then approach God's Throne of Grace with confidence, so that we may receive mercy and find grace to help us in our time of need."*

It should be noted that being at the Throne of Grace is like being at the heavenly court.

Therefore, the Lord God, the Judge, needs to be approached with the same respect as a Judge in an earthly court is approached. Once the petitions are presented and judgment received, the person going before the Throne of Grace should thank the Lord for His judgment and gracefully exit the Throne of Grace.

FORGIVENESS

Without forgiveness, there is no inner healing. You must forgive yourself and others who have

done bad things to you or hold a grudge against. The Lord's Prayer goes like this, *"our Father in heaven Forgive us our sins as we forgive those who sin against us....."* (**Mathew 6: 9 to 13**)

For God to forgive us, we must forgive one another and ourselves. Forgiveness is an act of pardoning an offender.

Forgiveness sets you free. You benefit immensely when you choose to forgive and so does everyone around you. Whether you need to forgive others, or need to forgive yourself, doing so sets you free from the past or current and enables you to fulfill your true potential. Forgiveness allows you to break free from limiting beliefs and attitudes. It frees up your mental and emotional energies so that you can apply them to creating a better life. Often you need to ask for forgiveness yourself from others and from God for getting angry with Him for all the disappointments and broken relationships, goals etc.

Forgiveness helps you achieve even your most practical and immediate goals. You want a better job, to earn more money, have better relationships, or live in a nicer place. Helps and heals your immune system, flows around your central nervous system that wraps around itself with every organ you have in the body and brings healing in your soul and lifts your spirit. Your Forgiveness helps you achieve all of these. If you have not forgiven then a part of your inner life energy is trapped in resentment, anger, pain, or suffering of some kind. This trapped life energy will limit you. It is like trying to ride a bicycle with the brakes partly on all the time. It slows you down, frustrates you and makes it difficult to move forward.

(Mathew 6:14 and 15) *14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins)*

REPENTANCE

Repentance is the activity of reviewing one's actions and feeling apology or regret for past wrongs, which is accompanied by commitment to

actual actions that shows and proves a change for the better. It should be noted that true repentance will result in change of actions. **(Luke 3 :8-14).**

Acts 3:19 *Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.*

It is not remorse with regret of sin but rather a Godly action and can be achieved with God's grace and not by man's efforts.