

Altar & Prayer Ministry Training

Lesson 6 - How To Pray For Emotional Healing

	Notes
What you can learn can help save a person's life -	
literally!	
A. What is Emotional Healing and What is its Purpose?	
 You cannot go through life - untouched - without emotional wounding. 	
• Some people will come to you needing someone to pray with them:	
 because they have been <u>hurt from relationships</u> 	
 and most often <u>need to extend forgiveness in order that</u> <u>they might be free</u>. 	
• Whatever the situation, you can be equipped for several reasons:	
 Because God loves people and wants to see people healed. 	
2. Because you love people and want to see them healed.	
3. Because <u>God is the Healer</u> .	
 Because God has chosen you at a particular time to be His conduit of healing for the person in front of you. 	
Because you have prepared yourself and said, "here I am God, use me!"	
 And because God will not leave you on your own, He will help you to bring healing and restoration into broken lives. 	
B. Pain	
Things happen in childhood that can make you want to run away and hide, or wish that you could fly away.	
 Wounds can go deep into the core of our being. 	
 Victims find they have <u>difficulty with feelings</u>, or they can't love and connect with people like they want to. 	
 They feel <u>overwhelmed</u> with pain - or don't feel any pain at all. 	
• Nothing in the world can take that kind of pain away - and	

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bring liberty to the captives.	
But there is someone who can - and He longs to.	
Luke 4:18 says: "The Spirit of the Lord is on me, because He has anointed me to preach good news to the poor. He has sent me - us - to <u>proclaim freedom</u> for the prisoners, <u>recovery</u> <u>of sight</u> for the blind, and to <u>release the oppressed</u> ."	
And God is present and dependable to use what we have - to help them. Scripture says that <u>God's peace</u> is the standard we use - to <u>see</u> if our "life is right". (Col. 3:15)	
 In God's peace we are aware of God's presence interacting with us. 	
 Even if we don't understand everything about it, "God's peace" feels right. 	
In emotional pain, the opposite is true.	
• In the traumatic moment, we stop processing our reality correctly - it feels like no one is there for us and God is not there.	
• When we perceive God's presence and recognize when God speaks to us, this is when we experience God's peace.	
C. Understanding Emotional Pain and Our Sinful Responses to it.	
Emotional Pain can impose the following symptoms:	
The feeling of:	
Helplessness, horror, fear, intense fear	
Shame, feeling paralyzed	
 When it comes to children, it is a bigger deal because children are not mature enough to see, experience or handle trauma. 	
Biblical example of Trauma	
The story of Tamar - II Samuel 13 th chapter	
 Tamar - Daughter of David, Absolom's sister & half sister of Ammon 	
 Tamar was a victim. 	
 She was a victim - traumatized and had to live in a society where she was rejected. 	
• No one protected her.	
 She was betrayed to the core of who she was. 	
 She was rejected & unacceptable in the society she lived. 	

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Betrayal is traumatizing.	
 It causes the inability to trust and hold our hearts open to others. 	
• We feel <u>betrayed</u> when we are not believed and blamed.	
 Our world view becomes skewed<u>the world is scary and</u> <u>unsafe</u>. 	
• We feel abandoned in our pain; we feel that there is no one to go to.	
Deep childhood emotional pain or trauma – can affect the ability to trust adults, those in authority, and those who protect us.	
Traumatic situations can produce emotional scars of:	
Inability to rest	
Feeling of abandonment	
No place to turn	
No one to go to	
There is no one to help	
• When we feel unprotected and vulnerable, we begin to depend on <u>ourselves</u> for strength and protection because there is no alternative. This was never God's plan for His children.	
D. What are the Signs and Symptoms of Emotional Pain:	
• Pain can be so great, everyday life can feel too much to bear	
There can be low self esteem	
There can be Shame	
There can be False Guilt	
There may be feelings of Helplessness/Hopelessness	
Our <u>will</u> may have been traumatized	
 In dysfunction - Many will want to "give their will to Jesus". 	
 Jesus does not want your will 	
 Our will was God's gift to us 	
 Our will – gives us the ability to freely choose what we want. 	
 There may be a feeling of Loss of Control 	
 Feelings of hopelessness and helplessness lead to unconscious attempts to control everything. 	
 One recognizable trait: Perfectionism/performance orientation 	

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Anger is a symptom that is almost always present or recognizable	
Victims are angry at:	
The ones that hurt them	
The ones that abandoned them	
The ones who did not protect them	
 At times - what God did or didn't do 	
Often they are angry at themselves: (What they say or feel)	
Pain that is buried alive stays alive until it is brought to death	
on the cross.	
E. Experiential Knowledge	
When we pray with a person for Emotional Healing, we will be dealing with some sort of pain or hurt from the past. There are some that teach - that as an adult - our emotional pain can be divided into three areas –	
 Childhood Pain – from conception to 15 yrs. old 	
 Youthful Pain – from 15 to 30 yrs. old 	
 Adult Pain – from 30 and up 	
Even though there are three areas, most Adult and Youthful Pain actually comes from <u>Childhood Pain</u> .	
F. How Do You Know Where To Go or What To Do When A Person Comes To You and Needs Healing?	
There seem to be 8 major areas or categories that hinder a person and hold them back in their quest for Emotional Healing:	
Unforgiveness	
Dishonoring of parents	
 Judgements against others (including God) or self 	
Expectations of others or self	
Vows against others or self	
 Lack of taking Accountability for their own thoughts and actions 	
 Refusal to Release their control or their rights over situations 	
 Inability to Receive God's Love – Knowing deep inside that they are really loved and cared for (Ps. 139) 	
The PURPOSE in praying for emotional healing is to bring the	
person into an experiential relationship with Jesus and the	
Father's love for them, (not an academic or head knowledge relationship) but a real relationship with God the Father and	

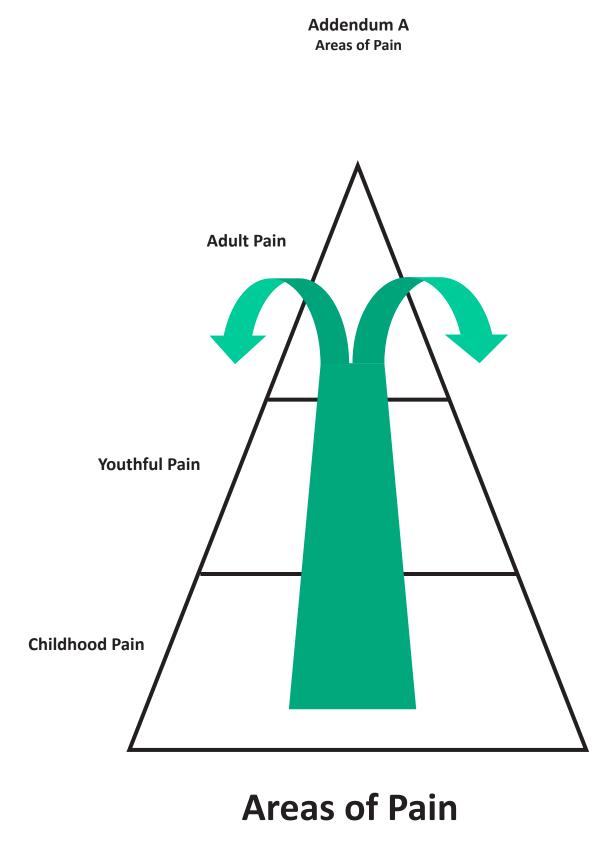
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with Jesus Christ.	
When the person you are praying for receives God's love into	
<u>their life:</u>	
 Jesus comes and takes the pain out of the memories. 	
 He releases the trauma and the rejection and feelings that can overwhelm a person. 	
 Jesus speaks truth into their situation and that truth sets them free. 	
 He tells them that they aren't dirty or broken. 	
 He says that they are forgiven and wanted and loved. 	
When you minister to an emotionally hurt person:	
Please remember	
 You cannot fix them. You are not their savior. 	
 Only God can fix them. Only God can heal them. 	
 God has chosen to use us in the process. 	
Three things: LISTEN TO THEM, LOVE THEM, PRAY FOR THEM	
If I can't fix them – then I can't fail them!!	
The Healing Ministry is a <u>listening ministry</u> – <u>listening</u> to the person and <u>listening</u> to God. (2 Cor 1:4, "with the same comfort you have received, comfort others.")	
Most emotional healing deals with some type of broken relationship with another person or group of people.	
What we usually see are: Broken relationships.	
 Broken relationships usually happen because of: 	
 what a person has done - i.e. Parent abandons a child 	
 what has been done to them - i.e. A child has been molested. 	
When we pray – we offer mercy and compassion not advice or condemnation or judgment.	
 If the person is stuck – sometimes there is an obstacle that prevents them from receiving their healing from God. 	
 A good first questions is "<u>God - What do you want me to</u> <u>know?</u>" 	
• So we ask ourselves, or the Lord: "What do I need to know about feeling nothing (or hitting the wall)".	
 Sometimes what we perceive as unimportant or an annoying distraction is actually part of the answer. We need to ask "what do I need to know about this" (or that distraction) 	

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 Now the painful memory may present itself – and the enemy may try to use it to confuse them or make them feel upset. 	
 When the person is experiencing the memories, we can start by asking God directly, "Where are you God in the painful memory?" 	
 If we do not see God in the memory, we can ask - "What keeps me from seeing you, God, in the painful memory?" 	
• Now these kind of questions can only be asked if there is time, or you could ask them if they would like to discuss this further at another time.	
How do I know that I have heard from God?	
• Would a loving compassionate God say this?	
• How does the answer compare with Scripture?	
 Check the communication style of the way God communicated with you. 	
God almost always communicates on our level.	
What do I expect to happen when we are praying for emotional healing?	
• When God is with us in our healing, God will answer us	
 God's peace will emanate through us 	
 Our story will help us become the person we would have been if we had not been traumatized 	
 Every part of our healing will help us to be appreciative of what God has done and desires to continue to do. 	
G. After a Person Has Received Genuine Healing:	
Impress upon them: - The importance of Speaking or Proclaiming "what has happened that changed" in their healing because it is important to "maintain their healing".	
H. How to Maintain Healing	
• It is important to write down or speak aloud what happened when we became aware of God's presence in the memory.	
 Start by speaking the whole story of your memories out loud to God first. Then sense God's response to hearing your story. 	
 Speak to anyone that was with you during the process – a healing minister or person praying with you. 	
 Speak to a different person that can rejoice in your experience. 	
After telling the story 3 times, we find ourselves thinking and	

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feeling differently.	
 "What does the scripture say – by the blood of the Lamb and the word of our testimony – we are healed". 	
I. Things to Remember about Healing	
 Realize - healing may take time. Do not try to force or push the process 	
Pray for:	
 Cleansing – Often we have repented and have pled for forgiveness, but do not feel cleansed. (Heb. 10:21-22) 	
 Comfort and healing 	
We are Not victims or survivors – but <u>OVERCOMERS</u> – by the blood of the Lamb and the Word of our Testimony! (Rev. 12:11)	
Sloba of the Lamb and the word of our restimony. (Rev. 12.11)	



Addendum B Places of False Refuge for Comfort or Protection Where Do You Run To?

тнои	IGHTS / STRONGHOLDS	ABUS	E TO OTHERS
	Fantasy		Verbal (words spoken against others)
	Rationalization		Physical
	Critical / Judgmental / Resentful		Emotional (manipulation)
	Self - Defense		Sexual (lust, even with spouse)
	Confusion		Spiritual (religious control & intimidation)
	Indecision / Procrastination	SUBS	TANCE ADDICTION
	Victim Mentality		Food
	Self - Pity		Chocolate
	Comparison		Caffeine (coffee, energy drinks)
EMO	TIONAL		Tobacco products
	Anger		Alcohol
	Cynicism		Cocaine / Marijuana / Other illegal drugs
	Indifference / Apathy		Prescription Drugs
	Helplessness		Adrenaline
	Suppression / Stuffing Emotions		Inhalants (nitrous oxide, glue, butane, Freon)
	Remorse	ACTIV	ITY ADDICTION
	Pride / Arrogance		Television
	Discouragement		Video Games / iPads
BEHA	VIOR		Computer / Internet / Smart Phones
	Need to be right (insecurity)		Workaholism
	Niceness		Busyness
	Reading (Books, Magazines, Newspapers)		Excessive Shopping
	Pretense ("All is well")		Excessive Exercise
	Withdrawal / Isolation / Sleeping too much		Gambling / Lotteries
	Passivity		Emotional Experiences (high drama)
	Control / Manipulation		Religious Activities / Christian Conferences
	Blame		Cleaning (obsessive - compulsive)
	Overly Responsible / Caretaker / Enabler		Avoidance of event(s)
	Complaining	SEXU	AL ADDICTION
	The Noble Martyr (manipulation through guilt)		Adultery (Spiritual & Physical)
SELF-	ABUSE / SELF-PUNISHMENT		Pornography
	Verbal (thoughts or words spoken against self)		Masturbation
	Physical (not caring for or hurting oneself)		Sexual Fantasy
	Emotional (stuck in negative emotions)		Homosexuality
	Spiritual (participating in the occult / witchcraft)		Sexual Defilement of Spouse (manipulation)
	Sexual (allowing self to be defiled)		Sexual Abuse of Children

Addendum C How to Run to God as Our Refuge When Hurt or Wounded

In an attempt to avoid sinful responses and to be a "good Christian", we are often tempted to deny the emotions produced by our wounds or needs. But suppressing the pain and the need is a subtle way for the sinful nature to deceive us. Instead of simply coming to God; being real with Him about our feelings; and allowing Him to minister to us, we pretend that we do not hurt. Our sinful nature offers to help us to be good and protects us from sin by denying our emotions. Unfortunately, there are no unexpressed emotions. Sooner or later, they come out and usually at the wrong time and at the wrong place.

But most of us see our feelings of hurt, anger, or rejection as ungodly, so we try to push them away and act "nice." In essence, the sinful nature rises up, disguised as "niceness" which is a potent form of denial. It offers to save us from our emotions and our sinful reactions. If offers to take care of itself. (Remember "it is deceitful above all measures.") Either way, whether we wrongfully react to hurts or trust ourselves to make sure we don't react, the sinful nature remains in control. This is what creates religion. Our self-controlled life is trying to please God and convince Him that we are worth saving. Instead God would have us acknowledge our wounds and sinful responses and trust fully in the salvation that He has already provided for us through Jesus Christ.

The Vent and Release Process:

When we are hurt or in need, God wants us to:

- **1. Quickly acknowledge** to Him that we are emotionally reacting to something hurtful (anger, hurt, jealousy, frustration, etc.)
- **2. Honestly describe** the situation to Him as we see it. Write out and list all of the ways that we were offended.
- **3. Forgive the person** who has offended us by using our will and choosing to forgive. "Lord, You are the One Who judges justly. I release this person and all he has done to You. I ask that you cause some good to come out of this for me, for others and even for this person. Please remove all anger, pain and bitterness from my heart."
- **4. Wait quietly in His Presence** and release our pain to Him. Ask Him to remind us when we begin to replay offenses in our mind. Continually release the person and the situation back to Him as often as necessary until we are no longer bothered by it.
- 5. Repent of any sinful reactions we may have had.
- **6.** Ask God to give us His truth and His perspective. In asking for His perspective, include "What may I have contributed to this situation? May I see through Your eyes." It is important to get God's perspective on all that has happened. It can and will change our hearts.

Addendum D

Who I Am In Christ

I will confess who I am in Christ (Col. 1:27) for the Word of God says:

I AM:

- God's child for I am born again of the incorruptible seed of the Word of God which liveth and abideth forever - I Pet. 1:23
- forgiven of all of my sins and washed in the Blood Eph. 1:17; Heb. 9:14; Col. 1:14; I Jn. 2:12
- a new creature II Cor. 5:17
- the temple of the Holy Spirit I Cor. 6:19
- delivered from the power of darkness and translated into God's Kingdom Col. 1:13
- redeemed from the curse of the Law I Pet. 1:18, 19; Gal. 3:13
- blessed Deut. 28:1-14; Gal. 3:9
- a Saint Ro. 1:7; I Cor. 1:2; Phil. 1:1
- the head and not the tail Deut. 28:13
- above only and not beneath Deut. 28:13
- holy and without blame before Him in love I Pet. 1:16; Eph. 1:4
- elect Col. 3:12; Ro. 8:33
- established to the end I Cor. 1:8
- brought near by the Blood of Christ Eph. 2:13
- victorious Rev. 21:7
- set free Jn. 8:31-33
- strong in the Lord Eph. 6:10
- dead to sin Ro. 6:2,11; I Pet. 2:24
- more than a conqueror Ro. 8:37
- joint heirs with Christ Ro. 8:17
- sealed with the Holy Spirit of promise Eph. 1:13
- in Christ Jesus by His doing I Cor. 1:30
- accepted in the Beloved Eph. 1:6
- complete in Him Col. 2:10
- crucified with Christ Gal. 2:20
- alive with Christ Eph. 2:5
- free from condemnation Ro. 8:1
- reconciled to God II Cor. 5:18
- qualified to share in His inheritance Col. 1:12
- firmly rooted, built up, established in my faith and overflowing with gratitude Col. 2:7
- circumcised with the circumcision made without hands Col. 2:11
- a fellow citizen with the saints and of the household of God Eph. 2:19
- built upon the foundation of the apostles and prophets, Jesus Christ Himself being the Chief CORNERSTONE - Eph. 2:20
- in the world as He is in heaven I Jn. 4:17
- born of God and the evil one DOES NOT touch me! I Jn. 5:18
- His faithful follower Rev. 17:14b; Eph. 5:1
- overtaken with blessings Deut. 28:2; Eph. 1:3
- His disciple because I have love for others Jn. 13:34,35
- the light of the world Mat. 5:14

- the salt of the earth Mat. 5:13
- the righteousness of God II Cor. 5:21; I Pet. 2:24
- partaker of His divine nature II Pet. 1:4
- called of God II Tim. 1:9
- the first fruits among His creation Ja. 1:18
- chosen I Thess. 1:4; Eph. 1:4; I Pet. 2:9
- an ambassador for Christ II Cor. 5:20
- God's workmanship created in Christ Jesus for good works - Eph. 2:10
- the apple of MY FATHER'S EYE! Deut. 32:10; Ps. 17:8
- healed by the stripes of Jesus I Pet. 2:24; Isa. 53:6
- being changed into His Image!!! II Cor. 3:18; Phil. 1:6

I HAVE

- the mind of Christ Phil. 2:5; I Cor. 2:16
- obtained an inheritance Eph. 1:11
- access by one Spirit unto the Father Heb. 4:16; Eph. 2:18
- overcome the world I Jn. 5:4
- everlasting Life and will not be condemned Jn. 5:24 NIV; Jn. 6:47
- the peace of God which passes understanding Phil. 4:7
- received power, the power of the Holy Spirit, power to lay hands on the sick and see them recover, power to cast out demons, power over all the power of the enemy and nothing shall by any means hurt me! - Mk. 16:17,18b; Lu. 10:17,19

I LIVE	by and in the Law of the Spirit of Life In Christ Jesus - Ro. 8:2
I WALK	in Christ Jesus - Col. 2:6
I CAN	do all things in Christ Jesus - Phil. 4:13
MY LIFE	is hid with Christ in God - Col. 3:3
I SHALL	do even greater works than Christ Jesus - Jn. 14:12
I PRESS	toward the mark for the prize of the high calling of God - Phil. 3:14
I	always triumph in Christ - II Cor. 2:14 show forth His praise - I Pet. 2:9 possess the Greater One in me because greater is He Who is in me than he who is in
	the world - I Jn. 4:4
IAM	raised up with Christ and seated in Heavenly places - Col. 2:12; Eph. 2:6 beloved of God - Col. 3:12; Ro. 1:7; I Thess. 1:4 ONE IN CHRIST !!!!!!!!! - Jn. 17:21-23
	HALLELUJAH !!!