

HOLY SPIRIT HEALING MINISTRY INTERNSHIP
Inner Healing Class Session One: “Inner Healing: What Is It?”

I. Inner Healing: A Working Definition:

Inner Healing is a **graced process** which involves **the total person** by bringing **God’s freedom and peace** to **people suffering** from **painful memories**.

- A. **Graced Process**—most often requires persistent yet gentle attention to acknowledge, feel, and release past hurts by the power of the Holy Spirit.
- B. **Total Person**---Healing cannot be “compartmentalized,” but touches every level of human existence, i.e., body, soul, and spirit.
- C. **God’s Freedom and Peace**--- This is the freedom evident “where the Spirit of the Lord is”(2Cor 3:17) and the “peace that passes all understanding.”(Phil 4:17)
- D. **People Suffering**---Jesus came to *save*(Greek: *sotzo*, which also can be translated *heal*) human beings needing redemption. **Salvation** is more than a future event—it is **dynamic**, on-going, all-inclusive and all-embracing. Healing ministry is the practical application of the Blood of Jesus to every human hurt.
- E. **Painful Memories**—Everyone has “sore spots” that can cause further suffering and even dis-ease if not dealt with. One wonderful blessing of inner healing is remembering happy, pleasant times in our lives, as well.

II. Inner Healing, One Dimension of Salvation:

- A. **Salvation from What?**
 - 1. **Sin**—By His **death on the Cross**, Jesus has set us **free from the dominion of sin** and has **made us His ministers of reconciliation**(2Cor 5:18).
 - a. **Salvation is Forgiveness of our Sin:**
 - i. past
 - ii. present
 - iii. future
 - b. **Forgiveness of All Kinds of Sin:**
 - i. serious, venial
 - ii. omission,
 - iii. commission
 - iv. temporal punishment due to sin
 - 2. **Death**—“Where is your sting?”
 - a. The Salvation wrought by Jesus Christ conquers death!
 - b. Physical and spiritual death!

B. Salvation to What?

1. Freedom and Peace—living in forgiveness!!

a. Forgiveness is a free gift:

- i. an **undeserved gift** from God
- ii. an **undeserved gift** we give to others
- iii. not a denial that wrong was done, but a **statement of triumph** over evil!

b. The Lord's Prayer:

- i. Forgive us our trespasses
- ii. **As** we forgive...

2. We become God's Ministers of Reconciliation:

a. What we have **received freely, we freely give:**

- i. We have been forgiven much, so **we forgive.**
- ii. We have been **set free** from eternal damnation, so we snatch from Satan those who would likewise be doomed to hell.

b. Inner Healing Ministry **offers hope** to those in pain.

- i. Hope springs from our faith.
- ii. Hope is our anchor in life's storms.
- iii. Hope yields perseverance!

III. What Inner Healing Is NOT:

A. Inner Healing **is not** a **substitute** for psychology:

1. Very often, Inner Healing *happens* during psychological counseling!
2. The insights of psychology assist us in the work of Inner Healing, e.g. the dynamics of projection, counter/transference, dreamwork, symbolism.

B. Inner Healing **is not** a **"quick fix"**:

1. Transformation is a *lifelong process*.
2. Inner Healing requires a great deal of **courage** and trust in the Lord and in His ministers.

C. Inner Healing **is not** only **for the** spiritually "advanced":

1. Simple enough for a child to understand & experience
2. Most often, Inner Healing is not that profound, but can be as simple as being calmed by the waves on the beach or a warm breeze through the trees or the listening ear of a friend.

IV. If Inner Healing Is For Me, How Can I Experience It?

A. In Many, Many Ways:

1. Most often, inner healing happens in a **loving environment**:
 - a. loved one/friend
 - b. priest/counselor
 - c. healing services
 - d. personal/corporate worship
2. **In Communion With Nature**:
 - a. Meeting God in His Creation
 - b. Finding solace and peace in natural beauty

B. Some Simple, Yet Powerful Inner Healing Techniques:

1. **Sacraments of Eucharist and Reconciliation**
 - a. Frequent reception part of healing program
 - b. Letting go of guilt and shame
 - c. Finding peace and union with Jesus Himself
2. **Bedtime Gratitude Prayer/Examen(Linns)**:
 - a. What am I most grateful for today?
 - b. What am I least grateful for today?
 - c. Invite the Lord to heal the pain of the day
3. **Three-Step Inner Healing Prayer**:
 - a. Ask the Lord to fill the person with His love.
 - b. Re-live the painful scene with Jesus:
 - i. describe, identify feelings
 - ii. release pain, receive healing love
 - c. Forgive those involved.

V. Questions, Comments, Discussion

VI. Practicum: Inner Healing Prayer Practice

HOLY SPIRIT HEALING MINISTRY INTERNSHIP

Inner Healing Class Session Two: “Spiritual Gifts for Inner Healing”

I. Spiritual Gifts: Tools to Do God’s Work

A. Spiritual Gifts as God’s Gifts to Equip Us:

1. Tools, **not Merit Badges**
2. Not earned, but **freely given** by the Lord to share with others
3. To build up the Body of Christ, **not for personal benefit**(1Cor12)
4. Example of St. Bernadette & the spring at Lourdes—not for her, but for others

B. Spiritual Gifts **must be used** to be effective:

1. Jesus felt **“power going out of Him”** when He healed the sick.
2. Spiritual gifts, like muscles, **lose power/be lost** if not exercised
3. What you have **freely received, freely give**.

II. Gifts of Healings:

A. Plural in Greek—gifts of healings

1. Erroneous to speak of “the gift of healing,” since there are **multiple kinds of gifts of healing**. Besides, the one who really **receives the gift of healing is the one who is healed**, not the healing minister!
2. **Three Main Types of Gifts of Healings:**
 - a. **Physical Healing**—can be very specific to body parts, conditions or ailments
 - b. **Inner Healing**—also can be specialized, e.g. someone can be particularly effective in praying for those who have suffered the trauma of rape.
 - c. **Deliverance**—manifested in many different forms

B. Physical Healing:

1. Having to do with the **body’s dis-ease**
2. **Most common** of healing gifts
3. **Wide Range of effectiveness**—Francis MacNutt’s oven analogy
4. Focus is on **praying with expectant faith**.
5. Yet, guard against simplistic linking of faith to God’s work. If we lack faith, it’s up to the Lord to give us more!

C. Inner Healing:

1. Having to do with the **soul’s faculties**, i.e., **mind, memory, intellect, emotions, will**. More mature Christians and experienced healing ministers are needed in this ministry.
2. **Confidentiality is crucial!**
3. Usually requires concomitant pastoral counseling, multiple sessions
4. **Focus is on forgiveness**.
5. Process, **gradual healing** is most common.

D. Deliverance

1. This ministry is reserved **for mature Christians only** and then only in a **team setting** for safety reasons. No “lone ranger” approach!
2. Team ministry insures increased spiritual power by utilizing a number of spiritual gifts. **NOBODY has all the gifts, we NEED each other** to be effective in deliverance ministry.
3. Deliverance ministry **requires pastoral protection**. Our **pastors MUST be aware of and approve of our ministry**, or we risk being deprived of the divine protection that comes from being in submission to rightful spiritual authority. Do you think demons will respond to our commands to leave if we are not in obedience to our pastors?

4. Deliverance ministry ought not to be attempted on a whim. **Careful preparation**(prayer, fasting, enlisting other’s intercession, good communication between team members) is essential.
5. **Absolutely required** for deliverance ministry is the **gift of discerning of spirits**(see more below).
6. **Confidentiality** is also important in this dimension of the healing ministry.
7. More in-depth teaching on deliverance ministry in Module III of the Holy Spirit Healing Ministry Internship.

III. Revelatory Gifts:

A. Word of Knowledge:

1. An **intuitive sense** given by the Holy Spirit **concerning facts** about a person receiving ministry or simply present during ministry time.
2. Words of Knowledge often **raise the level of expectant faith** in an assembly/individual. Words of Knowledge need to be confirmed by those it applies to—thus is the efficacy of the gift often **immediately** validated.
3. NOT a psychic ability, the Word of Knowledge is from the Lord.
4. Often manifested in a healing service focused on physical healing, but certainly can be **useful to get on target during inner healing** and deliverance.

B. Word of Wisdom:

1. An **intuitive sense** given by the Holy Spirit **concerning divine counsel/direction**, usually to an individual, but can be delivered to a group, however this is less common.
2. Words of Wisdom are often met with the exclamation, “Why, you said **just what I needed to hear!**”
3. Words of Wisdom are **NOT a guise for advice-giving** or manipulation.
4. Often, Words of Wisdom **come as a surprise** to both one exercising the gift and recipient.

C. Discernment of Spirits:

1. A **divine insight** into the activity surrounding us **in the spiritual realm**. A heightened awareness of conscience, that is being able to tell right from wrong, good from evil.
2. **Expressions of the Discernment of Spirits:**
 - a. **Visions/Dreams**—symbolic manifestations of what the Lord is doing. Can occur while asleep, awake, with eyes open or closed(more common). Relatively rare to actually see a vision with one’s physical eyes.
Examples: vivid dreams while asleep with a clear message/insight into a given issue, “images” that come to one during prayer—a picture/symbol/colors given via one’s imagination, actual physical,

Three-dimensional vision of angels, saints, Jesus, Mary, demons, etc.(relatively rare).

- b. **Sense or “hunch”** of what is taking place in a person, group, situation. A general awareness or **“unmasking”** what is apparent to all to reveal what is truly happening. Defeats the deception of the Enemy.
- c. **Clear, detailed identification of demonic spirits** oppressing/infesting an individual or affecting a location/situation. **This expression of discernment of spirits is a pre-requisite to effective deliverance ministry!**

IV. **Power Gifts:**

A. **Power Gifts are awesome displays of God’s might** and total sovereignty over the whole Universe! Some of the power gifts include the gift of miracles, faith, manifestations of God’s power such as multiple people simultaneously resting in the Spirit, the visible shekinah “glory cloud” taking possession of an assembly, “power evangelization” phenomena when they are truly from God: holy laughter, weeping, shaking, etc...

B. **Miracles—usually instantaneous**—not confined to healing miracles, can be Miracles of Nature like rain starting/stopping upon command, physical “creative” miracles, like an inexplicable shrinking of a tumor or the appearance of new muscles where only atrophied ones existed, divine protection from an accident...

C. **Faith**—not the same as the abiding faith, the fruit of the spirit we all have—this gift is **given for an explosive moment**, motivating action that bears awe-inspiring results.

Practicum: Stirring up the Gifts

HOLY SPIRIT HEALING MINISTRY INTERNSHIP

Inner Healing Class Session Three:

“How to Exercise Spiritual Gifts in Inner Healing”

I. A Charismatic Approach to Inner Healing--Advantages & Disadvantages:

A. Charismatic Approach to Inner Healing:

- 1. **Definition:** a lively **openness to the Holy Spirit** with an expectant faith that He will work through a healing minister with **spiritual gifts(charismata)** to assist in the process of inner healing within an individual or group.
- 2. Some **charismata** which have **proven helpful** in inner healing ministry:
 - a. word of knowledge

- b. word of wisdom
 - c. faith
 - d. miracles
 - e. prophecy/exhortation
 - f. visions
 - g. discernment of spirits
 - h. tongues/interpretation of tongues
3. **Other manifestations of the Holy Spirit**—remember discernment of spirits to **judge the source** of these phenomena:
- a. weeping
 - b. laughter
 - c. trembling, sometimes with eyelid flickering
 - d. sighing
 - e. extended expression of loud praise
 - f. resting in the Spirit
 - g. shekinah---glory cloud, visible above assembly
 - h. kabal—“weight of glory,” a felt-heaviness
 - i. taboric—shining radiance on the faces of people
4. **Advantages to a Charismatic Approach:**
- a. trust in **divine initiative**, power to heal & deliver
 - b. **ultimate “custom-made” ministry** to individual/group
 - c. exciting, openness to new insights
 - d. extremely effective short-cut to heart of the matter by revealing blockages and possible demonic roots.
5. **Disadvantages to a Charismatic Approach:**
- a. danger of **sensationalism**
 - b. possible **over-dependence** on healing minister
 - c. could lead to **abdication of responsibility** to be fully engaged in the hard work of inner healing
 - d. **may inhibit** those unfamiliar with spiritual gifts

II. A Model Charismatic Approach to Inner Healing:

A. Starting Point is Humility:

1. **Openness** to not having all the answers and training in every situation, along with honesty in facing one’s limitations and openness to learn from the Holy Spirit, i.e., **a teachable spirit**, is essential.
2. **Setting Aside One’s Agenda:**
 - a. relinquishing beforehand what I think ought to happen
 - b. putting my own personal issues “on the back burner”
 - c. letting go of judgment
 - d. giving up need to be in charge/control
 - e. growing in respect for & obedience to godly authority

3. **Fiat:**
 - a. **Like Mary**, we **humbly respond to God’s invitation** and initiative, it’s not our idea to heal anybody! It’s all His work, we are merely His unworthy servants.
 - b. **Like Our Lady**, we must demonstrate a **deep reverence** for the **mysterious, hidden working** of the **Holy Spirit** in each person we are privileged to serve.
 - c. **Like the Cause of Our Joy**, we happily recognize others’ gifts and **humbly entrust our gifts to Her**, lest we misuse these treasures.

B. Actual “Charismatic Approach to Inner Healing Ministry” Outline:

1. **Welcome and Anointing:**
 - a. **Gathering**, casual small talk, **introductions** of team
 - b. **Transition** into prayer, **praise and worship**
 - c. **Anointing**(non-sacramental/Sacrament of the Sick if a priest is present and it is appropriate), if desired.
 - i. forehead—with the Sign of the Cross
 - ii. palms “ “
 - iii eyes “ “
 - iv. ears “ “
 - v. lips “ “
 - d. **Make sure an ample supply of Kleenex is on hand!**
 - e. Determine beforehand who is to lead the session.

2. **Interview:**
 - a. Ask individual/group **what brings them to inner healing prayer, i.e., the presenting problem**
 - b. **Encourage** discovery & **expression of emotions** which may arise during the session, yet **do not stir up emotions**—just be open to them if they come to the surface.
 - c. **Listen** both to the Holy Spirit and the one(s) seeking prayer.
 - d. **Follow the Lord’s leading**—frequently **ask team members** if they are receiving insights from the Holy Spirit.
 - e. **Be ready** for the real issues to surface--- **this is extremely important!** Inner healing is filled with **holy surprises!**
 - f. **Note/ briefly comment on observations of team members**, but save in-depth discussion and speculation for another time.

3. **Catechesis—Inner Healing is a “Teachable Moment!”**
 - a. **Explain** how the Holy Spirit’s invited all in attendance, calls all to repentance, conversion, healing.
 - b. **Describe spiritual gifts/function in the session.**
 - c. **Address questions/misgivings** to foster security
 - d. Illustrate how **learning can be experiential**; especially in Inner Healing the Lord teaches us how to receive deeper healing.

4. **Ministry Time:**
 - a. **Explicitly(aloud) invoke and welcome the Holy Spirit** to come to minister to those present.
 - b. **Wait in silence** for the Lord to take initiative. **Discern** any phenomena, **patiently and lovingly rest** in His presence.
 - c. **Follow** the Holy Spirit’s lead. **Share** insights received.
 - d. **Allow the Lord** to deal with the painful memories, feelings, trauma, etc... that surface. This requires an **“active listening”** and **tactful injections** by the team.
 - e. **Question:** “What’s happening?” “What are you feeling?” **Ask the team** for insights.
 - f. Gently lead an imagery prayer/wait in more silence/exercise other spiritual gifts---**only as the Holy Spirit leads!**
 - g. **PLEASE NOTE---VERY IMPORTANT!**
Minister salvation and the baptism in the Holy Spirit—we would fail in our ministry if we neglect to **introduce those seeking healing to the Healer!** Although this may require more time to present the basic Gospel message, it is **indispensable!** We might not have another opportunity like this with the person/group before us.

5. **Closure:**
 - a. **Wrap up** the session with the peace of Jesus. Allow the intensity of emotions to subside.
 - b. Everything is **usually not healed at once!** Explain the **process nature of healing.**
 - c. **Conclude with an Our Father, Hail Mary, Glory Be**
 - d. **Final Songs, if desired**
 - e. **Sign of Peace**
 - f. **Schedule next appointment,** if necessary.
 - g. **Team meeting** immediately following session.

**Practicum: Practice the “Charismatic Approach to Inner Healing”
in groups of three-four.**

HOLY SPIRIT HEALING MINISTRY INTERNSHIP

Inner Healing Class Session Four: “Managing and Communicating Our Emotions”

Part I: Anger

I. Anger—A Working Definition:

Anger is a **primary emotion** which **expresses one’s displeasure** toward a **person, thing, or situation** and indicates at the same time the **extent of one’s investment** with the object of that displeasure.

- A. **Primary**—basic to human relationships, one of the **three chief emotions: anger, fear, love.**
- B. **Emotion**—(*ex-movere*—Latin) to move out from. **Emotions can spur us to action.** Anger as a positive/negative motivator. Emotions are **essentially neutral** from a moral viewpoint. All **emotions are non-rational**(*not irrational*).
- C. **Expresses one’s Displeasure** ---Someone/thing “rubs us the wrong way.” Usually being angry is a not a pleasant experience, but it is **deeply honest and powerful!** Name other synonyms for anger.
- D. **Toward a person, thing, or situation**—Anger **always has an object.** Often, it is **mingled with frustration** that things are not going our way.
- E. **Indicates the extent of one’s investment**—the greater the anger, the greater the personal interest in the object of the anger. Anger is thus **linked with intimacy**(*in timor*—Latin) without fear. **The “other side of anger” is love!**

II. Feeling My Anger:

A. Some Obstacles to Owning My Anger:

1. **Denial**—Anger often results in unpleasant consequences, so I often deny that I am angry. This is a lousy tactic, since both you, anybody around you and even the dog knows you are ticked!
2. **Repression**—outcome of continued denial. I “stuff” or “swallow” my anger until it is down deep within myself. Often bodily symptoms result, e.g. headache, indigestion, ulcers, intestinal conditions, diarrhea, constipation, neck and upper back pain., etc...
3. **Fear of losing control—What would happen if I really “got mad”?** Would I blow a gasket? Would the world stop turning?
2So what? Take a risk!
4. **Fear of retaliation**—basically a judgment. People won’t like me if I get angry. They might get angry, too! Besides, it’s not “nice.”
5. **Lack of Experience/Model**—I’ve never learned to express anger in a healthy manner. Nobody ever got angry at home when I was growing up. Or someone allowed his anger to become violent, therefore I associate anger with physical or verbal abuse.

III. How to Express My Anger in a Healthy Manner:

- A. **Trust yourself!** Are you *really* the “chain-saw massacre” type?
- B. **Go ahead, admit it!** Own it! Say aloud, “I am angry!”
- C. **Practice verbal skills** to express your anger appropriately and to decrease the likelihood of a defensive reaction in others by **utilizing “I” statements**, e.g. “**I get angry** when whoever drinks the last glass of orange juice doesn’t make a new pitcher.” **Instead of:** “You, blockheaded-dingdong-idiot-numbskull!! Why don’t you ever think of anybody else besides yourself and make some more juice when you drink the last of it?”
- D. **Discover** the best ways for you to best **release the physical tension** which often accompanies anger. Take a brisk walk, vigorously vacuum, sock a pillow, loudly scream!
- E. **Be spontaneous with your anger.** Don’t “sit on it,” as a rule. Immediately say, “I am angry about_____.” Consider possible action later, if appropriate.
- F. **Practice expressing your anger** with someone who loves you.

IV. Steps to Healing Anger:

- A. **How to Heal Past Hurts Related to Anger:**
 - 1. **Ask the Holy Spirit** to reveal one past(even possibly forgotten) hurt.
 - 2. **Re-live** the hurt in faith-imagination, with as much detail as possible.
 - 3. **Invite Jesus** into the scene to heal the hurt and help you to forgive those involved.
- B. **Healing Unhealthy Patterns of Anger:**
 - 1. **Some examples of unhealthy anger:** the “silent treatment,” denial, “blowing your stack,” as the usual way of expressing anger, **passive-aggression.**
 - 2. **Identify unhealthy patterns** ---Who/what evokes an angry response?
How do I respond/react?
 - 3. **No one can make you angry!** Or happy, sad, fearful, etc... We alone choose these responses to a stimulus, mostly in an unconscious, nearly-instantaneous way.
 - 4. **A Process to Express Anger Appropriately:**
 - a. Objectify
 - b. Analyze
 - c. Use “I” statements.
 - d. Remember your freedom not to respond in an unhealthy way.
 - e. Get some help with counseling, if desired.
 - f. Practice, practice, practice!
- C. **Healing My Response to the Anger of Others:**
 - 1. Do I give others the “space” to be angry?
 - 2. Freedom from the anger/issues/problems of others
 - 3. “Doormat” vs friend
 - 4. Growing in God’s grace

Practicum: Anger Workshop

HOLY SPIRIT HEALING MINISTRY INTERNSHIP

Inner Healing Class Session Five: “Managing and Communicating Our Emotions”

Part II: Guilt

I. Guilt—The Great Manipulator:

- A. **Guilt—A Working Definition:**
Guilt is an emotion which expresses one’s response to **a real or perceived violation** of a person or code of behavior.
- B. **Emotion**—Something happens to elicit my guilty response. Guilt rarely appears without provocation.
- C. **Real or perceived**—In some way, I have actually/apparently failed, sinned, hurt another person/myself.
 - 1. Manipulation.
 - 2. Healthy vs unhealthy guilt.
 - 3. Its function
- D. **Person or code of behavior**—Guilt like all emotions, is **non-rational** and thus doesn’t always make intellectual sense. It arises from our sense of justice/fairness.

II. Identifying and Feeling My Guilt:

- A. **Identifying My Guilt:**
 - 1. What **elicits feelings** of guilt in me?
 - 2. How does **my body** respond to guilt?
 - 3. How does **guilt manipulate** me?
- B. **Feeling My Guilt:**
 - 1. Giving myself permission to feel guilty
 - 2. Allowing guilt to change me, motivate me to action

III. Healing My Guilt:

- A. **How to Heal Past Hurts Having to do with Guilt:**
 - 1. Recall Jesus’ sacrifice on the Cross. Forgiveness of all my sins is there for the asking. No sin is too big!
 - 2. Ask the Holy Spirit to help you recall a memory regarding an unhealed experience of guilt. Perhaps it may be some unrepented sin.
 - 3. Re-live the scene in your faith-imagination.
 - 4. Invite Jesus into the scene to heal those involved and help you to forgive yourself and others to be free of guilt.
- B. **Breaking Patterns of Unhealthy Guilt:**
 - 1. Objectify your guilt from a neutral perspective.
 - 2. Analyze effects of your guilt.
 - 3. Practice healthy expression of guilt.
 - 4. Remember your freedom to choose to feel guilty or not.
 - 5. Confront “guilt trips” with “I messages.”

Practicum: Prayer for Healing Anger & Guilt

HOLY SPIRIT HEALING MINISTRY INTERNSHIP

Inner Healing Class Session Six: “Healing of Self-Esteem”

“The Role of Forgiveness in Inner Healing”

I. Low Self-Esteem and its Causes:

A. What is Low Self-Esteem?

1. Essentially, **it is a lie** told us and believed in from early childhood.
2. It is an **acquired attitude** that keeps an individual from success in life.
3. Low self-esteem **robs one's hope** for change, joy, and enthusiasm.

B. What does Low Self-Esteem "Look Like?"

1. Presentation: a person with low self-esteem will most likely be **prone to depression**(remember the anger connection with depression), flat affect, usually does not establish/maintain eye contact, under-achiever, not a self-starter, uninspired, not goal-oriented, especially given to self-sabotage, for example—very unlikely to finish a project once started(because finishing it would be a success), gloomy, pessimistic, **"Eeyore-type"** personalities: "woe is me."
2. People with low self-esteem bask in encouragement and attention, even though they convince themselves later that they are certainly unworthy of any recognition since they are "so bad/unattractive/ overweight, etc..."

C. Some Causes of Low Self-Esteem:

1. A pronouncement or **acquired belief from** our parents/teachers/other **authority figures**: "we're no good, won't amount to anything, are stupid, ugly, clumsy, accident-prone, sloppy, messy, bad at cooking, sports, etc"
2. A belief in the **deception that things will never change**, there's no hope for me, that's just the way I am....
3. **Persistence in believing the lies** that are described above.

II. Healing Low Self-Esteem With the Power of Affirmation:

A. What is Affirmation?

1. **Sincere compliment**, acknowledgment
2. **Taking note** of one's goodness, talent, uniqueness
3. **Recognizing the value** of a person for who he/she is
4. **Honoring and respecting** an individual's dreams and wishes
5. A simple, healing, life-changing, **profound truth-telling**

B. What Affirmation is NOT:

1. **not flattery**, a hasty "making something up"
2. **not gratitude** for actions
3. **not idolizing**, provoking unhealthy **pride**
4. **not exaggerated**
5. **not coercive or manipulative**

C. Healing Effects of Affirmation:

1. **Freedom from the lies, at last!**
2. **Joy**
3. **Humility**
4. **Self-Confidence**
5. **Greater trust in the Lord**

6. Transformation
7. Security in the wonder of one's being and in God's power
8. Boldness to speak the truth to others
9. Sensitivity, especially to children and those still believing the lies

Practicum: *It's Good to Be Me*—Self-Affirmation Prayer pp 33-34

“The Role of Forgiveness In Inner Healing ”

I. Unforgiveness and Its Terrible Consequences:

A. We hold the key to our own freedom:

1. **Forgiveness** of others is the key to our own freedom.
2. **Unforgiveness prevents** our spiritual growth.

B. Left Untended, Unforgiveness becomes Resentment:

1. **More difficult to address**
2. **More established** as a pattern of behavior/attitude

C. Resentment Deteriorates into Bitterness:

1. **Bitterness prevents openness to reconciliation** and new relationships.
2. **Bitterness** roots itself in our spirits and **spoils** and sours our compassion.
3. **Bitterness closes us** to the Lord's joy and peace and life's simple pleasures.

II. The Mechanics of Forgiveness:

A. Our Father:

1. “Forgive us **AS** we forgive..”
2. If we want God to forgive us, **we MUST forgive.**
3. **Unforgiveness is not an option** for a healthy life!

B. Forgiveness is a decision:

1. **An act of the will**
2. Not an emotion
3. Not excusing/condoning bad behavior

C. Forgiveness is a process:

1. Especially for major hurts, takes more than one application!
2. Letting go of our “right” for revenge
3. Releasing other to Jesus
4. Praying for those who hurt us—**LOVE your enemy.**

III. Objections to Forgiveness:

A. “I just can't forgive X for that”

B. CAN'T = WON'T

C. Examples to overcome unforgiveness: Corrie Ten Boom, St. Maximilian Kolbe, Jesus on the Cross

IV. Three Simple(*but NOT easy*)Steps to the Glorious Freedom of Forgiveness:

Don't nurse, curse, and rehearse---reverse, converse, and disperse!

A. Nurse versus Reverse:

1. Hurting people love to **lick their wounds**(nurse) and wallow in their pain and tragedy.
2. **Reversing** means to make choices to **stop being a victim** and start letting the healing process of forgiveness begin.
3. **Acknowledging the pain isn't the problem** here(it is all too well known), releasing pain is **reversing the unhelpful nursing** of being wronged.

B. Curse versus Converse:

1. **Sometimes it is inappropriate to approach** one who has hurt us and actually open the lines of communication again.
2. **Forgiveness replaces cursing** with blessing, a **“divine conversation.”**
3. **Praying for, loving our enemy** is what the Lord call us to do.

C. Rehearse versus Disperse:

1. **Break the “broken record” syndrome!**
2. **Disperse the bondage of unforgiveness** by **refusing to spin your wheels** by repeatedly rehashing all the gory details...
3. **Disperse the pattern** of sour attitudes **with love and forgiveness.**

Practicum: Inner Healing Prayer pp 35-36.

Antidotes for Inner Healing—A Quick Reference

Emotional Preoccupation	Antidote
Fear	Love
Anxiety	Trust
Anger	Joy
Depression	Hope Identify repressed anger and physical release
Unforgiveness-Bitterness-Resentment	Forgiveness

Guilt

Repentance

Shame

Acceptance

Abortion-Miscarriage-Stillbirth

Mercy

Low Self-Esteem

Truth

Self-Affirmation Inner Healing Prayer

(Adapted from *Its Good to be Me*)

I accept a real sense of my own intrinsic value as a human person independently of my circumstances, talents, or accomplishments, and independently of my past sins and mistakes or my present weaknesses.

I accept God's Word that I am loved by God in Christ.

I accept this as the central truth of my existence, I affirm it and rejoice in it.

So I receive Jesus Christ fully into my life as my Savior and Lord, my brother and friend. I accept the full consequences of my Baptism and Confirmation; I accept my inheritance and my true identity as a son/daughter of God and co-heir with Christ.

I affirm God m Father's affirmation of me—that He is a true Father Who actually rejoices in me.

Because I am a child of God, I call God "Abba, dear Father." I accept His love and therefore I accept myself. *I love myself unconditionally*, irrespective of how weak or strong I am or how good or bad I feel in my emotions, because God my Father loved me first and loves me now as His own son/daughter. He listens to me, accepts me in love, affirms me, appreciates me, rejoices in me, and calls me forth to become the wonderful person He created me to be. *It is good to be me!* I am very happy to be me. I am loved, therefore I am loveable. I praise God for myself—for making me—for the wonder of my being. I love, esteem, appreciate, and celebrate my own personal, God-given worth! My Father's Will for me is that I live fully and be myself—my very best self that He has created me to be. ***The Glory of God is me, expressed in me when I am fully alive, so I rejoice in the Lord!*** I celebrate the fact of my existence and any own free gift of son/daughtership. I am perfectly at home with myself at last! I am truthfully fond of myself. I enjoy being myself. I would not want to be anybody else. I don't need to envy others or to be greedy and restless for endless satisfaction from people or things, nor am I driven by fear of not getting enough of anything or missing something or being deprived of something. The Lord has given me abundant life in Him. I am thankful for every gift and grace He so generously bestows on me!

In Christ, He blessed me with every spiritual blessing.

In Christ, He chose me before the foundation of the world to be holy.

Through Christ, He pre-destined me in love to be His son/daughter.

Through Christ, He has my place ready for me in Heaven. The Father of Jesus is my Father, too! ***I am His beloved son/daughter in whom He is well-pleased. Alleluia! His favor rests on me!*** I am a new creation in Christ, God's work of art, being constantly renewed in the image of my Creator and being brought into a deeper personal awareness, a saving knowledge of God. I praise the glorious generosity of the Father, Who has made me welcome in the everlasting love He bears toward His Beloved Son in the Holy Spirit.

Jesus Christ is my Savior: He loves me totally and unconditionally. Jesus saves me and delivers me from evil and sin!

Self-Affirmation Inner Healing Prayer (Adapted from *Its Good to be Me*)—cont.

Jesus is my living Lord: Christ is my Risen King, the King of Glory, the Conqueror of sin, death, and hell. He reigns in power and glory with the Father and the Holy Spirit where He is my great High Priest living forever to make intercession for me. Jesus died on the Cross for me and lives in my heart. Jesus is my reservoir of love, light, strength, and goodness. I proclaim, celebrate, and share in the Paschal Mystery of His Holy Body, Blood, Soul, and Divinity given us at the Last Supper on Holy Thursday, His ultimate sacrifice of death on Good Friday and His glorious resurrection on Easter Sunday! I live in joyful hope of His coming in glory. I live with His risen life coursing through my entire being. I am daily nourished with the Banquet of His Word and His Body, Blood, Soul, and Divinity in the Most Holy Eucharist! I live with His risen life now because He gave me His Holy Spirit.

This free gift of the Holy Spirit—not my own accomplishments, is the cause of my joy. The Holy Spirit is God's stamp of ownership on me, the guarantee that I will receive everything He has promised His people. ***The Holy Spirit brought me re-birth. The Holy Spirit gives witness to my spirit that Jesus Christ is Lord!*** The Holy Spirit pours the love of God into me to make me experience sonship/daughtership and cry out, "***Abba, Father!***" The Holy Spirit pleads to the Father for me in groans that words cannot express; I am being more and more immersed into the ever-baptizing Spirit Who gives me growth in holiness and activates the grace of God in me. The Holy Spirit empowers me to communicate faith, hope, and love to others. The Holy Spirit makes me a living member of the Body of Christ, the pilgrim People of God. ***The Holy Spirit reveals His Spouse to me, the Blessed Virgin Mary, my Queen and my Mother.*** The Holy Spirit brings me into deeper communion with Mary, all the angels and saints, and all my sisters and brothers in Christ. The Holy Spirit produces His Fruit within me—love, joy, peace, patience, gentleness, and self-control. The Holy Spirit vivifies me, makes me holy, divinizes me, enlightens me, consoles me, comforts me, guides me, and empowers me!

Therefore, with Mary, my soul magnifies the Lord, my spirit rejoices in God my Savior because He Who is mighty has done great things for me!

Therefore, I am loving, forgiving, outgoing, strong, confident, serene, and free!

Therefore, I express the same quality of love for God, others, and myself.

Therefore, I praise and thank God for the fact of my existence, for the wonder of my being, for the goodness of His purpose in me and for the greatness of my eternal destiny with Him, Our Lady, and all the angels and saints in Heaven.

The grace of my Lord Jesus Christ, the love of God my Father, and the fellowship of the Holy Spirit is with me now at this very moment.

To the Holy and Undivided Trinity, I give honor and praise in every breath of my body, in every aspiration of my soul, and in every yearning of my spirit. I consecrate my entire self to Jesus Christ, through the Blessed Virgin Mary, Queen of All Hearts.

Through Christ, with Him, and in Him, in the unity of the Holy Spirit, I give all glory and honor to my almighty Father now and forever. Amen! Alleluia!

INNER HEALING IMAGERY PRAYER

(Adapted from materials produced by the Love of God Prayer Community, Royal Oak MI)

Before beginning the prayer, light candles and dim the lights.

As begin this time of inner healing, I invite you to remove anything you may have on your laps: bibles, purses, notebooks, etc... Settle back into your chair and close your eyes. Take a few deep breaths to let all the tensions of the day leave you as you relax in the Father's presence(*brief pause*). Come, Holy Spirit, move in our open hearts as we sit before You tonight. We want to go on a journey of transformation and healing with you tonight, on the road that leads us to Your Cross and Resurrection. Help us to be open to Your inspiration as we seek your healing touch. We pray in Jesus' Name. Amen.

Now, picture Jesus standing before you and take His hand. With Him, we would go down any dark street, into any frightening situation. Now, as He grasps your hand, Jesus leads you into the darkness of your own spirit so He can heal you with the light of His presence. As Jesus takes you by the hand, He leads you up and out of your chair and down the street to a house. And as His love fills this house, you enter and recognize it as the very house you grew up in. Jesus leads you into the kitchen—everything is just as you remember it. Then, the Lord pulls out a chair from the kitchen table, sits you down, and calls your Mother into the room. She is so happy to see you and you jump up to greet her with Jesus.

Now, the Lord invites you to sit down again at the table and He shows you how much your Mother loves you: her hard work inside and perhaps away from the home, the many sacrifices she made, even to the point of denying her own desires for a new dress or coat, for example, when we wanted a birthday or Christmas toy. Lord Jesus, reveal to each of us all the wonderful dreams and plans our Mothers had that never came true. All the hopes that were disappointed, all her goals she did not reach(*brief pause*).

Dear Jesus, show us the ways we hurt our Mothers by rebellion or disrespect. Help us to see her limitations, too. Perhaps in her weariness she did not spend enough time holding us. Maybe she abandoned us, or abused us physically, or embarrassed us in front of our friends. Maybe her hardness of heart made our hearts cold and bitter. Let us pause again for a moment to let the Lord Jesus bring to mind a memory of our Mother He wants to heal tonight(*brief pause*).

However your Mother was weak or broken, decide now to forgive her. Lord, we ask You to pour out Your love and forgiveness in her heart, be she living or dead. Now, Jesus, is calling His own Mother into the kitchen. Mary is present now for all those who never knew or felt distant from our Mothers. She is here to embrace us, to fill the void we all have---the void of a Mother's love we so desperately need(*brief pause*).

We thank You and we praise You, Lord Jesus, for the healing You are accomplishing in us at this very moment. Thank You for the healing waves of Your love that are washing over us, filling and overflowing our hearts!

Now, Lord Jesus, show us our Fathers. Lead us into the living room next to our Dad's favorite chair where he reads the paper. As you sit down near him, your Dad, with Jesus helping him, tells you how much he loves you, how proud he is of you, his daughter or son. Maybe you had never heard anything like that from your Dad, but let the Lord do something new as we pray(*brief pause*).

INNER HEALING IMAGERY PRAYER

(Adapted from materials produced by the Love of God Prayer Community, Royal Oak MI--cont)

Jesus, show us all the hard sacrifices he had to make for us, all the long hours working at sometimes two jobs so we could have all things we needed. Jesus, let us see all the special ways our Dads denied themselves so we could wear decent clothes and eat good food(*brief pause*). Lord, show us our Dads are weak and broken human beings, just like us. Show us that our Dads had lots of plans that never worked out and dreams of things he would never be able to provide for us. Jesus, reveal to us the pain our Dads suffered when we rebelled against him during our adolescent years, resisting all he tried to do to help us.

Now, Lord Jesus, let us see all the ways we need to forgive our Dads. Maybe he was an alcoholic and beat us or punished us too severely. Maybe we were afraid of him because he belittled us when we failed. Perhaps he always wanted a son or daughter and we were born the wrong sex. Maybe he abandoned us when we were small or even abused us sexually. Maybe we just didn't see him enough. Let the Lord show you a memory of your Dad that still needs your forgiveness(*brief pause*).

Glory and praise to You, loving Father, for Your love knows no boundaries of space or time! Touch our Fathers, living or dead, with Your healing love tonight. Let us experience now Your healing love beginning to restore us and heal the wounds we have borne for so long. Thank you, Father-God!

While we are basking in Your love, Lord Jesus, show us our families, friends, teachers, doctors, and pastors—our spouses, children, brothers, sisters, grandparents, and all our relatives and acquaintances. Let them all come before us now. We know, Lord, that our families and friends are sinners just like us. We have been hurt many times by their unkind remarks and behavior. Help us to recall a particular memory You want to heal in us tonight(*brief pause*). We decide to forgive each one and we thank You, Lord, for the gift of all our families and friends.

Now, we become aware of the room in which we are sitting tonight. As we open our eyes to look around, we see our brothers and sisters in the Lord seated all around us. Let us take a few moments in silence “to return” to our place here(*brief pause*).

With all our hearts, Lord, we thank and praise You! We give you all the glory for what You have accomplished in us tonight! Help us to grow in your love which call us forth to forgive again and again. Let your peace remain in our hearts, Lord. We thank You, Who are the Beginning and the End. Amen!

HOLY SPIRIT HEALING MINISTRY INTERNSHIP

Inner Healing Class Session Seven: “Generational Healing”

I. Review of Catholic Dogma of Purgatory:

A. Purgatory:

1. A **purifying fire to prepare us** to see God face to face.
2. A “state” rather than a place
3. Possible to endure this state while alive on earth
4. **Temporal Punishment due to sin**

B. Avoiding “cafeteria mentality”

1. “Picking and choosing” which dogma/doctrines I want to believe is **not an option** in our Church.
2. **Challenge to believe ALL our Church teaches us**, e.g. birth control, Abortion, capital punishment, purgatory, hell

II. Theological Background for Generational Healing:

A. Scriptural Basis:

1. Old Testament:

- a. “**sins of the fathers**”(Nm 14:18; Lam 5:7)
- b. **Purgatory**(2Mac 12:44-45)
- c. **David’s sin**(2Sam 12:2-12)
- d. **Healing and health promised**(Ex 15:26; 20:6)

2. New Testament:

- a. **Salvation for “you and your children”**(Acts 2:39)
- b. **Cloud of Witnesses**(Heb 12:22-24)
- c. **Jesus opens doors no one can open!**(Rev 3:7)

B. Tradition:

1. **Church Fathers**—praying for the deceased in earliest liturgies
2. Sts. Elizabeth of Hungary, Teresa of Avila, Thomas Aquinas, Malachy (Kenneth McAll, *Healing the Family Tree*, pp. 32-33.)
 - a. repeated offering of Mass sometimes necessary to deliver souls from Purgatory
 - b. consistent expression in the Eucharist, our highest form of prayer

C. Generational Healing vs Spiritism:

1. Generational Healing is praying for the repose of the dead.
2. Spiritism is sinful (apparent)communication with the dead.

III. Methods of Praying for Generational Healing:

A. Eucharistic:

1. **Have a Mass offered** for all your deceased loved ones.
2. **Attend the Mass** if possible.
3. **Trust the Lord to apply the incomparable graces** from the Eucharist to your loved ones, living or dead.
4. **Make a small Family Tree chart** and bring it with you to Communion to ask for the Lord’s healing love and mercy for your loved ones.
5. **Thank Him after Communion** for what He has done!

B. Within an individual/group healing inner healing prayer:

1. **Ask the Lord** to help you **place His Cross** and the inexhaustible grace and mercy flowing from it **between each generation**, living and dead.
2. Be aware that the **Cross will be a spiritual filter** to cleanse your family's bloodlines.
3. **Note any words of knowledge** to assist you in follow-up intercession for your family.

IV. Generational Healing for Hereditary Diseases/Conditions/Curses/Sin Patterns:

A. Identify the Need for Healing:

1. Some Examples of Hereditary Diseases/Conditions:

- a. alcoholism/drug addiction
- b. cancer
- c. cardiovascular diseases
- d. diabetes
- e. predispositions to other diseases

2. Some Examples of Personality Traits/Characteristics/Learned behavior:

- a. anger management difficulties(bad tempers, violence, rage, suicide, murder, etc...)
- b. Lying, stealing, deceit
- c. Manipulation
- d. Fears(all phobias), Anxieties
- e. Depression, pessimism
- f. All sorts of abuse patterns(physical, mental, verbal, sexual abuse)
- g. Low-self esteem, jealousy, envy, etc...

B. Apply the Generational Healing Prayers as Above in III.

Practicum: "Generational Healing Prayer"