

# Inner-Healing Prayer

**Inner healing Prayer** invites those with emotional wounds to enter the safe and healing presence of Jesus. In this safe place those seeking wholeness and freedom open themselves to listen to Jesus and his word to them.

**Explore:** To assist the emotionally broken and wounded as they seek God for healing only He can give.

**Scripture:**

- “Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” 3 John 2
- “And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.” Ephesians 6;18

**Includes:**

- Prayer that includes appropriate touch; laying on of hands, anointing with oil or holy water.
- Prayer that invites Jesus into past injuries, memories and wounds.
- Prayer that listens for the effect of lies or vows in one’s life.
- Listening for Jesus’ prayer for the wounded.

**Fruits:**

- Calling forth the true Christ-in-you identity.
- Listening with others to discern false and true guilt; seeking God for forgiveness and freedom in Christ.
- Bringing past hurts into the healing light of God.

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## Methods for Inner Healing:

1. Take a “needs mending” inventory. Set aside time for several days or weeks to be in the presence of Jesus with your wounds. Let the list grow as other wounds come to mind. Leave it with God. At another time, come to God in a safe and quiet place where you can attend to the list in the presence of Jesus. Breathe deeply. When you are ready, set the list before the Lord and wait. What one item seems to have your attention? Listen. What do you sense the Lord is saying to you? The fruit of healing may not be a big feeling of release, but changed internal responses may occur as time goes by. Continue to talk to God.
2. Seeking someone who is comfortable with healing prayer. Ask them to pray for your healing. To prepare, ask yourself; what lies or vows have shaped my life? Where am I unable to forgive others? Where do I find it difficult to give and receive love? Where am I unable to forgive myself? Share your insights with your prayer partner.
3. Read Lamentations 2-3. Write a lament of your own to God. What do you want to tell him about your pain?
4. Attending a healing-prayer service at Christ Church.