



How to Pray for Inner Healing with the Holy Spirit's Leading

Exodus 15.26

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Establish a Daily Prayer Time

Allow about 30 minutes for your prayer time. Pick a time and place that can be the same everyday so you get into a routine – first thing in the morning, if you are a morning person; evening for night people; etc. If your days are consumed, you may consider waking up at 3 am and then going back to bed. Find a quiet time.

Tools

Bible. The Holy Spirit often brings related scripture to your mind while you pray. It's a wonderful gift!

Journal. Jot down notes to keep track of your sessions. You will find it interesting to see how the Holy Spirit's plan for your healing unfolds.

Cross. Holding and looking upon a cross or crucifix can deepen the experience and help move through difficult emotions.

Comfortable Chair. Be comfortable. If you like to put your feet up, do it. If you need a blanket or pillow, use one. Just don't be so relaxed that you fall asleep.

Let God be God

The Lord knows exactly what He wants to do and when.

1. Start with a Daily Prayer Covering

Dear Heavenly Father,

I pray this prayer in the power of the Holy Spirit. In the Name of Jesus Christ, I bind, rebuke, and bring to no effect: all division, discord, disunity, strife, wrath, murder, criticism, condemnation, pride, envy, jealousy, gossip, slander, evil-speaking, complaining, lying, false teaching, false gifts, false manifestations, lying signs and wonders, poverty, fear of lack, fear of spirits, retaliatory spirits, occult spirits, witchcraft spirits, spirit of antichrist, and all familiar and territorial spirits.

I bind all curses that have been spoken against me. I bless those who curse me and pray blessings on those who spitefully use me. I bind all spoken judgments made against me and judgments I have made against others. I bind the power of negative words from others. I bind and render useless all prayers not inspired by the Holy Spirit; whether psychic, soul force, witchcraft, or counterfeit tongues that have been prayed against me.

References:

Holy Spirit Handbook. Trees of Life Ministries. Kay Sprung and Pam Spencer. Holy Spirit Retreat December 2-3, 2011 and March 2-3, 2012. Leaf, Carol. "Switch on Your Brain" App. Apple App Store. Vers. Unknown. 2020.

I am God's child. I resist the devil. No weapon formed against me shall prosper. I put on the whole armor of God. I take authority over this day, in Jesus' Name. Let it be prosperous for me and let me walk in Your love, Lord.

The Holy Spirit leads and guides me today and fills me with all needed gifting and graces. I discern between the righteous and the wicked. I take authority of Satan and all his demons, and those people who are influenced by them. I declare Satan is under my feet and shall remain there all day.

I am the righteousness of God in Christ Jesus. I am God's property. Satan, you are bound from my family, my mind, my body, my home and my finances. I confess that I am healed and made whole. I flourish, and long-lived, stable, durable, incorruptible, fruitful, virtuous, full of peace, patience, and love. Whatsoever I set my hands to do shall prosper for God supplies all my needs. I have all authority over Satan, all demons, and beasts of the field.

God, I pray for the ministry You have for me. Anoint me, God, for all You have called me to do for You. I call forth divine appointments, open doors of opportunity, God-ordained encounters, and ministry positions.

I claim a hedge of protection by the Precious Blood of Jesus around my family members and me throughout this day and night. I ask You, God, in the Name of Jesus to dispatch angels to surround us, today and every day, and to put them throughout our homes and vehicles. I call on Your holy angels protect all of us from any harmful demonic or other physical or mental attacks. I ask all of this in the Name of Jesus.

Amen.

2. Ask the Lord what He wants to Heal in You Today AND Thanksgiving, Praise, Worship

What would you like to heal in me today? The Lord knows exactly what He wants to do and when. Instead of talking, listen. Be patient and open what the Lord brings to mind even if it seems insignificant to you. You may want to dismiss things instantly – don't! Per Dr. Carol Leaf, when you ask for healing, start with thanksgiving, praise, and worship:

- Thank God – When you thank God, He starts listening. Visualize and physically cup your hands and prayerfully ask what He would like you to work on. Specify the issue in your mind and see it in your hands and you placing it on the throne of grace. Thank God for bringing this issue to your mind to be healed and that He is with you through this healing. Thank Him for dying for you so that you may be healed and have life eternal.
- Praise God – When you praise God, you feel His physical presence. Hug yourself or clasp your hands together and visualize God holding you or your hand and being with you in this moment. Let yourself experience the physical presence of God and that He is with you as you work through this issue.
- Worship God – When you worship God, He acts on your behalf. Raise your hand in the air and go into a state of worship. Don't think of yourself or the issue, just focus on God. Close your eyes and think only of God – mighty God, omnipotent God, the Alpha and Omega, the Savior, the Creator, the Holy Spirit – wherever your mind takes you.

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3. Yield to the Working of the Holy Spirit

A memory, a face, an emotion will usually come to mind or manifest. If you wait on the Lord, and nothing comes to mind, let go of an anxiety, fear, or control. God knows all of your stuff anyway, so ask again. (Proverbs 3:5-6).

What comes to mind is the area where God wants to do some work; this knowledge identifies the area for healing.

Seek the Lord's Wisdom

1. Ask the Lord How to Pray for what He Brought to Your Mind

If it is a memory, usually the Lord will have you give Him any pain, hurt, anguish, suffering, etc. Allow the memories and feelings to come out into the light.

2. Let It Go

Allow yourself to feel the emotions and then let them go – give them to the Lord. He will take as much as you are able to feel and release. If there is a lot there, you may have to repeat this daily for a while. We call this “draining the swamp” because it is the unresolved pain and hurt in us that attracts the “mosquitoes”. It is a lot more effective to drain the swamp than to swat at the mosquitoes!

Forgiveness

Matthew 6:14-15 says, “If you forgive others their failings, your heavenly Father will forgive you yours; but if you do not forgive others, your Father will not forgive your failings either.”

Forgiveness is not optional with God.

One of the most powerful weapons of the enemy uses against mankind is unforgiveness. Unforgiveness is the first stage of a root of bitterness. (Heb. 12:14-15) Bitterness begins with unforgiveness and progressively moves into resentment, then to anger, hatred, violence, and murder – by the tongue or worse! Bitterness is the poison you wish the offender would drink.

Many people have horrendous injustices or abuses to overcome. We live with unhealed wounds as a result of unforgiveness. It is also an easy way to allow the enemy to build strongholds within us and prompt destructive behavior patterns such as self-protection and self-preservation. In essence, we give the enemy “rights” to us by coming into agreement with certain evil/sin spirits – Bitterness/Unforgiveness, Rejection, anti-Christ, Occultism,

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Fear, and other spirits (Addictive Behavior, Immorality, Hurting Others, Affecting the Body, Affecting the Mind, Personality Malfunction)

In all cases, God calls us to choose to do His will over our own and even though you may not feel like forgiving, as you forgive with an act of will, Jesus will meet you there and the healing will begin. Your feelings will line up behind your will as you consistently choose to forgive because it is what God the Father asks of us. God blesses this obedience with healing.

Ask God who you need to forgive and what specifically for. As you forgive, tap the inner cuticle of the associated finger to help release the rooted feelings of unforgiveness from your soul.

Forgive Self – Tap Index Finger

Forgive Someone Else – Tap Pinky Finger

Forgive God – Tap Middle Finger

As you tap, say out loud the forgiveness statement three times. “I forgive _____ for _____.”

You can do this often throughout your day as you feel the unforgiveness surface in you.

1. Acknowledge Unforgiveness and Other Sins

As you release the trauma, emotion, and/or memory to Jesus, He begins to help you recognize and let go of the unforgiveness, anger, rage, and other emotions stuck in your memories. You also recognize actions, behaviors, or beliefs you took on or exhibited as a result of the trauma – sins that need to be repented of and forgiven by God.

We must confess and repent for the sins we committed as a result of the memory, trauma, or emotion we experienced. This seems counterintuitive when you have been the victim, however, the enemy uses times of great trauma, distress, despair, and vulnerability to trick us into making “deals” with him that manifest as “justified” sin – such as unforgiveness. For example, it is easy to justify why someone “doesn’t deserve forgiveness” especially in the punitive society we live in.

Make note of them in your journal for the next step.

2. Repent and Renounce by Saying the “Setting Free” Prayer

Repent, from the heart, of having offended God and firmly choose to turn away from the sin, making a 180 degree turn to go the other way, God’s way.

Renounce the sin(s) by refusing to follow, obey, or recognize the sin in any way in your life, asking God to strengthen your commitment.

[Father God, I repent and renounce coming into agreement with the sin(s)/spirit(s) of _____. I take responsibility for these sins and those of my generations back to Adam and Eve.] Add onto this as you feel compelled.

There are situations where you may need to apologize and/or ask someone’s forgiveness if the relationship is extremely strained. This could be a letter or a conversation, but either way, ask God what He would have you do

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AND do it without complaint or delay. It does not matter if they forgive you or not, you have done the right thing in God's eyes and that's what matters most! Read Matthew 5:38-48 and Roman 12:14-21 for more on this subject.

As we continue to use this process of inner healing, the anger, fear, bitterness, etc. loses its power over our lives. As healing progresses, we begin to get glimpses of who we really are in the eyes of God.

Close with Thanksgiving – Praise – Worship

- 1) Thank God for the healing.
- 2) Praise God for being with you through the healing.
- 3) Worship God for acting on your behalf. Don't think of yourself or the issue, just focus on God. Close your eyes and think only of God – mighty God, omnipotent God, the Alpha and Omega, the Savior, the Creator, the Holy Spirit – wherever your mind takes you.

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