

Equipping for Emotional Healing Prayer

Holy Spirit Conference
North Heights Lutheran
Church

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What is Emotional Healing?

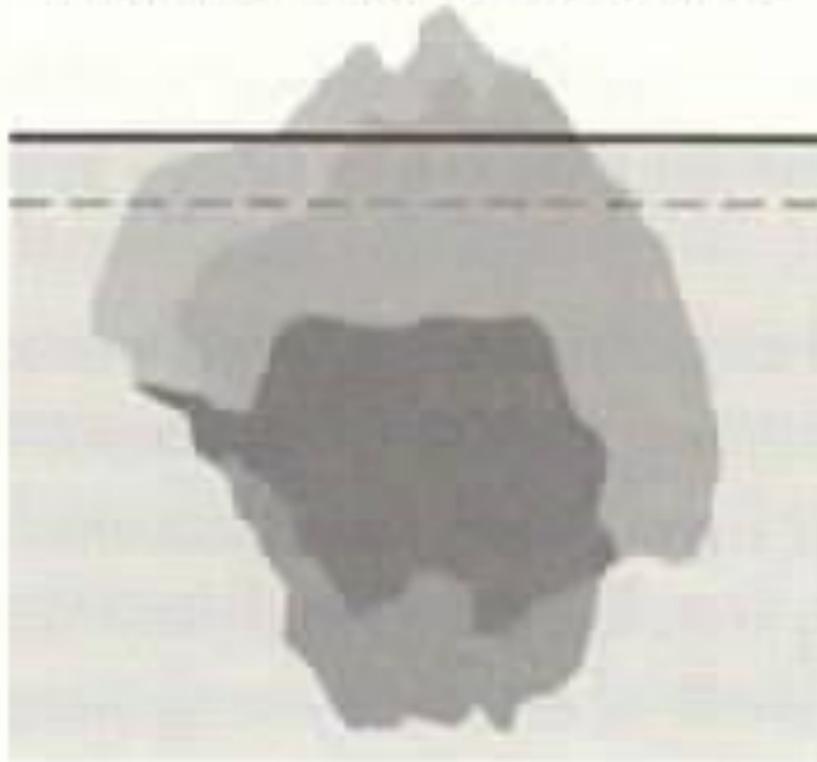
- *“When we have received the Spirit of Jesus as the breath of God breathing within us, that Spirit creates in us a sacred space where the other can be received and listened to. The Spirit of Jesus prays in us and listens in us to all who come to us with their sufferings and pains. When we dare to trusts fully in the power of God’s Spirit listening in us, we will see true healing occur.”
Henir Nouwen*

Understanding Wounds, “God’s bookmarks for healing”

- Past wounds continue to impact until they are healed.
- Wounds are caused from trauma and sin. Both cripple us going forward and have physical, emotional and relational effects.
- They can come to define us, Satan takes advantage of our soft spots.
- We are made to heal!!!

Emotionally Healthy Spirituality

Iceberg Model What Lies Beneath the Surface



Different Parts/Components of Who We Are



Gods Plan for Healing

- In fact God does more than just heal! He uses our pain for His glory!
- Trauma affects the whole body.
- We know this because medications help people with depression, anxiety etc. we know it is a biological illness because biological medicine helps.
- God heals Mind, Body and Spirit!

Healing

Healing comes through relationship:

With God

Jesus

The Power of the Spirit

The Body of Christ

Many times we are the conduit of God's healing.

What are some blocks to healing?

Understanding when Deliverance is Needed

Often both healing and deliverance are needed, but there is a difference.

Wounds can open the doors to enemy activity, but there are times when the person needs to make some changes as well.

Clear lies and oppression need to be discerned with the help of God. Strange occurrences and inordinate fears are the fingerprints of Satan.

Forgiveness, openness to change, thought patterns that need to be addressed, are in our own realm. Relationship chains of reaction that are ingrained are areas of growth and learning. These are in our camp. Through prayer, mentoring, and support these things can be changed.

PREPARATIONS FOR BECOMING A PRAYER MINISTER

- Consider the time involved.
- Be prayed up and praised up!
- Learn to use the binding prayer.
- Take personal inventory of any un-confessed sin.
- Put on the armor of God (Eph. 6:11).
- Learn to be still, listen and love.
- Pray for God's love and compassion for this person.
- Be a team player- no Lone Rangers.
- Confidentiality is a must.
- Pray for patience and courtesy.
- Learn to use your Spiritual Ears.
- Pray to be an encourager!
- Have a partner with whom you can process and learn.
 - From Francis Mac Nutt :School of Healing Prayer
 - Level I. pageVIII-7

ROLE OF A PRAYER MINISTER

LISTEN with compassion, not with judgement
2 Corinthians 1:3-4

LOVE them as people in pain, not as people
to criticize and advise. Isaiah 61:1-2

PRAY to bring wholeness, release and peace
Isaiah 61:3; James 5:13-15

Recognize Your Limitations as a Prayer Minister:

- Do not try to counsel or lead them into the inner healing experience.
- Do not assume that a person with emotional issues needs deliverance.
- Do not do deliverance ministry in public and on the spot as it must be done with discernment and the counsel of others in a team.
- Do not offer advice in an area where you still have a need for healing.

One good tool for helping us recognize areas for emotional growth and healing is:

THE INVENTORY OF EMOTIONAL/SPIRITUAL MATURITY

(from *Emotionally Healthy Church* book by Peter Scazzero)

We have included an inventory in your packet for you to do at home.

Please take time to do it.

Score each principle.

Write the totals on page 85 on the inventory.

Make your graph.

The Gift of Compassion

The gift of compassion often begins with yourself. Loving others **AS** you love yourself. We are often harsh and judgmental with ourselves and this then can become how we view others.

Looking at others with the eyes of compassion at all times is what Jesus does. Caring and consideration to what has happened in their life, is the first step. Jesus already has extended his grace there, join Him.

Judgement and criticism,(even advice at times) usually comes from a root of pride, and a person who does not see their own sin and weakness. (or have become so use to their sin and weakness that they have determined it is not much a of a problem) can easily slip.

It's is not what is wrong with this person but what happened to them.
This shifts the whole frame of reference.

How do we become compassionate Prayer ministers?

- Doing your own work as prayer ministers is vital to your effectiveness.
- Know your own emotions. Lets read Ps 77, to investigate how God sees emotions, strong ones!
- Feel all your feelings, they are barometers of your life. God has emotions, ours are part of our DNA.
- We often fear strong emotion but emotion is good and Godly, if we keep it in check with the truth. 2 Cor 10:5.
- Erroneous thought can create ungodly emotion. Bill Bright of Campus Crusade created a diagram of Fact-Faith-Feeling. Feelings must follow fact and faith.

THE PAIN TRAIN

THE PROGRESSION OF UNHEALED EMOTIONAL WOUNDS

Wounded
By harm or sin

Shame/guilt

Fears

Isolation

Discouraged

Anger

Bitterness

Unbelief

HOW TO PRAY FOR EMOTIONAL HEALING

1. **Listen** to the person , the Holy Spirit and the Word.
2. **Bring it to** the foot of the **cross**.
3. **Ask Jesus what He would want to give them.**
4. Ask for the **power of the Holy Spirit.**

Then, according to their need and the direction of the Holy Spirit, you may use any of the following:

1. Pray that they may **forgive those who have wounded them and themselves.**
2. Break off the **pain, shame and guilt.**
3. **Cancel the assignment** of demonic influence .
4. **Break any possible roots** from the past.
5. **Bind the power of any harmful habits .**
6. Pray for a way of **escape from the temptation to use unhealthy coping strategies.**(1 Cor. 10:13)

Share Follow-up Opportunities

- Give them a handout with **opportunities for more extended emotional healing prayer ministry and counseling.**
- **Highly recommend this when:**
- They get stuck and/or keep coming back
- They are suicidal or having a panic attack or have deeper emotional issues (Need professional counseling)

Scenarios to use in dyad role playing:

(if you have your own feel free to use it.)

Scenario #1

You are an empty nester, having staying very busy with children for the past 20 years, you find yourself alone and at a loss of what do with yourself. Being alone has always been hard for you, creating a sense of worthlessness and despair

Scenarios #2

You are a student who has never been able to test well. You become so anxious at finals that you are numb and unable to retrieve the information you need. You become sweaty, dizzy and fear floods your body.

Scenario #3

You have just married and are terrified that you will repeat your parents difficult marriage. You see some of the same traits that you want to avoid in yourself and your spouses reactions.

Lord Jesus,

Thank you for sharing with us your wonderful ministry of healing and deliverance. Thank you for the healings I (we) have seen and experienced today. But we realize that the sickness and evil we encounter is more than our humanity can bear. So cleans me(us) of any sadness, negativity or despair that we may have picked up.

If this ministry has tempted me (us) to anger, impatience or lust, cleanse me of those temptations and replace them with love, joy and peace. If any evil spirits have attached themselves to us or oppressed in any way, I command them to depart, not and go straight to Jesus Christ for Him to deal with as He will.

Come Holy Spirit, renew us, fill us anew with your power, your life and your joy. Strengthen us where we have felt weak and clothe us with your light. Fill us with your life.

And Lord Jesus, please send your holy angels to minister to me and my family, guard us and protect us from all sickness, harm and accidents. Provide us with safety. We praise you now and forever, Father Son and Holy Spirit! Amen

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