

INNER HEALING

For those whose lives are affected as a result of childhood traumas or past hurts, those with depression, addictive behavior, oppression and mental illness. These Scriptures are often prayed in conjunction with the Deliverance Scriptures since symptoms or problems are similar and often overlap.

Thank You Lord that You will search them/us O God, and know their/our heart, try them/us and know their/our anxious thoughts, and see if there be any hurtful way in them/us, and lead them/us in the everlasting way. In the name of Jesus Christ.

Psalm 139:23-24

Thank You Lord that You will turn to them and be gracious to them, for they are lonely and afflicted. The troubles of their heart are enlarged; bring them out of their distresses. Look upon their affliction and their trouble and forgive all of their sins. In the name of Jesus Christ.

Psalm 25:16-18

Thank You Lord that they will not be conformed to this world, but they are transformed by the renewing of their mind, that they may prove what the will of God is, that which is good and acceptable and perfect. In the name of Jesus Christ.

Romans 12:2

Thank You Lord that You will bring their soul out of prison, so that they may give thanks to Your name. The righteous will surround them, and You Lord will deal bountifully with them. In the name of Jesus Christ.

Psalm 142:7

Thank You Lord that they will speak the truth in love, and they will grow up in all aspects into Him who is the head, even Christ. In the name of Jesus Christ.

Ephesians 4:15

This verse is helpful in finding the root cause of the person's problem.

Thank You Lord that all things become visible when exposed by the light, for everything that becomes visible is light, for this reason it says awake sleeper and rise from the dead, and Christ will shine on them. In the name of Jesus Christ.

Ephesians 5:13-14

Forgiveness is the key to much healing!

Thank You Lord that they will forgive men their transgressions, so that their heavenly Father will forgive them. In the name of Jesus Christ.

Matthew 6:14-15

Thank You Lord that You are their lamp; And You illuminate their darkness. In the name of Jesus Christ.

2 Samuel 22:29

Thank You Lord that You will again have compassion on them. You will tread their iniquities under foot. Yes, You will cast all of their sins into the depths of the sea. In the name of Jesus Christ.

Micah 7:19

Thank You Lord that all of these people will confess their sins, You are faithful and righteous to forgive them their sins, and to cleanse them from all unrighteousness. In the name of Jesus Christ.

1 John 1:9

Thank You Lord that You will accomplish what concerns them. In the name of Jesus Christ.

Psalms 138:8

Thank You Lord that if today they hear Your voice, they will not harden their hearts. In the name of Jesus Christ.

Hebrews 4:7

Thank You Lord that You will acquit them of hidden faults.
In the name of Jesus Christ.

Psalm 19:12

Thank You Lord that those who have been troubled with
unclean spirits are being cured. In the name of Jesus Christ.

Luke 6:18

Thank You Lord that they will be filled with the knowledge
of Your will in all spiritual wisdom and understanding. In
the name of Jesus Christ.

Colossians 1:9

Thank You Lord that You did not give them a spirit of fear
or timidity, but of power and love and discipline. In the
name of Jesus Christ.

2 Timothy 1:7

Thank You Lord that You desire truth in the innermost
being, and in the hidden part, You will make us know
wisdom. In the name of Jesus Christ.

Psalm 51:6

Thank You Lord that You will set our iniquities before You,
our secret sins in the light of Your presence. In the name of
Jesus Christ.

Psalm 90:8

Thank You Lord that they who have suffered in the flesh
have ceased from sin, so as to live the rest of the time in the
flesh, no longer for the lusts of men, but for the will of God.
In the name of Jesus Christ.

1 Peter 4:1-2

Thank You Lord that they will speak with their mouths
what fills their hearts. In the name of Jesus Christ.

Matthew 12:34

Thank You Lord that they joyfully concur with the law of
God in their inner man. In the name of Jesus Christ.

Romans 7:22

Thank You Lord that a sword will pierce even their own soul to the end that thoughts from their hearts may be revealed. In the name of Jesus Christ.

Luke 2:35

Thank You Lord that You will create in them a clean heart, and renew a steadfast spirit within them. In the name of Jesus Christ.

Psalms 51:10

Thank You Lord that You will give them one heart, and You will put a new Spirit within them. And You will take the heart of stone out of their flesh and give them a heart of flesh, that they may walk in Your statutes and keep Your ordinances and do them. Then they will be Your people and You will be their God. In the name of Jesus Christ.

Ezekiel 11:19

Thank You Lord that they arise, shine, for their light has come and Your Glory has risen upon them. In the name of Jesus Christ.

Isaiah 60:1

Thank You Lord that they will repent therefore and return that their sin may be forgiven (wiped away) in order that times of refreshing may come from the presence of the Lord. In the name of Jesus Christ.

Acts 3:19

Thank You Lord that You will give us life. In the name of Jesus Christ.

1 John 5:16

Thank You Lord that they will seek You, Lord, and You will answer them, and deliver them from all their fears. In the name of Jesus Christ.

Psalms 34:4

Thank You Lord that we will cry to You in our distress, and You will hear and deliver us. In the name of Jesus Christ.

2 Chronicles 20:9

Thank You Lord that You even You is He that blots out our transgressions for Your own sake and remembers our sin no more. In the name of Jesus Christ.

Isaiah 43:25

Thank You Lord that You will circumcise their hearts, and the hearts of their descendants to love the Lord their God with all of their heart and with all of their soul, in order that they may live. In the name of Jesus Christ.

Deuteronomy 30:6

Thank You Lord that nothing in them is hidden that shall not become evident, nor anything secret that shall not be known, and come to light. In the name of Jesus Christ.

Luke 8:17

Thank You Lord that they will describe what great things God has done for them, proclaiming throughout the city what great things Jesus has done for them. In the name of Jesus Christ.

Luke 8:39

Thank You Lord that they were dead and have begun to live, and were lost and have been found. In the name of Jesus Christ.

Luke 15:32

Thank You Lord that You will unbind them, and let them go. In the name of Jesus Christ.

John 11:44

Thank You Lord that the secrets of their hearts will be disclosed, and so they will fall on their face and worship God, declaring that God is certainly among them. In the name of Jesus Christ.

1 Corinthians 14:25

Thank You Lord that there is nothing covered up in them that will not be revealed, and hidden that will not be known. In the name of Jesus Christ.

Luke 12:2

Thank You Lord that You would grant to them according to Your riches in glory to be strengthened by might by Your Holy Spirit in their inner man, so that Christ may dwell in their hearts through faith, and that they will be rooted and grounded in love, and that they may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that they may be filled up to all the fullness of God. In the name of Jesus Christ.

Ephesians 3:16-19

Thank You Lord that blessed are they whose transgressions are forgiven, whose sin is covered, how blessed are they to whom the Lord does not impute iniquity, and in whose spirit there is no deceit. In the name of Jesus Christ.

Psalms 32:1

Thank You Lord that You will restore us, and cause Your face to shine upon us, and we will be saved. In the name of Jesus Christ.

Psalms 80:3

Thank You Lord that though their outer man is decaying, yet their inner man is being renewed day by day. In the name of Jesus Christ.

2 Corinthians 4:16

Thank You Lord that You have seen their ways, but You will heal them, and restore comfort to them, and to their mourners. In the name of Jesus Christ.

Isaiah 57:18

Remember many of the Deliverance Scriptures (p102) can be applied to inner healing.

FORGIVENESS

It is important to keep our spiritual slate clean at all times as we intercede for the needs for others. Harboring any unforgiveness or unconfessed sins will definitely hinder prayers. Unforgiveness can be detrimental to our physical and spiritual well-being. It can manifest itself as depression, anger, hatred resentment and physical ailments, all of which rob us of peace, joy, health, and power. Forgiveness and repentance bring spiritual renewal, and a fresh anointing of the Holy Spirit.

I have a short forgiveness prayer that I composed after attending a conference on inner healing led by Francis and Judith MacNutt. When you pray this prayer of forgiveness from time to time, you will experience a fresh anointing of the Holy Spirit. Forgiveness, like repentance, is not just a one

For if you forgive men for their transgressions Your Heavenly Father will also forgive you. But if you do not forgive men, then Your Father will not forgive your transgressions. (The words of Jesus)

Matthew 6:14-15

time action, it is to be ongoing if we are to be powerful in the Kingdom of God. The Forgiveness Prayer is on page 20.

Make a list of all the people and situations that have ever caused you hurt, pain, rejection, fear, loneliness, resentment, anger, jealousy, guilt, shame, dishonor. Don't forget to put your own name and God's at the top of the list. This is very important!

You may think that God would bring about adverse situations in your life as a result of some sin that you had committed. Please be assured that God would never do this. However, because you hold this thought about God in your mind and heart, there is the necessity to forgive Him. Sometimes you have to forgive God for having given you the

parents you were assigned.

Quite often the person you must forgive may already be dead. These people are often the most difficult to forgive, but are the most important. There may be people or situations in your life which you may feel are impossible to forgive, or ones that you simply refuse to forgive, or ones that you say you just cannot forgive since they have caused you such deep pain. Tell God this, confess your difficulty, then pray the prayer below out of obedience to Him and His Word. Watch a miracle happen!

Unforgiveness is a doorway for satan to come in and take control of your life, and even the lives of family members. Never let your unforgiveness rob your children or their children of the 'abundant life'! Remember the sins of the fathers are passed down to the 3rd and 4th generations. See Numbers 14:18.

FORGIVENESS PRAYER

Father, I lift to You all these people and situations, and I forgive them for hurting me, rejecting me, never being present for me. I forgive them for making me feel so unloved, so alone, so guilty, and causing me so much pain, and for demanding too much from me.

I forgive them for making me feel shamed, resentful, jealous, and angry. (Keep naming all the things you are led to pray. God will lead you.) I also ask, Father, that You forgive them for doing these things to me and I ask that You forgive me for holding a judgment against all of them.

Father, I know You don't need forgiving, but I forgive You for allowing me to be in these situations where I received so much pain. I also forgive myself for separating myself from Your love and forgiveness in all my life situations. I ask now that You fill me with Your love for these people, and for myself, and for the Lord Jesus Christ, who I believe is Your Son, Who died for me, was resurrected for me, and lives today for me. Please fill me with Jesus' love, peace, power, joy, forgiveness, and new life in Him. Fill me with Your Holy Spirit. In the name of Jesus Christ.

Thank You Lord for setting my captive spirit free!

PRAYER OF REPENTANCE

Holy Lord, I know that I have sinned against You by choosing to live in a manner that is not pleasing to You. I have rebelled against You in so many ways.

You ask that we love You with all of our minds, hearts, and souls, and that we love our neighbors as ourselves. I have not done this and I ask for Your forgiveness. I have broken all or most of Your commandments during my life. I have even doubted Your very existence. I have rejected Your Word. I have turned away from Your unconditional love You have continually offered me. I have turned my back on the poor and suffering. I have defiled my flesh and spirit by living in a manner that is an abomination to You. I have led such an ungodly life by worshiping the materialism of the secular world and by being involved in the occult, from time to time. I have not only lived sinfully, but I have either condoned or kept silent concerning the sins of others.

Lord I truly repent of all this sin in my life. I repent of the sins about which I know, the sins about which I don't know. Forgive me Lord of pride, rebellion, vanity, jealousy, judging, distrust, prejudice, adultery, fornication, dishonesty, theft, murder and greed. Please forgive me for my refusal and/or inability to forgive others. Take all this sin from me Lord. Wash me clean with the blood of Jesus Christ. Create in me a clean heart and renew a right spirit within me. A spirit that will worship You, glorify You, and serve You for the rest of my life. In the name of Jesus Christ!

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FOR THE LOST — THE BACKSLIDER

Thank You Lord that these people will repent, and turn away from all of their transgressions, so that iniquity may not become a stumbling block for them. In the name of Jesus Christ.

Ezekiel 18:30

Thank You Lord that they were going astray like sheep, but now they have returned to their shepherd and guardian of their souls. In the name of Jesus Christ.

1 Peter 2:25

Thank You Lord that You have wiped out their transgressions like a thick cloud, and their sins like a heavy mist; they will return to You, for You have redeemed them. In the name of Jesus Christ.

Isaiah 44:22

Thank You Lord that You take no pleasure in the death of the wicked, but rather that the wicked turn back from their evil ways. Thank You that they will turn back from their evil ways. In the name of Jesus Christ.

Ezekiel 33:11

Thank You Lord that they will say ‘Come let us return to the Lord, for He has torn us, but He will heal us, He has wounded us, but He will bandage us. He will revive us after two days, He will raise us up on the third day, that we may live before Him. So let us press on to know the Lord. His going forth is as certain as the dawn; and He will come to us like the rain, like the spring rain watering the earth.’ In the name of Jesus Christ.

Hosea 6:1-3

Thank You Lord that these people will return, You will heal their faithlessness, behold they come to You, for You are the Lord their God. In the name of Jesus Christ.

Jeremiah 3:22

Thank you Lord that You will frown on them no longer for You are merciful. You will not be angry forever if they only acknowledge their guilt - they have rebelled against the Lord their God. You will cure them of backsliding. In the name of Jesus Christ.

Jeremiah 3:12-13, 22 (NIV)

FREEDOM FROM GUILT

Lord, speak to me of guilt, it seems to trap so many and keep them in bondage:

'Guilt destroys the soul, for it completely negates My covenant with the people. I died on the cross for your sins and your guilt. Remember the scripture 'I will acknowledge my sin to You, and my iniquity I will not hide. I will confess my transgressions to the Lord, and the Lord will forgive the guilt of my sin'. Psalm 32:5. That is exactly what I do when you confess Me as the Son of God. If you truly accept Me and my Word and repent, you will know that and be free of all sin and guilt. You will listen to Me. You will follow My Words, those words spoken to you in quiet moments and My Words spoken to you in the Scriptures. You will hold fast to those words and nothing will cause you to doubt. Doubt brings distrust, distrust brings anguish, anguish brings fear, fear brings separation, separation brings sin, sin brings guilt, and that guilt brings sickness to the mind, body and soul. Satan is the author of sin, guilt and death. I the Lord am the author of Life. Choose Life My Child!'

SCRIPTURAL PRAYERS FOR FREEDOM FROM GUILT

Thank You Lord that I will confess my transgressions to You, and You will forgive the guilt of my sin.

Psalm 32:5

Thank You Lord that I believe in You and from my innermost being will flow rivers of living waters.

John 7:38

O Lord I thank You that You will make those living waters flow constantly in my soul. In the name of Jesus Christ.

PRAYER OF REPENTANCE

Holy Lord I know that I have sinned against You by choosing to live in a manner that is not pleasing to You. I have rebelled against You in so many ways.

You ask that we love You with all of our minds, hearts, and souls, and that we love our neighbors as ourselves. I have not done this and I ask for Your forgiveness. I have broken all or most of Your commandments during my life. I have even doubted Your very existence. I have rejected Your Word. I have turned away from Your unconditional love You have continually offered me. I have turned my back on the poor and suffering. I have defiled my flesh and spirit by living in a manner that is an abomination to You. I have led such an ungodly life by worshiping the materialism of the secular world and by being involved in the occult, from time to time. I have not only lived sinfully, but I have either condoned or kept silent concerning the sins of others.

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