



Altar & Prayer Ministry Training

Lesson 7 - Emotional Healing of Memories

Notes

As we said in Lesson 6, you cannot go through life - untouched - without some sort of emotional wounding. For those people that have suffered earlier in life, wounds later in life can cause even more pain because this pain can be associated with memories of earlier events.

In this Lesson, we will focus specifically on – severe emotional pain from trauma, and how the Healing of Memories can play a vital role in the wholeness that Jesus wants for each person.

Because of painful memories, some people will come to you needing someone to pray with them:

- ◆ They may be hurting from things said or done, or accusations made in a relationship.
- ◆ Most need to extend forgiveness in order that they might be free.
- ◆ Some may have memories that are complex, severe, and devastating. Unless they are able to receive healing from the events that happened in the memory – they will not be able to function wholly the way Jesus desires. That is where Healing of Memories comes in.

People can live in a wasteland of painful memories and lose their peace. As Christians, we are called to live in peace - Col 3:15.

A. Understanding Emotional Pain From Memories

- Memories can make you feel:
 - ◆ Helpless
 - ◆ Anxious
 - ◆ Fearful
 - ◆ Shameful
 - ◆ Hopeless

B. The Purpose is to bring truth to the lies of the enemies that bring:

- ◆ Low self-esteem
- ◆ Shame
- ◆ Loss of Control
 - Helplessness
 - Hopelessness

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- ◆ Needing to Be In Control
 - Perfectionism
 - Performance Orientation
- ◆ Lies that fuel anger and hostility
- ◆ The inability of rest or sleep

C. Memories are tied into emotional pain and experiential knowledge

Memories have the most profound influence / effect on a person and can be devastating.

- ◆ We react in a certain way because we pull the experience out as we responded originally.
- ◆ Memories say one thing - actions say another.
- ◆ Our belief system is based on our interpretation of the memory (event).
- ◆ Bringing truth to painful and often debilitating false beliefs is the truth that sets a person free - (John 8:32 says – “Then you will know the truth, and the truth will set you free.” - NIV)
- ◆ Memory is key in bringing healing.
- ◆ The brain has an entirely different response system when it responds to trauma.
 - Memories are unbidden and unwelcome when flashbacks occur.
 - This usually involves very intense feelings i.e. fear, terror, shock, shame and helplessness.

D. Healing of Memories

When we are dealing with INNER HEALING OR EMOTIONAL HEALING OR HEALING OF THE MEMORIES, we are talking about the area of our soul (mind, will, emotions) and not the physical body.

1 Thess. 5:23 talks about our spirit, soul, and body.

- The soul is the mind, will and emotions.
 - ◆ The mind can includes experiences and memories
 - ◆ Our mind stores and remembers an experience
 - ◆ We invite Jesus into our memory rather than suppressing the memory or blocking it.

E. Types of Memories

- **Narrative Memory – every day memory**
 - ◆ Narrative memory is what corresponds to what most people generally refer to when speaking of normal every day memory – put into language and made part

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- of one's total life experience.
- **Early Memory – not narrative, supposedly too early to be stored or remembered.**
 - ◆ Without a functioning hippocampus, which develops in age 3-4, Narrative Memory or what we call Natural Memory is considered impossible. Yet, it exists. It may be that the spirit of a person has a form of memory capacity that is totally independent of the brain's development.
 - ◆ A mother's thoughts and feelings during pregnancy are the single greatest determinant of the psychological and emotional well-being of the child.
 - **Sensual Memory – Tied to senses**
 - ◆ Sensual memory obviously is -- memories that deal with our senses - sight, smell, sound, taste, and touch .
 - **Physical Memory – Body remembers, mind is shut out**
 - ◆ A physical memory is where the body remembers what has happened
 - ◆ The event was traumatizing and the memory is pushed away
 - ◆ Now as an ADULT, something triggers that PHYSICAL MEMORY
 - **Our brain remembered an experience from the past**
 - **At that time, we reacted and that memory became part of our life experience.**
 - *It is a part of our experiential knowledge. Now many years later – we react in the same way as we did back then.*
 - **Emotional or Feeling Memory – Tied to incident not necessarily physically associated**
 - ◆ An emotional memory is one with some sort of emotional intensity attached to an incident. Sometimes as intense as trauma.
 - **Body Memory – Body remembers whether or not mind chooses to remember (either way)**
 - ◆ Body Memory - can - but does not have to be tied to traumatic memory. The body will remember whether or not the memory is recalled by the mind.
 - ◆ Body memories are:
 - Unexplained, stomach aches, headaches, PMS like symptoms

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- o Pain in the arms, genitals, colon or breast area
- o Frigidity and tensing during sexual intercourse
- o flinching from physical touch

• **Implicit Memory – No cognitive memory**

- ◆ Implicit memory is referred to in - the ongoing effects of an event - when no cognitive memory exists of what caused the memories – yet there is a reaction. In other words, people can react – and not know why.
- ◆ Traumatized people who don't remember the event, can also live out the effects of the abuse in many non-verbal ways.
- ◆ In most cases, the individual has no idea why he reacts the way he does, why some of the physical systems of his body are malfunctioning, or why he struggles with insomnia or nightmares.

• **Traumatic Memory – Triggered and stored and as real as if it is happening now.**

Traumatic Memories are memories “outside of ordinary human experience.”

- ◆ They can only be recalled if the person happens to encounter a situation that is in some way reminiscent or reminds them of the original, terrifying event.
- ◆ The person will potentially see, hear, smell, taste, and/or feel what occurred in the trauma as if it were recurring in the present.
- ◆ The accuracy of Traumatic Memory applies once it has been triggered into consciousness and the memory of its recall is stored as Narrative Memory.
- ◆ True Traumatic Memories, can only be recalled when there is sensory replay, or the “re-experience” by a vivid sense of touch, smell, sound, and/or taste.
- ◆ Then it can be trusted as a true memory.
- ◆ Another validating indicator is the simultaneous experience of some form of Body Memory as the event is recalled.

Note:

- ◆ Memory is key in bringing healing.
- ◆ However, the brain has an entirely different response when an experience is so intensely traumatic it reaches an intolerable level.
- ◆ *There are exceptions – sometimes memories are not retained - because the trauma is so severe that it*

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bypasses the pre-frontal cortex and therefore is not processed. So basically there is no recollection.

- ◆ No matter which Memory Category is studied, some situations are unpredictable and difficult to place categorically.
- ◆ There Can Be Absence of Memory.
- ◆ There Can Be Dreams and Nightmares.
- ◆ There Can Be Flashbacks because of suppressed memories.
- ◆ In many cases, if there are few memories, it can mean that traumatic events took place during the first few years of life or that the memories were intolerable to the person.
- ◆ Traumatic memory is not stored the same way as normal memory – it is stored “raw” ... and is as fresh and as vivid as the day that it happened.
- ◆ It does not enter the person’s conscious or their biography of life, nor can it ever be voluntarily recalled.
- ◆ Not only do these terrifying memories not enter the normal memory bank, they are stored in their normal unprocessed state in the limbic system which processes emotions and sensations, but not language or speech.
- ◆ If memories do come, memories come up unbidden and unwelcome – and we flashback to the event.
- ◆ This usually involves very intense feelings – especially fear, terror, shock, shame, helplessness

F. Validating Features of True Memories

Memories are healed by identifying and bringing truth to the false beliefs the person conceived in the midst of the trauma event.

- ◆ If God is called upon to speak healing truth into the beliefs of a person because of a memory then He does so in an undisputable way.
- ◆ The purpose of Memory Recall is very important in the validation of an event.
- ◆ Memory is our warning system to alert us of danger when activated.
- ◆ Also it is for validation of our history

So...we want to ask Jesus to remove the guilt, shame, horror, etc. out of memories, not remove memory.

Healing takes place in many facets – but mostly in emotional healing through the memories.

Notes

“We all have things we’d like to forget, and some of us have things we can’t bear to remember. Jesus does not take our memories away. If we lose our memories – we have lost half our wisdom” – John Sandford

Because our memories are part of our experience – that is what God uses in our testimony.

- ◆ Emotional pain does leave an imprint on our memory.
- ◆ Memories can be our “safeguard” that teach us how to be safe.
- ◆ When needed, Jesus can take away the shock, trauma, fear, terror, shame out of the memories.
- ◆ Jesus chooses not to take away the memories.
- ◆ As said – when we lose memories – we lose the wisdom that comes from the experience.
- ◆ Memories become part of our testimony – looking back at what God has done.
- ◆ Rather than block, suppress, or deny the memory, we can invite Jesus into it.

G. We want to receive Healing for Painful or Traumatic memories – because they will be:

- ◆ Part of our testimony
- ◆ Part of who we are
- ◆ Part of our ministry
- ◆ Part of our authority
- ◆ Part of our victory

H. Where to go or what to do when a person comes to you and they need a healing of memories.

- ◆ Review the 8 major categories that hold people back from healing (given in Lesson 6).
- ◆ Recognize the lies and invite Jesus into the memory.

When Jesus speaks the truth, there is a revelation about the Father’s love for them.

- ◆ The love of the Father covers over a multitude of sin
- ◆ The victim is able to forgive their perpetrator(s).
- ◆ The Holy Spirit will supernaturally help to enforce the person’s decision to forgive.
- ◆ Obstacles - if stuck - ask questions
 - If person becomes upset, the enemy may be trying to confuse, intimidate, or condemn them.
- ◆ How do I know that I have heard from God?
 - Judge what you heard.
 - God is compassionate - He never judges, accuses or condemns.



Notes

- o His “Rhema” word always conforms with His written word (Logos).

I. How to Maintain Healing

- ◆ Record experience - journal
- ◆ Tell others
- ◆ Review steps from Lesson 6

J. Things to Remember about Healing of Memories

- ◆ Complete healing takes time.
 - o There may be layers of emotional hurts which are associated to the memory but may not come out initially.
- ◆ Do not push or force the process.
- ◆ Pray for the ministry that was done to be sealed so that the enemy cannot steal what was accomplished.
- ◆ Pray for cleansing by the Holy Spirit (also that they feel cleansed).
- ◆ Pray for a new inner picture of themselves and a continuing transformation of their mind.

Addendum A

Types of Human Memory - Condensed

- ◆ **Narrative Memory** - everyday memory
- ◆ **Early Memory** - not narrative, supposedly too early to be stored or remembered
- ◆ **Sensual Memory** - tied to our senses
- ◆ **Physical Memory** - body remembers even if mind does not recall or shuts it out
- ◆ **Emotional or Feeling Memory** - emotional intensity attached to the incident
- ◆ **Implicit Memory** - no cognitive memory but there is an unconscious recall with a continuous affect
- ◆ **Body Memory** - memory in each cell not tied to mind
- ◆ **Traumatic Memory** - triggered and stored as if it is happening right now - raw emotions