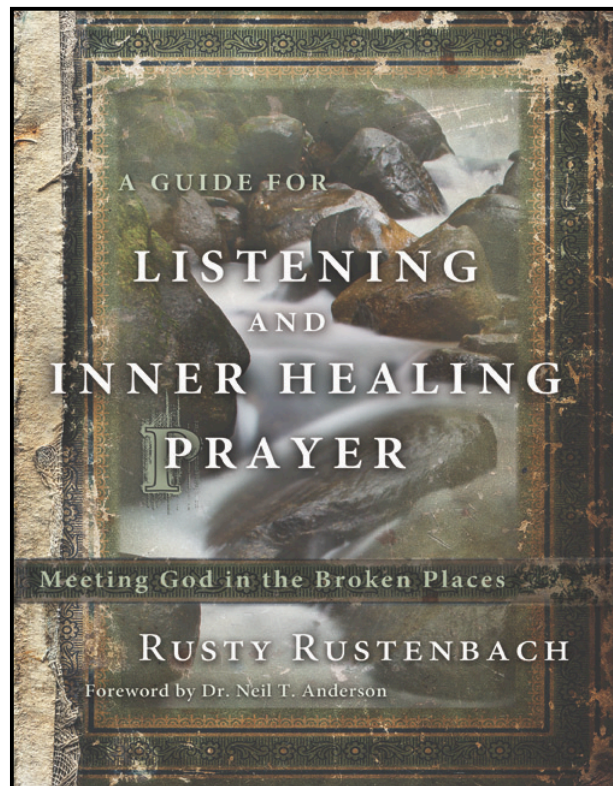


Leader's Guide

A Guide for Listening and Inner-Healing Prayer



By Rusty Rustenbach

NavPress

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Introduction

This leader's guide is designed for use in conjunction with *A Guide for Listening and Inner-Healing Prayer: Meeting God in the Broken Places* by Rusty Rustenbach. This guide is useful in the following settings.

1. Two people meeting together. This guide will be helpful for working through the book with a friend. The friend could live in your city or in another state. The friend will need to read, study, and complete the assignments built into each chapter. This will take thirty to ninety minutes of preparation time.

Then, you'll need to plan a weekly meeting (physically or on the phone) for forty-five to ninety minutes to discuss the friend's answers to the questions and pray together.

Two people who are new to listening and inner-healing prayer could also work through the book together. Both would share their answers to the questions and pray with and for one another.

I highly recommend men meet with men and women meet with women. Men and women will usually feel freer opening up with someone of their own gender. Also, deep bonds often develop in the context of listening and healing, which could produce vulnerability to attractions.

2. Small-group study. You can also use this guide to lead a small group through *A Guide for Listening and Inner-Healing Prayer*. Participants should spend thirty to ninety minutes completing the assignments on their own. Ninety minutes each week would be an ideal for meeting together.

One person needs to take the role of the organizer and facilitate the discussion. The goal would be to provide a safe environment where each member can share their answers to the questions, talk about how God met with them, and pray for and with one another.

The ideal group size is three to five people. If ten people wanted to be in the study, it would be best to break into two groups for the sharing times. The ten people could meet together first, worshiping briefly and praying for the time before breaking into two groups for the discussion and sharing.

3. Large-group study. A church or ministry may desire to develop a listening and inner-healing ministry to better serve their people and the surrounding community. They could organize a weekly two-hour study and have as many people as they have group leaders (three to five people per group / men with men and women with women). For instance, if fifteen women and ten men signed up for the study, they would need three female group leaders with five in each women's group and two male leaders with five in each men's group.

Everyone could meet together for a brief time of worship and prayer (thirty minutes). Then divide into the five groups and share answers to the questions and pray for and with one another for the remaining ninety minutes.

4. Ministry-training resource. Groups such as a mission agency, parachurch group, or pastoral care team could follow the large-group model to develop an inner-healing prayer ministry to care for their missionaries or staff.

5. Alternative study plan for groups and ministry training. Some home groups, churches, ministries, or mission agencies may not find it feasible to sustain a fifteen-week study. An alternative plan is to offer the study in two phases:

- *Phase One: Experiencing Listening and Inner-Healing Prayer* (ten weeks). Study, complete assignments for, and discuss chapters 1 through 10. The goals for Phase One are to establish a biblical basis for listening and inner healing and for each person to have opportunity to listen to God, experience inner healing, and be helped with common blocks to this ministry.

- *Phase Two: Training to Facilitate Inner Healing with Others* (eight weeks). Participants in Phase Two would be required to have completed Phase One. In Phase Two, study, complete assignments for, and discuss chapters 11 through 13, the conclusion, and appendix B (instructions for using appendix B in a group are included in this Leader's Guide).

Plan to spend two weeks each in chapters 12 and 13. This will leave you with an additional free week, which you may use to give more opportunity for facilitating with one another.

During the four weeks devoted to chapters 12 and 13, participants would pair off to practice facilitating inner healing with one another. Spend two weeks with the Basic Process in chapter 12. One week, one person of the pair would facilitate and the other would receive healing prayer. The second week, the partners would switch roles. Then dedicate the next two weeks to learning to facilitate the Alternative Possibilities of chapter 13.

Overview

As you invite people to join this study, it will be helpful to let them know what the study will be like. Although *A Guide for Listening and Inner-Healing Prayer* is solidly based in Scripture, it is not a Bible study. The assignments are more experiential than they are informational. After establishing a firm biblical basis for both listening and inner-healing prayer, the book gives guided opportunities to experience the following:

- Deliberately listening to God
- Inner healing in three protracted times alone with God
- Facilitating this ministry with others at a basic level

The study also identifies the most common obstacles some people encounter when they enter a healing process and provides a concrete, step-by-step listening process to dismantle each obstacle.

A primary purpose of this study is to help the participants listen to God and experience His work in them. This will result in a deepening intimacy with God the Father, Son, and Holy Spirit. A byproduct of this is growing in closeness with other individuals in the study.

The Leader's Role

Two key and powerful passages from the New Testament are foundational to keep in mind when you lead an individual or group through this study.

Philippians 2:3-4 challenges us, "Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others" (NASB). Meditate on this passage before facilitating each discussion.

Second Timothy 2:24-26 says, "The Lord's bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth, and they may come to their senses and escape from the snare of the devil, having been held captive by him to do his will." Leaders need to view themselves as servants of others rather than as the top dogs. The primary attributes to aim for in leading a group are kindness, patience, and gentleness.

Group leaders and facilitators don't need to be experts in listening and healing prayer, advanced prayer warriors, or thoroughly healed spiritual giants. They do need to be open to God and what He wants to do in them personally. They also need to be willing to share openly with the group about how God is working in them. And leaders need to commit to preparing for each group meeting and to being available if other group members need prayer and caring.

Group Members' Participation

Each chapter of the book includes questions for personal growth and discussion. To prepare for the group discussion, each person will need to devote between thirty and ninety minutes on their own to answer these questions.

The assignment for five of the chapters in section 2 of the book is a form of spiritual direction where the studier is asked to spend time alone with God. During this time, they ask Him a number of questions designed to foster growth in listening to God, growth in awareness of the deeper aspects of their lives, and growth in their experience of God and inner freedom.

The assignment for two chapters in Section 3 is to facilitate inner-healing prayer with another person. As you move toward chapters 10 and 11, group members will need to begin identifying a friend or acquaintance they can facilitate healing prayer with in chapters 12 and 13.

Due to the progressive, step-by-step nature of the study, it's important for group members not to miss certain weeks or chapters. If missing a study discussion is unavoidable, the one who missed should meet with another study member to share his or her answers and keep abreast of what happened during the missed meeting.

Group Size

The ideal group size is three to five people. Two people can also do the studies together and greatly benefit. So can larger groups of twenty or so (such as home studies, community groups, and Sunday school classes), provided you break the large group into smaller ones to discuss the questions and assignments.

As I said before, I recommend men meet with men and women meet with women. Men and women will usually feel freer opening up with someone of their own gender. Men better understand the issues that men deal with and women have a better understanding of what women are dealing with. Also, deep emotional bonds often develop in the context of listening and healing that could produce vulnerability to male-female attractions.

Number of Weeks

The study can be completed in fourteen meetings. The discussions don't need to be every week. You can take an occasional, agreed-upon week or two off for holidays, special events, or existing programs.

Meeting Length

A meeting time of at least ninety minutes is recommended. You'll need at least two hours if you also want to include time for fellowship, worship, and refreshments.

When two people decide to pair up to do the study (physically, through an Internet video-calling service, or on the phone) you'll need forty-five to ninety minutes to discuss answers to the questions and pray together.

Meeting Format

The meeting format can differ depending on the nature of your group. You may want to start by having refreshments, singing a worship song together (if needed, you can use a recording or find worship videos on the Internet), and praying for the study. Worship is optional, but is good as it helps people enter into the presence of God.

Be careful to reserve at least ninety minutes for discussion of how members answered the questions, things they sense God communicated with them as they studied, and other deep sharing.

As you move through the study, you'll want to pray for one another as the Holy Spirit leads you. You may get to the place where you ask the group to listen to God together. The group is not a place to counsel one another. However, you do want to encourage members to be the body of Christ to one another. For instance, a member may suggest, "Could I pray for Bill over the area he just shared?" Or, "Could we take a moment to renounce that lie?" Or, "How about if we ask God what truth He has to communicate with you about what you just shared?" At the same time, don't force group members to move into any areas they may feel uncomfortable about. Only move into personal prayer areas if the individual desires to do so.

Leading Group Discussions and Sharing

Your primary role for this study will be to facilitate, encourage, and draw out the other group members. Resist the temptation to move into teaching or counseling as you lead. The chapter contents will lead the group into discovery.

Encourage everyone to share, but don't be pushy. Try not to allow the extroverts to dominate the study. You can draw out the less talkative people by asking, "Jim, how did you answer that question?" Or, "Lisa, what did you think about this week's chapter?"

Your aim will be to create an atmosphere where God the Father, Son, and Holy Spirit will accomplish the teaching and healing work. You'll want to establish that your group discussion needs to be a safe place. What is said in the group needs to stay in the group. Ask group members to make this commitment with one another. During your group discussions, seek to create an atmosphere where people can be authentic, enticed to open up the more hidden aspects of their lives, voice uncomfortable questions, and be accepted no matter where they are on their healing journeys. I have three suggestions for creating this environment.

Ask for God's help. Pray for each group member as you are preparing for the group meeting. Ask God to help them move toward feeling protected and not in danger of being judged. The desire is for each person to feel free so they share what they are really thinking, feeling, and going through even when it seems "unspiritual."

At the beginning of your sessions, ask God to help group members listen deeply to each other and encourage and accept one another as they are.

Let others see where you are. In a study like this, it is especially important that the group leader be vulnerable with his or her own healing journey and answers to the questions. Your vulnerability will entice others to open up. This could be somewhat awkward in the beginning, but as the weeks go by, the depth of sharing that takes place will surprise you. Studying *A Guide for Listening and Inner-Healing Prayer* together has the potential to become one the most intimate and life-giving community experiences of your lives.

Accept others where they are. Give the group members "permission" to be at radically different places in their experiences of listening and healing prayer and their pace in their healing journeys. In the first meeting, stress the importance of being safe, non-judgmental, and long-suffering toward one another. Remind the ones who seem to be further ahead in their healing to be compassionate to those who are newer to healing or struggling more deeply.

People with More Severe Needs

Inner-healing prayer is a wonderful ministry that God is pleased to use to help the vast majority of people He brings our way. The passion of God the Father, Son, and Holy Spirit to minister deeply to us from the inside out is incredible. This being said, some people will need the help of qualified medical professionals.

People who are struggling with deeper emotional difficulties, such as acute depression, severe anxiety and panic attacks, extreme fears and phobias, dangerous eating disorders, suicidal thoughts, paranoia, mental diseases, and the like, need to see and be under the care of a qualified medical professional.

In these more difficult situations, it's imperative that the one seeking help visit with a doctor, psychiatrist and/or other qualified medical professional to be assessed and get the specialized help needed.

On rare occasions, you may sense that being part of this study would be counterproductive to the well-being of someone who is extremely needy. Talk to the person individually and gently share your concern. If he or she is not getting professional help, lovingly suggest doing so. Explain that the study is not the best place to get help.

If a person is a danger to himself or others, discuss your concern with your pastor or an area counselor or consult with a local psychiatric treatment facility or hospital. Though this is not a frequent occurrence, as a last resort you may need to call 911 so the person can get the professional help he or she needs.

Additional Resources

The appendixes at the end of the book contain additional resources that will be helpful in leading your study group:

- **Appendix A: The Biblical Basis for Inner-Healing Prayer.** This appendix gives a closer look at what the Bible says about listening to God and inner healing. At the end of this leader's guide, you'll find an expanded version of this Bible study that quotes the full passages and provides a space for observations.
- **Appendix B: Dealing with Unhealthy Ties of the Soul.** For some people, an area of captivity known as *unbiblical soul ties* complicates their healing process. At the end of this leader's guide, I've included additional information on leading a group or individual through this process.
- **Appendix C: Emotional Words to Describe How I Am Feeling.** This chart is a useful tool to grow in being aware of and expressing our emotions. You might want to make photocopies of this for your group when you reach the appropriate chapter.
- **Appendix D: Listening Prayer and Inner-Healing Summary.** This form will help you summarize and remember your healing. Again, you might want to provide photocopies of this form for your group when you reach the appropriate chapter.

The "Listening to God Forum" is an Internet blog that contains lots of additional material designed to be helpful for group leaders as well as those who are studying the book on their own or in a small group. The address of this blog is:

<http://www.rustyrustenbach.blogspot.com/>. If you have comments, questions, or a testimony you want to share regarding listening and healing prayer please send them to L2G.Forum@gmail.com.

Introductory Meeting

Sometimes you'll be able to explain the details of the study to potential group members individually and move directly into the first study at the first meeting. At other times, you may find that an exploratory introductory meeting would be helpful. People could come to this introduction to hear the details of the study so they can decide if they'd like to commit to it. You might also decide the best meeting time for the study based on the schedules of the majority of those who are interested.

The introduction to *A Guide for Listening and Inner-Healing Prayer* contains an excellent summary of the contents of the book and what those who take part in a study can hope for. We're introduced to Aiden, a man who struggles with underlying issues that traditional forms of discipleship and ministry do not seem to address. Familiarize yourself with this introduction and draw from it in your explanation of the study.

The key passage to focus on in an introductory meeting is the mission of the Messiah from Isaiah 61:1. Jesus read this when He inaugurated His earthly ministry (Luke 4:18). He purposed to "bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners" (NIV).

A Guide for Listening and Inner-Healing Prayer is divided into three sections, which you can describe to the group:

- *Section 1* is designed to establish a firm biblical foundation for listening and inner-healing prayer. It lays the groundwork to be ready to experience God's healing touch.
- *Section 2* guides you through some initial personal experiences of inner-healing prayer. There is help for the highly analytical person who has a hard time tuning into and listening to his or her heart, and two chapters are dedicated to identifying and dismantling the most common obstacles to listening prayer and inner healing.
- *Section 3* lays the foundation for how to facilitate inner-healing prayer with others and guides you through initial experiences of doing that. This section will equip you to be used of God in Jesus' mission to bring healing and freedom to the broken and captive.

Each of the fourteen chapters of the book includes a section of "Questions for Personal Growth and Discussion." Explain to interested participants that each person will need to spend thirty to ninety minutes answering these questions on their own. During the weekly meeting, the group will discuss the content of the chapter as well as their answers to these questions.

After discussing the various aspects of the study, ask if those in attendance would like to make a commitment to take part in this unique study. Then select a day and time to meet. Be sure each person is able to get a copy of the book. The first assignment will be to read chapter 1 and answer the questions at the end of the chapter. Ask that people bring both the book and their Bible to all group meetings.

Study 1

Surprised That God Would Speak to Me

Summary. Chapter 1 uses my personal testimony to introduce listening to God and inner healing.

Assignment. Study members are to have read the chapter and answered all of the “Questions for Personal Growth and Discussion” prior to the group meeting.

Opening Prayer

After some small talk, each week you’ll want to inaugurate your discussion with prayer. As the group leader, you can lead out or ask someone in the group to pray.

Chapter 1 Video Presentation

The group leader can include a short video that is designed to enhance the grasp, experience, and discussion of this chapter. These videos are listed on Post # 47 on the Listening to God Forum at this Internet address:

<http://www.rustyrustenbach.blogspot.com/2012/08/post-47-videos-to-enhance-each-chapter.html>.

To download a video to your computer, Google “How do I download a YouTube video?” and follow the instructions.

The recommended introductory video is the “Listening Prayer” testimony located at this Internet address: https://www.youtube.com/watch?v=w_Sxv-sdodU

Discussion

In your discussion, draw people out. You’ll have people who are more talkative than others. Be sure to include the quieter people. You can ask, “Sam, how did you answer the last question?” “How about you, Bill?”

Before moving into the questions, I recommend establishing a biblical basis for your discussion by reading some of the passages embedded in chapter 1. You can start by reading Habakkuk 2:1. Ask group members to read other passages from the chapter: John 16:13, Jeremiah 29:11, Philippians 3:10, Psalm 51:6, and Psalm 113:7-8. Discuss the things in these passages that stand out to group members.

Then you can lead a time of sharing and discussion over the “Questions for Personal Growth and Discussion.” These questions begin generally and progressively become more personal.

1. What in this chapter most spoke to you?
2. What about your family background has most marked you? Think of both positive and negative influences.
3. As you quieted your hearts over question 3 and asked God what He’d like to touch and transform through studying the book, what did you write down?
4. What did you sense God wanted to do through your life on question 4?

5. What are your underlying thoughts about listening to God and the possibility of developing a listening relationship with Him (for example, skeptical or convinced, doubtful or hopeful, experienced in listening or new to it)?

6. How about the area of healing your hurts from the past? Do you experience God as keenly interested in healing you, as distant and uncaring, or somewhere in-between?

Ending Prayer

You'll want to end each study in prayer. One idea is to pray for one another over how individuals answered the more personal questions or over prayer requests they share.

Next Time

Next week's study will be on the foundational principles of inner-healing prayer from chapter 2.

Section 1
Foundations for Inner-Healing and Listening Prayer

Study 2

Principles of Inner-Healing Prayer

Summary. Chapters 2 through 4 form the first section of the book, “Foundations for Inner-Healing and Listening Prayer.” Chapter 2 establishes inner healing for the heart’s broken places as a central facet of Jesus’ mission to a lost and broken world; inner healing is an integral part of the gospel message. Five principles foundational to this ministry are explained in depth:

1. All of us have had our hearts broken.
2. The heart broke in response to something that happened in the past.
3. Our reaction to events, not the events themselves, places us in bondage.
4. Present difficulties often trigger past pain.
5. Life-changing truth can be known and experienced when God communicates it to us in a supernatural way.

Assignment. Study members are to have read the chapter and answered the “Questions for Personal Growth and Discussion” prior to the group meeting.

Opening Prayer

After some small talk to catch up with one another, have someone commit your discussion time to the Lord in prayer.

Chapter 2 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is the “Isaiah 61 2012 Storyboard with film clip” at this address: <http://www.youtube.com/watch?v=tOE9Wb2a1BQ>

Discussion

Before moving into the discussion questions, read Isaiah 61:1-4 together. Ask the group, “What words or phrases in this description of the Messiah’s mission most stand out to you?” Then you can lead the time of sharing and discussion over the following questions.

1. Jesus’ focus was on how people are doing on the inside.
 - a. How do you see His focus as being the same or different from the churches or ministries you know of?
 - b. How is His focus the same or different from yours?
2. The first principle of inner healing in this chapter is that all of us have had our hearts broken. Are you aware of ways in which yours may be broken?
3. The second principle is about how our hearts were shattered by events that took place while we were growing up.

a. What did God reveal to you regarding instances where your heart may have been broken?

b. Which of the sources of woundedness seems to best describe how you were hurt (self-wounding, wounded by someone else, sin in reaction to how someone else hurt you, or a misinterpretation of a neutral event)?

c. If someone else hurt you, was it active abuse (something the person did), passive abuse (something the person neglected to do), or a mixture of both?

4. We'll delve into principle three at a later time (that it's what happened inside of us that placed us in bondage). Principle four talked about how present difficulties often trigger past pain. How did you answer the listening-prayer question: Jesus, in the last week or month did something disagreeable happen in my interactions with others where I may have overreacted?

5. The fifth principle is the importance of God supernaturally communicating His life-changing truth to us. What are examples of when you were impacted by a communication from God?

6. After reading this chapter, what most encouraged you?

7. What are you most afraid of or not looking forward to?

Ending Prayer

End the study by praying for one another, focusing on what each one shared during the study.

Next Time

Next week's study, from chapter 3, will focus on the heart as the wellspring of spiritual life.

Study 3

The Wellspring of Spiritual Life

Summary. Chapter 3 highlights the special focus Jesus gave to the heart as the key to spiritual receptivity, growth, intimacy, and maturity. This chapter discusses a common difficulty many of us have that hinders listening and healing prayer: being disconnected from or not tuning into our hearts. Five possible side effects of this disconnection are as follows:

1. Inability to experience God and His love
2. Inability to hear God (Hebrews 3:7-8)
3. Disconnection from others
4. Ineffective ministry (Mark 7:6)
5. Captivity to destructive patterns

This chapter highlights Jesus as our model of biblical personhood in relation to the heart. Jesus experienced emotions, expressed them in constructive ways, and allowed them to inform Him and help Him to connect deeply with people.

Assignment. Prior to the group meeting, study members are to have read the chapter and answered the “Questions for Personal Growth and Discussion.”

Opening Prayer

After some small talk to catch up with one another, have someone commit your discussion time to the Lord in prayer. Especially ask God to knit your hearts together as you open your lives to one another.

Chapter 3 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is “A Heart Fully Present to God” at this address: <http://www.youtube.com/watch?v=-4IQF50eDP0>

Discussion

Before moving into the questions, ask different people to read the following foundational passages from this chapter: Proverbs 4:23, Hebrews 3:7-8, Mark 7:6, Matthew 23:23-26, and 1 Timothy 1:5. Ask what most stood out to people in these passages.

Then lead the time of sharing and discussion over the following questions.

1. Our backgrounds affect our ability to tune into and express our emotions.
 - a. What did your family teach or model regarding feeling and expressing emotion?
 - b. During your adolescence and young adulthood, what did your life circumstances and those around you teach you regarding emotions?

2. Leon was not in touch with his feelings nor was he able to express them to others. After he asked God to help him connect to his emotions, he began to use the chart in appendix C, “Emotional Words to Describe How I Am Feeling.”

a. As you used the chart this past week to help you identify emotions, which ones did you feel?

b. How did you do with the assignment to share these emotions with two or three safe people?

c. Comment on the second assignment for those who struggle with tuning into emotions and sharing them. Did you sense this as a need for you?

3. This chapter also talks about five side effects of living separated from our hearts.

a. In which of the five conditions do you most experience difficulty? (Be sure to draw people out regarding this question.)

b. Did you decide to ask God to supernaturally begin reconnecting your head with your heart?

Ending Prayer

End the study by praying for one another, focusing on what each one shared during the study. If it seems appropriate, you can pray the head-heart connection prayer for each other. You can do this as a group or by dividing into twos and threes.

Next Time

Next week’s study will focus on the basic principles of listening prayer from chapter 4. Part of the assignment will be for each person to spend at least thirty minutes alone with God in listening prayer.

Study 4

Principles of Listening Prayer

Summary. Chapter 4 establishes a firm biblical base for deliberating listening to God. It answers important questions, such as how God speaks, how to listen, and what precautions to follow. The chapter concludes by guiding us through an opportunity to listen to God on our own.

Assignment. Study members are to have read the chapter and answered all of the “Questions for Personal Growth and Discussion” prior to the group meeting.

Opening Prayer

At the beginning of this week’s study, it will be good to pray through the Listening Prayer Guidelines.

Chapter 4 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is “Listening Prayer Storyboard” at this address: https://www.youtube.com/watch?v=RzIDHFN_cRs

Discussion

To launch the discussion, ask what verses or passages of Scripture from chapter 4 most stood out and why. Then lead a time of sharing, discussion, and prayer over the following questions.

1. The initial story of this chapter illustrated how a need to feel in control can affect us when we listen with others. It can also impact us when we listen for inner healing.
 - a. On the scale of 1 to 10, how did you rate your desire to feel in control?
 - b. How might your need to be in control affect you when you seek to listen to God?
2. This chapter explains a number of the common ways God communicates to us (through His written Word, through another person, through thoughts and inner impressions He sends, and through pictures or images He gives). What examples do you have from your life? (Have each person share at least one example.)
3. The assignment was to spend at least thirty minutes listening to God over one of two suggested questions. What took place in your heart during this special assignment?
(Draw people out regarding their experiences during the listening exercise. Some will have heard from God in a special way and others may not have heard. This is okay and a normal part of learning to listen.)

Ending Prayer

End the study by asking people to share a prayer request related to their journeys in listening and healing prayer. You could have each person pray for the person on his right, or you could pray in smaller groups of twos and threes.

Next Time

Next week's chapter is on the basic steps of the inner-healing process. Remind people that there is a special assignment to spend sixty to ninety minutes alone with God to practice inner-healing prayer.

Section 2

Experiencing Inner-Healing Prayer

Study 5

The Inner-Healing Prayer Process

Basic Steps

Summary. We're now moving into the second section of the book, "Experiencing Inner-Healing Prayer." Chapters 5 through 7 take us through the healing-prayer process. Chapters 8 and 9 cover the nine most common obstacles to healing prayer and how to dismantle them. Chapter 10 shows us how to seal the healing work God does and to move the truth that God communicates into the very core of our beings.

Chapter 5 guides you through the basic inner-healing prayer process.

Assignment. The assignment is to spend sixty to ninety minutes alone with God, listening to Him over a series of questions within the chapter.

Opening Prayer

Pray through the Listening Prayer Guidelines as you begin this week's study discussion.

Chapter 5 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is "Testimony – Inner Healing Prayer" at this address: <https://www.youtube.com/watch?v=YH6Vzx4J1KA>

Discussion

Important Note: If your group consists of more than four people, consider dividing into two smaller groups for sharing what occurred during group members' time alone with God. Prior to your meeting, you can ask someone who seems to be tracking well on the material to lead the sharing time with two or three study members. You can divide the group in this way for chapters 6 and 7 as well.

To launch the discussion portion, ask what verses or passages of Scripture from chapter 5 most grabbed people's attention and why they did.

Eleven questions to ask God were embedded within the chapter. As you start your discussion, congratulate your group for trying this process. Explain that a wide variety of outcomes are probable because we're all at different places in our healing journey. Some people may have had a rich time with God where healing took place. Others may have had answers to some questions but got stuck on other questions. Some people may have drawn a complete blank. These are all normal outcomes. Give lots of grace to everyone as they share their experiences. Some people will be helped in the coming weeks as they look at additional elements in the inner-healing prayer process in chapters 6 and 7. Chapters 8 and 9 are especially designed to deal with possible blocks to listening and inner-healing prayer.

1. The initial question to ask was where Jesus would have them focus: an area of bondage where they didn't feel free, a persistent painful emotion, or an overreaction to a recent event. Ask group members what impression they had when they asked Jesus this question.

2. For the remainder of the discussion, you can either go question by question through the inner-healing questions embedded in chapter 5 or have one person share the full story of his or her time alone with God, then move on to the next person until all have shared. (Remember, people may not have answers for the all of the questions, and this is okay.) If you ask people to tell their full experience, be aware of pacing the time so each person has space to share.

The following questions cover the areas asked about in this chapter.

- a. What emotion did God lead you to listen to Him about?
- b. Where did He take you when you asked where it all began (a root event or a pattern), or did you get stuck on this question?
- c. What did He reveal to you about what you came to believe?
- d. What happened when you asked Him what the truth was?
- e. Was the burden you were feeling lifted?
- f. If not, were there additional lies that came to light?
- g. Were you able to renounce any lies that you became aware of? Describe what happened during your renunciation.

3. If a person got stuck or ran out of time, you can pray together about this if there is sufficient time and the individual desires to pray during the study. God often uses prayer offered in a community setting to break through barriers that were encountered when praying alone.

You can either lead out and ask the question the person got stuck on or have him ask God. For example, you could ask aloud, "Jesus, what do You have to say to Bill about what He came to believe? What is the truth?" Or Bill could ask Jesus this question aloud.

4. There were two follow-up questions at the end of the chapter. You can include these questions or skip them if they don't seem appropriate or you're out of time.

- a. As you worked your way through this chapter, what was a personal highlight for you?
- b. Were any areas of brokenness stirred up that you'd like to listen to God about at a later time?

Ending Prayer

You'll want to reserve the last fifteen to twenty minutes of the study to pray for one another (due to time constraints, avoid having more than one person pray for each person). Each person could pray for the person on his right. If the discussion didn't reveal an area to pray about, ask the other person how he'd like you to pray.

Next Time

Remind your group that next week's chapter is on the first part of five alternative possibilities in the inner-healing process. Remind them that there is a special assignment to spend sixty to ninety minutes alone with God to seek to experience inner-healing prayer.

Study 6

The Inner-Healing Prayer Process

Alternative Possibilities, Part 1

Summary. Chapter 6 highlights two of five alternative possibilities for inner healing:

- Where was Jesus during or shortly after the hurtful event? Jesus won't always show us where He was but it is life-altering when He does.
- Is there an area of needed forgiveness? There are four aspects where we might need to forgive.

Assignment. The assignment is to spend sixty to ninety minutes listening to God over the series of questions embedded within the chapter.

Opening Prayer

Pray through the Listening Prayer Guidelines as you begin this week's discussion.

Chapter 6 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is "Forgiveness by Matthew West" at this address: <https://www.youtube.com/watch?v=h1Lu5udXEZI>

Discussion

Please refer to the "Important Note" under the Discussion section in chapter 5.

Start the discussion by asking how last week went for participants. Some might have noticed subtle differences due to healing God did in their hearts through the study of chapter 5.

Then ask what passages of Scripture from chapter 6 stood out most to people.

Fourteen questions are embedded within this chapter. Usually, individuals will receive from God on some of these questions but not on all of them. Occasionally, nothing will come to light.

1. Ask what impressions people had when they asked Jesus where He was and how He was responding when the wounding event took place. For those in your group who heard from God in this area, give ample time to share the details of where Jesus was and how He was responding. Seek to draw them out.

If you sense God wants you to pray anything additional for someone who opened up in this area, and if they desire you to do so and time permits, pray as God leads you.

2. Move on to the four possible areas of needed forgiveness:

- a. *Forgiving others for what they did or neglected to do.* Ask who in the group sensed God leading them to forgive someone who wounded them. Did they extend

forgiveness for the consequences of the act as well as the act itself? Where applicable, go through the questions in the book for this area.

b. *Forgiving ourselves for what happened.* Ask what God said to people about forgiving themselves. If God spoke to people of this need, go through the applicable questions to assure complete healing. This section includes loving and accepting ourselves as well as extending forgiveness to ourselves. If anything is left undone in this area, follow up on it with the person at a later time.

c. *Forgiving God.* Ask if God pointed out any needs in this area. Where applicable, assure that complete healing has taken place. If it hasn't, ask the person to let you know when he is ready to fully deal with his woundedness in this area.

d. *Asking for forgiveness from other people we may have hurt.* Did God communicate about a need to ask someone for forgiveness? If so, whom will they need to talk to and when? Have them let the group know once they've followed through in asking for forgiveness.

3. If time permits and it's not redundant, lead a sharing time over the two concluding questions of chapter 6.

a. What was the most important thing God did in your life as you prayed through this chapter?

b. Were there any areas you'll need to return to later?

Ending Prayer

You'll want to reserve the last fifteen to twenty minutes to pray for one another (due to time constraints, avoid having more than one person pray for each person). Each person could pray for the person on his right. If the discussion didn't reveal an area to pray about, ask the other person how he'd like you to pray.

Next Time

Remind your study that next week's chapter is on the second part of five alternative possibilities in the inner-healing process. Remind them that there's a special assignment to spend sixty to ninety minutes alone with God to seek to experience inner-healing prayer.

Study 7

The Inner-Healing Prayer Process

Alternative Possibilities, Part 2

Summary. Chapter 7 focuses on the last three of the five alternative possibilities of the healing-prayer process:

- Are there vows and strategies that need to be renounced?
- Are there pronouncements that need to be broken?
- Is there a burden that needs to be surrendered to Jesus?

Assignment. Once again, the assignment is to spend sixty to ninety minutes alone listening to God over the questions within the chapter.

Opening Prayer

Pray through the Listening Prayer Guidelines as you begin this week's study discussion.

Chapter 7 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is "Living Out of Brokenness: Dealing with Lies, Vows and Strategies" at this address:

<https://www.youtube.com/watch?v=Yak3bpciQL0>

Discussion

Please refer to the "Important Note" under the discussion section in chapter 5.

1. *Vows and strategies.* Read Isaiah 14:12-14 to introduce the area of unbiblical vows. Ask, "What impressions did you have when you asked Jesus to reveal any unbiblical vows or faulty strategies that you could be operating under?" (Remember to include yourself in the sharing of needs that God revealed.)

Some individuals might have become aware of vows and strategies but may not have taken the time to renounce them. If this is the case and they are willing to do so, you can lead them in a prayer of renunciation.

2. *Pronouncements.* Read James 3:9-10 to introduce the area of pronouncements. Pronouncements are similar to vows, only another person makes them over us. Ask, "Did God reveal any pronouncements as you listened? If He did, have you taken the time to break them?"

If people have not broken vows, you can do this during the group time if they are willing and time permits.

3. *Burdens.* Read Psalm 55:22 and 1 Peter 5:7 to introduce the question of heavy burdens that need to be surrendered to Jesus. Ask, "Did God reveal this as an area of need for you?"

For those who had burdens to surrender, draw them out regarding what God revealed and what happened as they laid this burden at Jesus' feet. Again, if time permits and the person is willing, you can pray as necessary to complete someone's healing.

4. *Concluding questions.* Close the discussion by allowing group members to respond to the final questions.

a. What was the most important thing God did in your life as you read and prayed through these areas?

b. How would you characterize your overall experience with God in these past three chapters (5, 6, and 7)?

Ending Prayer

You'll want to reserve the last fifteen to twenty minutes of the study to pray for one another. Each person could pray for the person across from him. If the study discussion didn't reveal an area to pray for this person, ask him what he'd like you to pray. Again, due to time constraints, avoid having more than one person pray for the individuals in the study.

Next Time

Remind your study that next week you'll be discussing chapter 8, which introduces how to handle obstacles to healing. The assignment will be to spend between thirty and ninety minutes listening to God over four possible obstacle areas.

Study 8

Obstacles to Inner Healing and How to Handle Them, Part 1

Summary. Chapters 8 and 9 highlight the most common obstacles to listening and inner-healing prayer and contain listening-prayer questions designed to reveal and dismantle them. Chapter 8 focuses on the first four of the most common obstacles:

- Tyranny of inner expectations
- Difficulty getting in touch with emotional pain
- Inner conditions that block hearing and healing
- Learning to tune in to “stray” thoughts and deal with them

Assignment. The assignment is to listen to God about each possible obstacle. Some individuals in your study may resonate with all four, others with only one or two. For still others, none of these obstacles will be applicable, but working through the questions will be valuable experience and provide tools for helping others.

Opening Prayer

Again, please pray through the Listening Prayer Guidelines as you begin this week’s study discussion.

Chapter 8 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is “Beauty for Ashes” at this address: <https://www.youtube.com/watch?v=cCe-q30hgRY>

Discussion

Ask the group how things went for them personally in the past week. It’s possible that new things are happening for people who experienced healing in chapters 5, 6, and 7. Other times, healing is tested and things can be more difficult. It’s also possible that no change is noted. If people open up over this question, take the time to draw them out without prying. Seek to follow the leadership of the Holy Spirit if anything comes up to pray or listen about.

1. *The tyranny of inner expectations.* We all have expectations about everything that touches our lives. It’s impossible not to expect. Ask, “Has God revealed a struggle with inner expectations about hearing and healing?” For those who express this need, draw them out regarding their answers to questions 1 and 2. If additional prayer is needed and the person is willing, it’s a good idea to complete anything that might be helpful.

2. *Getting in touch with emotional pain.* When it comes to getting in touch with emotional pain, the heart can be dull or numb. Ask, “Do you sometimes experience difficulty getting in touch with emotional pain when you listen to God in healing prayer?”

Ask how those who struggle answered questions 3 through 7. If there’s additional prayer work to be done and the person is willing, follow the Holy Spirit’s lead to bring healing to this obstacle.

3. *Inner conditions that block hearing and healing.* Ask, "Did God bring up anything as you prayed through inner conditions that block hearing and healing?" If so, what did God reveal was blocking hearing in question 8? Did a breakthrough take place as you worked through this section?

4. *Learning to tune into and deal with "stray" thoughts.* Ask your group, "As you prayed through the section on stray thoughts, what did God reveal?"

If things were stirred up here, draw out the individual(s) regarding answers to questions 10 and 11.

5. *Closing questions.* Close the discussion by allowing group members to respond to these final two questions:

a. What was the most important thing God did in you as you prayed through this chapter?

b. Were there any areas you'll need to revisit and spend more time praying or thinking about? If so, what areas?

Ending Prayer

You'll want to reserve the last fifteen to twenty minutes to pray for one another. Each person could pray for the person to his right. If the discussion time didn't reveal an area to pray for this person, ask him what he'd like you to pray.

Next Time

Remind your group that next week you'll be discussing chapter 9, which deals with additional obstacles to inner healing. The assignment will be to spend between thirty and ninety minutes listening to God over the questions in five additional possible obstacle areas.

Study 9

Obstacles to Inner Healing and How to Handle Them, Part 2

Summary. Chapter 9 continues discussing common obstacles to listening and inner-healing prayer and contains listening-prayer questions designed to reveal and dismantle them.

Chapter 9 focuses on the five remaining obstacles people may encounter:

- Trying too hard
- Overreliance on the analytical mind and doubts that we're hearing from God
- Fear and the need to be in control
- Enemy interference
- A need for the help of a facilitator

In addition, other possible approaches to removing obstacles are highlighted.

Assignment. The assignment is to listen to God about each possible obstacle. Some individuals in your study may resonate with all of them, others with only one or two. For some people, none of these areas will be applicable.

Opening Prayer

Please have someone pray through the Listening Prayer Guidelines as you begin this week's discussion.

Chapter 9 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is "Imagine Me" at this address:

<https://www.youtube.com/watch?v=rYwIwshE4Qo>

Discussion

Ask the group about their week. Prior to a study like this, people are often unaware of what's happening below the surface in their lives. As they meet with God and listen to Him, they will usually grow in awareness of what's happening deep within. This is part of the inner-healing process and consistent with Psalm 51:6: "Behold, You desire truth in the inner being; make me therefore to know wisdom in my inmost heart" (AMP). If areas of need surface in your discussion, be sure to listen attentively and draw people out.

2. This chapter covered five additional obstacles to inner healing. Ask the group if God revealed a need within them in each of the five areas. You'll only need to go into depth in areas where a group member expresses a need.

In the areas where someone does struggle, explore how the person answered the applicable listening-prayer questions:

- Trying too hard (questions 1, 2, and 3)
- Overreliance on the analytical mind and doubts that we're hearing from God (questions 4 and 5)

- Fear and the need to be in control (questions 6 and 7)
- Enemy interference (the Warfare Prayer and question 8)
- A need for the help of a facilitator (no questions for this area)

3. Even if no one expressed a struggle in the area of enemy interference, if you have time, please pray through the “Sample Prayer: Spiritual Warfare” together. You can do this by asking each consecutive person in the group to pray one paragraph until you finish.

4. As a group, read and discuss the section about other possible approaches to removing obstacles.

5. Finally, if time permits, orchestrate a time where group members share their answers to the final two questions:

a. We’ve now talked through the inner-healing process. What has been your overall experience as you’ve worked through the past few chapters? How would you sum up any progress you’ve made?

b. Are there any areas where you need to spend more time or take additional steps as it relates to things that block your hearing and healing?

Ending Prayer

You’ll want to reserve the last fifteen to twenty minutes to pray for one another. Each person could pray for the person to his left. If the discussion time didn’t reveal an area for prayer, ask him how he’d like you to pray.

Next Time

Remind your study that next week you’ll be discussing chapter 10, “Sealing the Healing and Taking It Deeper.” The assignment will be to pray and seal any healing God has done, fill out appendix D to anchor your healing and take it deeper, and answer the questions at the end of the chapter.

Study 10

Sealing the Healing and Taking It Deeper

Summary. Chapter 10 is the last chapter in section 2 of the book, where we have been focusing on experiencing inner-healing prayer. This chapter contains a prayer to seal the healing as well as steps that will help group members remember what God did and take it deeper:

- Journal your healing.
- Anchor it in the written word of God.
- Commemorate it.
- Develop a lifestyle of listening to God.
- Share what God did with others.

Three keys to staying free are:

- Realize the enemy will attack you.
- Pour your heart out to God when you struggle.
- Get help from others when doubt seeks to trap you.

Assignment. The assignment is to read the chapter, answer all of the questions, and pray to seal the healing God has done so far.

Opening Prayer

After some small talk to catch up with one another, have someone commit your discussion and sharing time to the Lord in prayer.

Chapter 10 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is “And May My Lifesong Sing” at this address: <https://www.youtube.com/watch?v=dQNPD2ViiBU>

Discussion

Ask how things have gone since your last time together. Were things better, the same, or worse? Did you see God at work in your life in any way during the week? If so, how?

Invest the time to have a good time of sharing over these questions.

1. Were you able to seal the healing Jesus has done up to this point in your healing journey? If so, how did your prayer time go?

If members are willing and it seems appropriate, you can take the time to pray to seal the healing during the study.

2. Were you able to journal or write down any healing God has done in your own words? Who was able to fill out the “Listening Prayer and Inner-Healing Summary” in appendix D?

If anyone journaled or filled out the summary, ask them to share with the rest of the group.

3. What scripture has God given you to anchor the work He's accomplished so far?

If you sense God's leading to do so, you can pray over the verses God has given. For those who haven't gotten this far, ask God to bring Scripture to anchor the healing.

4. Has anyone had any leading in how God might want you to commemorate your healing? Have the person(s) share this with the group.

5. What steps or plans have you made/taken to incorporate listening to God in your life as something you do regularly?

Spend time sharing ideas people have.

6. Has anyone sensed God's leading to share your healing with another person outside the group? If so, with whom? How did it go?

7. What possible attacks of the enemy have you sensed last week or in the past ten weeks? How did you handle it?

If you sense God's leading, you can invest the time to pray against the enemy during your group time.

8. Have you tried pouring your heart out to God in the last week? How did it go? What effects did it have?

Ending Prayer

You'll want to reserve the last fifteen to twenty minutes for prayer. When your group studies chapters 12 and 13, the assignment will be to facilitate inner-healing prayer with a friend or acquaintance. Explain to your group that when you seek to facilitate inner-healing prayer with someone, you're not offering to help the person work through all of his or her areas of brokenness over an extended period of time. Have each group member identify two to four people to talk to about facilitating.

In addition to praying for other requests, it will be good to ask God to open a door for each person in the group to facilitate with another person; pray for the people by name.

Next Time

Remind your study that next week you'll move into section 3 of the book, which focuses on facilitating inner healing with others. Chapter 11 discusses character foundations for facilitating inner-healing prayer. The assignment will be to answer the questions within the chapter and at the end of the chapter.

The assignment in the chapter after next, chapter 12, will be to meet with another person to facilitate. Because of people's busy schedules, group members may need to start working now to schedule these prayer times. If they have identified a person they might facilitate with, they can introduce the idea to the individual they have in mind by sharing that they have been studying a book they are excited about because God has met them in a special way through it, and then tell a little of their healing story so far. Members can then

say they're at a place in the book where they've been asked to facilitate this ministry with a friend or acquaintance and ask the person they're sharing with to meet and experience this ministry.

Special Note

You may want to consider having group members pair up and facilitate healing prayer with one another. Study members could familiarize themselves with the chapter during the week and then could facilitate inner healing with their partner during the group time. Allow the first thirty to forty-five minutes for one person to facilitate and then switch roles and facilitate for another 30 to 45 minutes. If time permitted, you could all meet at the end to debrief your experience in facilitating and receiving inner healing.

Section 3

Facilitating Inner-Healing Prayer

Study 11

Character Foundations for Facilitating Inner-Healing Prayer

Summary. Chapter 11 begins section 3 of the book: “Facilitating Inner-Healing Prayer.”

Chapter 11 focuses on the character that is foundational for facilitating and partnering in healing prayer. Partnering in facilitating inner healing with others is encouraged, and five developmental areas for effective facilitating and partnering are discussed and assessed:

- Humility
- Emotional maturity
- Sensitivity to living and ministering in and by the Holy Spirit
- Unity, rapport, and trust
- A shared vision for ministry

Assignment. Study members are to read the chapter and answer all of the questions prior to the group meeting.

Opening Prayer

After some casual conversation with one another, have someone pray and ask God to move in your discussion and sharing time.

Chapter 11 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is “I Made You Just the Way You Are” at this address: <https://www.youtube.com/watch?v=ZuHsHK8NQM>

Discussion

Start by asking, “How did you see God at work during the last week?” Invest the time to have discussion in community.

You might not have the time to talk in depth about each of the five areas below. Be sure to allow enough time to go through the “Closing questions.” They are designed to help people identify the area where God most wants them to develop.

1. *Humility.* When we’re interacting with others in biblical humility, we’re able to get our eyes off ourselves and consider them more important than we are.

- a. How did you assess yourself in the area of humility?
- b. Did others you asked see you in the same way you saw yourself?
- c. How did you answer the two listening-prayer questions on humility:
 - Question 3a: What sense did you have from Jesus regarding your answer to this question?

- Question 3b: What steps did you sense God would have you take to grow and develop in humility?

2. *Emotional maturity.* This section identified five areas of emotional maturity:

- Looking below the surface of the iceberg in one's life
- Breaking the power of the past over attitudes and behavior in the present
- Living in brokenness and vulnerability by admitting weaknesses
- Living within healthy limits (the need for margin and rest)
- Embracing and grieving losses

How did each member answer the two listening prayer questions on emotional maturity:

- Question 5a: Where did you sense Jesus saw you in this area? What were your areas of strength and weakness?
- Question 5b: What possible steps do you sense God might have you take to grow in emotional maturity?

3. *Sensitivity to living in and ministering by the Holy Spirit.* The role of the Holy Spirit in facilitating inner-healing prayer is incredibly important, as He is the One who reveals and does the real work. How did members answer the listening-prayer questions on living and ministering by the Holy Spirit:

- Question 6a: What strengths and weaknesses did Jesus identify relating to being led personally by the Holy Spirit?
- Question 6b: What strengths and weaknesses did Jesus identify relating to being led by the Holy Spirit in your ministry to others?
- Question 6c: What action step do you sense God would like you to take in order to grow in this area?

4. *Unity, rapport, and trust.* In John 17 Jesus prayed: "Holy Father, keep them in Your name, the name which You have given Me, that they may be one even as We are . . . I in them and You in Me, that they may be perfected in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me" (verses 11,23).

How did each member answer the two listening-prayer questions on the area of unity, rapport, and trust:

- Question 7a: Unhealthy independence is characterized by exhibiting excessive self-reliance, ministering in ways that communicate you don't need anyone else, and insisting on getting your own way. What did God reveal to you about excessive self-reliance, not needing others, and/or insisting on getting your own way?

- Question 7b: What did God the Father reveal to you about your motivations and anything He would like to see you grow in?

5. *A shared vision of ministry.* An essential quality for effective partnering in facilitating inner-healing prayer is a shared vision.

6. *Closing questions.* Make sure to allow time to ask the following questions.

- a. What area of personal growth did God most speak to you about in this chapter? What do you sense He wants you to do to grow in this area?
- b. Have you facilitated inner healing for someone else? If not, do you want to? Describe where you are in this area.
- c. Who are two or three people you think God might want you to facilitate healing prayer with?
- d. If you're inclined to facilitate, have you thought of someone you might want to partner with?

Ending Prayer

You'll want to reserve the last fifteen minutes of the study to pray for one another over what God revealed in study. Each person could pray for the person to his left.

Next Time

Remind your study that next week you'll move into chapter 12: "Facilitating Inner-Healing Prayer: Basic Process." The assignment will be to spend sixty to ninety minutes facilitating healing prayer with another person. Make sure group members know that to complete the assignment, they'll need meet with a friend or acquaintance and facilitate inner-healing prayer with them. This will take sixty to ninety minutes. (See "Special Note" in the instructions for leading chapter 10.)

Study 12

Facilitating Inner-Healing Prayer

Basic Process

Summary. Chapter 12 serves as a guide to the basic process of facilitating healing prayer with another person. It follows the same steps we pursued in chapter 5.

Assignment. The assignment is to meet with a friend or acquaintance and facilitate the basic steps of healing prayer in a sixty- to ninety-minute meeting. The discussion will focus on sharing how the time of facilitating went, lessons learned, and questions that arose during the facilitation.

Opening Prayer

After casual conversation with one another, have someone pray and ask God to bless your discussion and sharing time.

Chapter 12 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is “Listening to God with Others” at this address: https://www.youtube.com/watch?v=Xhs7P_sRC90

Discussion

See “*Special Note*” in the instructions for leading chapter 10.

The primary subject of this week’s discussion will be what it was like to facilitate healing prayer with another person. Hopefully everyone in your group was able to meet with someone. As you ask your group the questions below, seek to draw out each person. You can add to these questions if you have additional ideas. If everyone completed the assignment, your discussion and sharing will be rich and will take the entire allotted time.

If some in your group didn’t meet with someone, your discussion could be brief. In this case, you could have group members pair off to facilitate the basic process with one another. If you have an odd number, three people can “pair up” to facilitate.

If few in your group completed the assignment, another possibility would be to see if someone is willing to allow you to facilitate inner healing with them in front of the group. This option should not be forced on anyone, but if there is a willingness to do this, it is an excellent learning and healing opportunity.

1. Does anyone have any questions over the content of chapter 12?

If so discuss and seek to answer them.

2. How did you go about finding someone to facilitate with?

3. How did the time of facilitation go?

4. What was your personal highlight?

5. What was the greatest challenge or difficulty you encountered?

Ending Prayer and Next Time

You'll want to reserve the last fifteen minutes of the study to pray for one another. Remind people that next week's chapter will again ask them to spend sixty to ninety minutes facilitating healing prayer with another person. This time, they'll be moving through the additional possibilities in chapter 13. (Though only one week is allowed for this as part of the course, it may take more than one meeting to work through these additional possibilities.)

If group members didn't do last week's assignment, they will instead need to facilitate using the basic process in chapter 12. The reason for this is that it's best not to move into additional possibilities without first giving a person the opportunity to experience the basic process.

In addition to praying for personal requests, pray for the people you plan to facilitate with this week.

Study 13

Facilitating Inner-Healing Prayer

Alternative Possibilities

Summary. Chapter 13 serves as a guide to facilitate the alternative possibilities of healing prayer with another person. It follows the same steps we pursued in experiencing personal inner healing in chapters 6 and 7.

Assignment. The assignment is to facilitate these alternative possibilities of healing prayer with a friend or acquaintance in a sixty- to ninety-minute meeting. The discussion will focus on sharing how the time of facilitating went, lessons learned, and questions that surfaced.

It may take more than one meeting to go through this entire chapter with another person. Therefore, group members may want to meet with the person they facilitated with again in a week or two.

Opening Prayer

After catching up with one another, have someone pray for your discussion time.

Chapter 13 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is “Father’s Love Letter to You” at this address: <https://www.youtube.com/watch?v=Edl-2HUZYSQ>

Discussion

See “Special Note” in the instructions for leading chapter 10.

The primary subject of this week’s discussion will be to focus on how facilitating healing prayer went. Hopefully everyone in your group was able to meet with someone. Ask your group the questions below. If everyone completed the assignment, your discussion and sharing should be rich and take the entire allotted time.

If some in your group didn’t meet with someone, your discussion could be brief. In this case, you could have group members pair off to facilitate the alternative possibilities with one another. If you have an odd number, three people can “pair up” to facilitate.

If few in your group completed the assignment, you could see if someone is willing to allow you to facilitate inner healing with them in front of the group. This option should not be forced on anyone, but if there’s a willingness to do this, it is an excellent learning and healing opportunity.

1. Does anyone have any questions about the content of chapter 13?

If so, discuss and seek to answer them.

2. How did the time of facilitation go?

3. What were the personal highlights for you in this week’s chapter and assignment?

4. What was the greatest challenge or difficulty you encountered?

Ending Prayer

Reserve the last fifteen minutes of the study to pray for one another and the individuals you've had the opportunity to facilitate healing prayer with.

Next Time

If few group members have had the opportunity to facilitate with another person, consider the possibility of using this coming week as a make-up week. Instead of reading, studying, and discussing the conclusion, you could take the week to facilitate healing prayer with another person and then discuss what happened in next week's discussion.

If your group has done well on the facilitating assignments and you don't need a make-up week, have your group read, study, and answer the questions in the conclusion, "The End or a New Beginning?"

Study 14

Conclusion: The End or a New Beginning?

Summary. This really isn't the end of the study—it's a new beginning. It's my hope and prayer that going through the book and weekly discussions have not only altered your world internally but also changed your perspective regarding ministering to those around you. Upside down and inside out!

Assignment. The assignment is to answer all the questions in the chapter.

Opening Prayer

Have someone begin this week's study by thanking God for all He has done and asking Him to meet you in a special way during your discussion.

Chapter 14 Video Presentation

The group leader can include a short video that is designed to enhance the content and discussion of this chapter. Recommended video is "Full Attention by Jeremy Riddle" at this address: <https://www.youtube.com/watch?v=OrP7vIYDNcE>

Discussion

The primary focal point of this week is to discuss your group's answers to the questions at the end of the chapter about their personal growth and their future plans. As you lead the discussion, ask the following questions. Add others if God gives you additional ideas.

1. Have you been able to complete all the exercises and assignments in *A Guide for Listening and Inner-Healing Prayer*?

- a. If not, what chapters and assignments did you miss?
- b. What is your make-up plan? Would the group benefit by making up any of the chapters together?

2. *Additional personal healing*

- a. Did Jesus reveal any additional areas inside of you that He'd like to heal?
- b. If so, what insight did He give you about the most important areas He'd like to address?
- c. What overall plan will you follow to bring completion to His healing work in your life?
- d. Might group members benefit by facilitating inner healing with one another?

3. *Facilitating inner-healing prayer*

- a. How many times have you facilitated inner-healing prayer and with how many people?
- b. What were Jesus' thoughts about you as it relates to facilitating healing prayer?
- c. Who does God want you to facilitate inner healing with in the next weeks and months?

4. *Developing a lifestyle of listening to God*

- a. What did Jesus communicate to you about listening more consistently to Him?
- b. What plan did God give you to discipline yourself to make listening to Him an ongoing facet of your relationship with Him?

5. *Promoting inner healing in your city, church, or ministry*

- a. What inner-healing prayer ministries are in your city, church, the ministry you're a part of, and your state and region (that you know of)?
- b. What part would God have you play in making inner-healing prayer more available to the people where you live?

6. *Multiplication.* Second Timothy 2:2 says, "You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others" (NLT).

The world we live in is badly broken. Everyone is wounded and would greatly benefit from meeting God in their broken places. Take a few minutes to ask God who He'd have you take through *A Guide for Listening and Inner-Healing Prayer*. Then take the initiative to set up a study so this ministry multiplies among your friends, in your city, and around the world. Remind your group that they can also do this study with a friend or friends in a different state or country by using the phone, an Internet video-calling service, or other emerging technologies.

Ending Prayer

Reserve the last fifteen to twenty minutes of the study to thank God and to pray for one another as well as for the individuals you've had the opportunity to facilitate healing prayer with. You or a group member should close your time by praying the prayer to seal the healing in chapter 10.

Next Time

Technically, this is the end of the study. However, if group members are interested and you have time, you may want to take an additional week to read, study, and pray through appendix B, "Dealing with Unhealthy Ties of the Soul." Most of us have these dysfunctional ties of the soul and will greatly benefit by working through this area.

Celebration Dinner

Working through *A Guide for Listening and Inner-healing Prayer* is quite an accomplishment. Congratulations for all of your hard work and sticking to it. It's my prayer that God has used it in a mighty way in your life and that you're motivated to help others experience God's healing touch.

I want to suggest that you plan a celebratory dinner together at a favorite restaurant in the next week or two. You've opened up yourselves with one another and experienced true biblical community at a very deep level. You have been in healing combat together and have become a band of brothers or sisters.

So go out together and celebrate all God did in and through you.

Leading a Person or Group through Dealing with Unhealthy Ties of the Soul

Appendix B of the book contains helpful input on dealing with unhealthy ties of the soul. There are any number of ways you can use this information for your own healing or to help others. Here are a few suggestions:

- Plan a sixty- to ninety-minute time alone with God to read and pray through this chapter.
- Fortify the time alone with God by meeting with someone afterward to share and pray together as God leads you.
- Reinforce the time alone with God by meeting with your study group to share and pray together as God leads.
- Take someone through this chapter in an inner-healing appointment.
- Meet with another person for mutual prayer. During the first portion of your time, work through the study individually with God, and then come together to pray the prayers to deal with any unhealthy ties of the soul.
- Variations of the above that God leads you to undertake.

It's essential for the person with the unhealthy tie to pray the prayer of renunciation himself or herself since he or she is the one who allowed the enemy to have this access. Then the other person can agree with what the other prayed.

Matthew 18:18-20 expounds several powerful principles regarding the power of praying in agreement in binding and breaking footholds:

Truly I say to you, whatever you bind on earth shall have been bound in heaven; and whatever you loose on earth shall have been loosed in heaven. Again I say to you, that if two of you agree on earth about anything that they may ask, it shall be done for them by My Father who is in heaven. For where two or three have gathered together in My name, I am there in their midst.

Due to this passage, whenever possible it is good to partner with another person when you pray with a third person to renounce soul ties or when you're doing any ministry that involves any element of spiritual warfare.

Toward the tail end of all renunciations of soul ties or other spiritual-warfare work, it's very important to pray against the retaliatory attacks of the enemy. He hates to see anyone go free and is apt to counterattack against the weaker members of a person's family. You can adapt and pray a prayer similar to this:

Sample Prayer: Praying against Retaliatory Attacks
In the name of the True Lord Jesus Christ of Nazareth, I pray against any retaliatory attacks of the enemy and his demons. In the name of Jesus, I further command the enemy not to counterattack me, my spouse, my children, or any other members of my extended family . . . to not retaliate against members of my church, ministry, study group, or other Christians. All authority has been given unto Jesus and in His name I

command you to leave and go exclusively to where Jesus elects to send you, and never return.

Bible Study

The Biblical Basis of Listening Prayer and Inner Healing

For a more in-depth study of listening and inner-healing prayer, look up the following passages, make observations about them, and let God teach you through them.

Theme A: God speaks to us when we deliberately listen to Him

Reference	As it appears in the NASB	Your observations
Genesis 12:1-3	Now the LORD said to Abram, "Go forth from your country, and from your relatives and from your father's house, to the land which I will show you; and I will make you a great nation, and I will bless you, and make your name great; and so you shall be a blessing; and I will bless those who bless you, and the one who curses you I will curse. And in you all the families of the earth will be blessed."	
Genesis 31:11	"Then the angel of God said to me in the dream, 'Jacob,' and I said, 'Here I am.'"	
Genesis 46:3	He said, "I am God, the God of your father; do not be afraid to go down to Egypt, for I will make you a great nation there."	
Judges 13:3	Then the angel of the LORD appeared to the woman and said to her, "Behold now, you are barren and have borne no children, but you shall conceive and give birth to a son."	
1 Kings 19:11-13	So He said, "Go forth and stand on the mountain before the LORD." And behold, the LORD was passing by! And a great and strong wind was rending the mountains and breaking in pieces the rocks before the LORD; but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. After the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of a gentle blowing. When Elijah heard it, he wrapped his face in his mantle and went out and stood in the entrance of the cave. And behold, a voice came to him and said, "What are you doing here, Elijah?"	
Job 36:15-16	"He delivers the afflicted in their affliction, and opens their ear in time of oppression. Then indeed, He enticed you from the mouth of distress, instead of it, a broad place with no constraint; and that which was set on your table was full of fatness."	
Psalms 85:8	I will hear what God the LORD will say; for He will speak peace to His people, to His godly ones; but let them not turn back to folly.	
Psalms 143:8	Let me hear Your lovingkindness in the morning; for I trust in You; teach me the way in which I should walk; for to You I lift up my soul.	
Proverbs 20:12	The hearing ear and the seeing eye, the LORD has made both of them.	
Isaiah 30:21	Your ears will hear a word behind you, "This is the way,	

	walk in it," whenever you turn to the right or to the left.	
Isaiah 50:4-5	The Lord GOD has given Me the tongue of disciples, that I may know how to sustain the weary one with a word. He awakens Me morning by morning, He awakens My ear to listen as a disciple. The Lord GOD has opened My ear; and I was not disobedient nor did I turn back.	
Isaiah 55:2-3	"Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen carefully to Me, and eat what is good, and delight yourself in abundance. Incline your ear and come to Me. Listen, that you may live; and I will make an everlasting covenant with you, according to the faithful mercies shown to David."	
Isaiah 55:8-11	"For My thoughts are not your thoughts, nor are your ways My ways," declares the LORD. "For as the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts. For as the rain and the snow come down from heaven, and do not return there without watering the earth and making it bear and sprout, and furnishing seed to the sower and bread to the eater; so will My word be which goes forth from My mouth; it will not return to Me empty, without accomplishing what I desire, and without succeeding in the matter for which I sent it."	
Jeremiah 17:23-24	"Yet they did not listen or incline their ears, but stiffened their necks in order not to listen or take correction. But it will come about, if you listen attentively to Me," declares the LORD, "to bring no load in through the gates of this city on the sabbath day, but to keep the sabbath day holy by doing no work on it."	
Ezekiel 3:10	Moreover, He said to me, "Son of man, take into your heart all My words which I will speak to you and listen closely."	
Joel 2:28	"It will come about after this that I will pour out My Spirit on all mankind; and your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions."	
Amos 3:7	Surely the Lord GOD does nothing unless He reveals His secret counsel to His servants the prophets.	
Habakkuk 2:1	I will stand on my guard post and station myself on the rampart; and I will keep watch to see what He will speak to me, and how I may reply when I am reproved.	
Matthew 1:20	But when he had considered this, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not be afraid to take Mary as your wife; for the Child who has been conceived in her is of the Holy Spirit."	
Matthew 2:12	And having been warned by God in a dream not to return to Herod, the magi left for their own country by another way.	
Matthew 2:19-20	But when Herod died, behold, an angel of the Lord appeared in a dream to Joseph in Egypt, and said, "Get up, take the Child and His mother, and go into the land of Israel; for those who sought the Child's life are dead."	
Matthew 17:5	While he was still speaking, a bright cloud overshadowed	

	them, and behold, a voice out of the cloud said, "This is My beloved Son, with whom I am well-pleased; listen to Him!"	
Luke 1:11-13	And an angel of the Lord appeared to him, standing to the right of the altar of incense. Zacharias was troubled when he saw the angel, and fear gripped him. But the angel said to him, "Do not be afraid, Zacharias, for your petition has been heard, and your wife Elizabeth will bear you a son, and you will give him the name John."	
Luke 1:26-28	Now in the sixth month the angel Gabriel was sent from God to a city in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the descendants of David; and the virgin's name was Mary. And coming in, he said to her, "Greetings, favored one! The Lord is with you."	
Luke 1:41.	When Elizabeth heard Mary's greeting, the baby leaped in her womb; and Elizabeth was filled with the Holy Spirit.	
John 10:2-5	"But he who enters by the door is a shepherd of the sheep. To him the doorkeeper opens, and the sheep hear his voice, and he calls his own sheep by name and leads them out. When he puts forth all his own, he goes ahead of them, and the sheep follow him because they know his voice. A stranger they simply will not follow, but will flee from him, because they do not know the voice of strangers."	
John 10:27	"My sheep hear My voice, and I know them, and they follow Me."	
Acts 2:16-18	"But this is what was spoken of through the prophet Joel: 'And it shall be in the last days,' God says, 'that I will pour forth of My Spirit on all mankind; and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams; even on My bondslaves, both men and women, I will in those days pour forth of My Spirit and they shall prophesy.'"	
Acts 10:11-16	And he saw the sky opened up, and an object like a great sheet coming down, lowered by four corners to the ground, and there were in it all kinds of four-footed animals and crawling creatures of the earth and birds of the air. A voice came to him, "Get up, Peter, kill and eat!" But Peter said, "By no means, Lord, for I have never eaten anything unholy and unclean." Again a voice came to him a second time, "What God has cleansed, no longer consider unholy." This happened three times, and immediately the object was taken up into the sky.	
2 Corinthians 13:3	Since you are seeking for proof of the Christ who speaks in me, and who is not weak toward you, but mighty in you.	
Hebrews 3:7-8	Therefore, just as the Holy Spirit says, "Today if you hear His voice, do not harden your hearts as when they provoked Me, as in the day of trial in the wilderness."	
Revelation 2:11	"He who has an ear, let him hear what the Spirit says to the churches. He who overcomes will not be hurt by the second death."	

(Please move on to the following page to study the next biblical theme.)

Theme B: The important role of the Holy Spirit in hearing and inner healing

Reference	As it appears in the NASB	Your observations
Psalm 95:6-8	Come, let us worship and bow down, let us kneel before the LORD our Maker. For He is our God, and we are the people of His pasture and the sheep of His hand. Today, if you would hear His voice, do not harden your hearts, as at Meribah, as in the day of Massah in the wilderness.	
Proverbs 20:27	The spirit of man is the lamp of the LORD, searching all the innermost parts of his being.	
Isaiah 42:1	“Behold, My Servant, whom I uphold; My chosen one in whom My soul delights. I have put My Spirit upon Him; He will bring forth justice to the nations.”	
Luke 2:26	And it had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord’s Christ.	
John 4:23-24	“But an hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for such people the Father seeks to be His worshipers. God is spirit, and those who worship Him must worship in spirit and truth.”	
John 6:63	“It is the Spirit who gives life; the flesh profits nothing; the words that I have spoken to you are spirit and are life.”	
John 14:16-18	“I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you. I will not leave you as orphans; I will come to you.”	
John 16:12-14	“I have many more things to say to you, but you cannot bear them now. But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come. He will glorify Me, for He will take of Mine and will disclose it to you.”	
Acts 7:55	But being full of the Holy Spirit, [Stephen] gazed intently into heaven and saw the glory of God, and Jesus standing at the right hand of God.	
Acts 10:19-20	While Peter was reflecting on the vision, the Spirit said to him, “Behold, three men are looking for you. But get up, go downstairs and accompany them without misgivings, for I have sent them Myself.”	
Acts 13:2	While they were ministering to the Lord and fasting, the Holy Spirit said, “Set apart for Me Barnabas and Saul for the work to which I have called them.”	
Romans 8:15-16	For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, “Abba! Father!” The Spirit Himself testifies with our spirit that we are children of God.	
Romans 8:26-27	In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for	

	words; and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God.	
1 Corinthians 2:3-5	I was with you in weakness and in fear and in much trembling, and my message and my preaching were not in persuasive words of wisdom, but in demonstration of the Spirit and of power, so that your faith would not rest on the wisdom of men, but on the power of God.	
1 Corinthians 2:9-14	But just as it is written, "Things which eye has not seen and ear has not heard, and which have not entered the heart of man, all that God has prepared for those who love Him." For to us God revealed them through the Spirit; for the Spirit searches all things, even the depths of God. For who among men knows the thoughts of a man except the spirit of the man which is in him? Even so the thoughts of God no one knows except the Spirit of God. Now we have received, not the spirit of the world, but the Spirit who is from God, so that we may know the things freely given to us by God, which things we also speak, not in words taught by human wisdom, but in those taught by the Spirit, combining spiritual thoughts with spiritual words. But a natural man does not accept the things of the Spirit of God, for they are foolishness to him; and he cannot understand them, because they are spiritually appraised.	
1 Corinthians 2:16	For who has known the mind of the LORD, that he will instruct Him? But we have the mind of Christ.	
2 Corinthians 3:17-18	Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty. But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.	
1 John 2:27	As for you, the anointing which you received from Him abides in you, and you have no need for anyone to teach you; but as His anointing teaches you about all things, and is true and is not a lie, and just as it has taught you, you abide in Him.	

(Please move on to the following page to study the next biblical theme.)

Theme C: God in His omnipresence, omnipotence, and omniscience is the perfect inner healer

Reference	As it appears in the NASB	Your observations
Genesis 18:14	“Is anything too difficult for the LORD? At the appointed time I will return to you, at this time next year, and Sarah will have a son.”	
Numbers 11:23	The LORD said to Moses, “Is the LORD’s power limited? Now you shall see whether My word will come true for you or not.”	
Job 42:2	“I know that You can do all things, and that no purpose of Yours can be thwarted.”	
Psalms 22:26	The afflicted will eat and be satisfied; those who seek Him will praise the LORD. Let your heart live forever!	
Psalms 34:17-19	The righteous cry, and the LORD hears and delivers them out of all their troubles. The LORD is near to the broken-hearted and saves those who are crushed in spirit. Many are the afflictions of the righteous, but the LORD delivers him out of them all.	
Psalms 44:21	Would not God find this out? For He knows the secrets of the heart.	
Psalms 51:17	The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, You will not despise.	
Psalms 118:5-9	From my distress I called upon the LORD; the LORD answered me and set me in a large place. The LORD is for me; I will not fear; what can man do to me? The LORD is for me among those who help me; therefore I will look with satisfaction on those who hate me. It is better to take refuge in the LORD than to trust in man. It is better to take refuge in the LORD than to trust in princes.	
Psalms 124:2-8	“Had it not been the LORD who was on our side when men rose up against us, then they would have swallowed us alive, when their anger was kindled against us; then the waters would have engulfed us, the stream would have swept over our soul; then the raging waters would have swept over our soul.” Blessed be the LORD, who has not given us to be torn by their teeth. Our soul has escaped as a bird out of the snare of the trapper; the snare is broken and we have escaped. Our help is in the name of the LORD, who made heaven and earth.	
Psalms 139:1-10	O LORD, You have searched me and known me. You know when I sit down and when I rise up; You understand my thought from afar. You scrutinize my path and my lying down, and are intimately acquainted with all my ways. Even before there is a word on my tongue, behold, O LORD, You know it all. You have enclosed me behind and before, and laid Your hand upon me. Such knowledge is too wonderful for me; it is too high, I cannot attain to it. Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend to heaven, You are there; if I make my bed in Sheol, behold, You are there. If I take the wings of the dawn, if I dwell in the remotest part of the sea, even there Your hand will lead me, and Your right hand will lay hold of me.	

Psalm 139:11-12	If I say, "Surely the darkness will overwhelm me, and the light around me will be night," even the darkness is not dark to You, and the night is as bright as the day. Darkness and light are alike to You.	
Psalm 139:16-18	Your eyes have seen my unformed substance; and in Your book were all written the days that were ordained for me, when as yet there was not one of them. How precious also are Your thoughts to me, O God! How vast is the sum of them! If I should count them, they would outnumber the sand. When I awake, I am still with You.	
Psalm 139:23-24	Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.	
Psalm 147:3-5	He heals the brokenhearted and binds up their wounds. He counts the number of the stars; He gives names to all of them. Great is our Lord and abundant in strength; His understanding is infinite.	
Proverbs 15:3	The eyes of the LORD are in every place, watching the evil and the good.	
Isaiah 42:1	"Behold, My Servant, whom I uphold; My chosen one in whom My soul delights. I have put My Spirit upon Him; He will bring forth justice to the nations."	
Isaiah 42:6-7	"I am the LORD, I have called you in righteousness, I will also hold you by the hand and watch over you, and I will appoint you as a covenant to the people, as a light to the nations, to open blind eyes, to bring out prisoners from the dungeon and those who dwell in darkness from the prison."	
Isaiah 49:24-25	"Can the prey be taken from the mighty man, or the captives of a tyrant be rescued?" Surely, thus says the LORD, "Even the captives of the mighty man will be taken away, and the prey of the tyrant will be rescued; for I will contend with the one who contends with you, and I will save your sons."	
Isaiah 57:15	For thus says the high and exalted One Who lives forever, whose name is Holy, "I dwell on a high and holy place, and also with the contrite and lowly of spirit in order to revive the spirit of the lowly and to revive the heart of the contrite."	
Isaiah 61:1-3	The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the afflicted; He has sent me to bind up the brokenhearted, to proclaim liberty to captives and freedom to prisoners; to proclaim the favorable year of the LORD and the day of vengeance of our God; to comfort all who mourn, to grant those who mourn in Zion, giving them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a spirit of fainting. So they will be called oaks of righteousness, the planting of the LORD, that He may be glorified.	
Jeremiah 32:17	"Ah Lord GOD! Behold, You have made the heavens and the earth by Your great power and by Your outstretched arm! Nothing is too difficult for You."	
Hosea 6:1	"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.”	
Micah 7:18	Who is a God like You, who pardons iniquity and passes over the rebellious act of the remnant of His possession? He does not retain His anger forever, because He delights in unchanging love.	
Zechariah 8:6	“Thus says the LORD of hosts, ‘If it is too difficult in the sight of the remnant of this people in those days, will it also be too difficult in My sight?’” declares the LORD of hosts.	
Matthew 14:31	Immediately Jesus stretched out His hand and took hold of him, and said to him, “You of little faith, why did you doubt?”	
Mark 10:27	Looking at them, Jesus said, “With people it is impossible, but not with God; for all things are possible with God.”	
Luke 4:18-19	“The Spirit of the LORD is upon Me, because He anointed Me to preach the gospel to the poor. He has sent Me to proclaim release to the captives, and recovery of sight to the blind, to set free those who are oppressed, to proclaim the favorable year of the LORD.”	
John 3:34	“For He whom God has sent speaks the words of God; for He gives the Spirit without measure.”	
John 8:34-36	Jesus answered them, “Truly, truly, I say to you, everyone who commits sin is the slave of sin. The slave does not remain in the house forever; the son does remain forever. So if the Son makes you free, you will be free indeed.”	
Acts 10:38	“You know of Jesus of Nazareth, how God anointed Him with the Holy Spirit and with power, and how He went about doing good and healing all who were oppressed by the devil, for God was with Him.”	
Acts 26:18	“ . . . to open their eyes so that they may turn from darkness to light and from the dominion of Satan to God, that they may receive forgiveness of sins and an inheritance among those who have been sanctified by faith in Me.”	
Ephesians 3:20	Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us	
Philippians 4:13	I can do all things through Him who strengthens me.	
Hebrews 11:17-19	By faith Abraham, when he was tested, offered up Isaac, and he who had received the promises was offering up his only begotten son; it was he to whom it was said, “In Isaac your descendants shall be called.” He considered that God is able to raise people even from the dead, from which he also received him back as a type.	

(Please move on to the following page to study the next biblical theme.)

Theme D: The transforming power of the word and truth in inner healing

Reference	As it appears in the NASB	Your observations
Psalm 25:5	Lead me in Your truth and teach me, for You are the God of my salvation; for You I wait all the day.	
Psalm 51:6	Behold, You desire truth in the innermost being, and in the hidden part You will make me know wisdom.	
Psalm 107:17-20	Fools, because of their rebellious way, and because of their iniquities, were afflicted. Their soul abhorred all kinds of food, and they drew near to the gates of death. Then they cried out to the LORD in their trouble; He saved them out of their distresses. He sent His word and healed them, and delivered them from their destructions.	
Psalm 119:9,11	How can a young man keep his way pure? By keeping it according to Your word. . . . Your word I have treasured in my heart, that I may not sin against You.	
Psalm 119:130	The unfolding of Your words gives light; it gives understanding to the simple.	
Proverbs 1:23	“Turn to my reproof, behold, I will pour out my spirit on you; I will make my words known to you.”	
Jeremiah 6:16	Thus says the LORD, “Stand by the ways and see and ask for the ancient paths, where the good way is, and walk in it; and you will find rest for your souls. But they said, ‘We will not walk in it.’”	
Jeremiah 23:29	“Is not My word like fire?” declares the LORD, “and like a hammer which shatters a rock?”	
John 8:31-32	So Jesus was saying to those Jews who had believed Him, “If you continue in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free.”	
John 8:36	“So if the Son makes you free, you will be free indeed.”	
John 8:40	“But as it is, you are seeking to kill Me, a man who has told you the truth, which I heard from God; this Abraham did not do.”	
John 17:17	“Sanctify them in the truth; Your word is truth.”	
Galatians 5:1, 13	It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery. . . . For you were called to freedom, brethren; only do not turn your freedom into an opportunity for the flesh, but through love serve one another.	
Ephesians 5:26	So that He might sanctify her, having cleansed her by the washing of water with the word.	
1 Thessalonians 2:13	For this reason we also constantly thank God that when you received the word of God which you heard from us, you accepted it not as the word of men, but for what it really is, the word of God, which also performs its work in you who believe.	
2 Thessalonians 2:13	But we should always give thanks to God for you, brethren beloved by the Lord, because God has chosen you from the beginning for salvation through sanctification by the Spirit and faith in the truth.	
Hebrews 4:12-13	For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to	

	judge the thoughts and intentions of the heart. And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.	
James 1:18	In the exercise of His will He brought us forth by the word of truth, so that we would be a kind of first fruits among His creatures.	
James 1:21	Therefore, putting aside all filthiness and all that remains of wickedness, in humility receive the word implanted, which is able to save your souls.	
1 Peter 1:22-23	Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart, for you have been born again not of seed which is perishable but imperishable, that is, through the living and enduring word of God.	

(Please move on to the following page to study the next biblical theme.)

Theme E: Spiritual warfare as it relates to inner healing and freedom

Reference	As it appears in the NASB	Your observations
Genesis 3:1	Now the serpent was more crafty than any beast of the field which the LORD God had made. And he said to the woman, "Indeed, has God said, 'You shall not eat from any tree of the garden'?"	
1 Chronicles 21:1	Then Satan stood up against Israel and moved David to number Israel.	
Isaiah 49:24-25	"Can the prey be taken from the mighty man, or the captives of a tyrant be rescued?" Surely, thus says the LORD, "Even the captives of the mighty man will be taken away, and the prey of the tyrant will be rescued; for I will contend with the one who contends with you, and I will save your sons."	
2 Corinthians 2:10-11	But one whom you forgive anything, I forgive also; for indeed what I have forgiven, if I have forgiven anything, I did it for your sakes in the presence of Christ, so that no advantage would be taken of us by Satan, for we are not ignorant of his schemes.	
2 Corinthians 10:3-6	For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ, and we are ready to punish all disobedience, whenever your obedience is complete.	
2 Corinthians 11:13-15	For such men are false apostles, deceitful workers, disguising themselves as apostles of Christ. No wonder, for even Satan disguises himself as an angel of light. Therefore it is not surprising if his servants also disguise themselves as servants of righteousness, whose end will be according to their deeds.	
Ephesians 6:10-18	Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God. With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints.	
2 Timothy	The Lord's bond-servant must not be quarrelsome, but	

2:24-26	be kind to all, able to teach, patient when wronged, with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth, and they may come to their senses and escape from the snare of the devil, having been held captive by him to do his will.	
Hebrews 2:14-15	Therefore, since the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the power of death, that is, the devil, and might free those who through fear of death were subject to slavery all their lives.	
James 4:1-7	What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures. You adulteresses, do you not know that friendship with the world is hostility toward God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God. Or do you think that the Scripture speaks to no purpose: "He jealously desires the Spirit which He has made to dwell in us"? But He gives a greater grace. Therefore it says, "God is opposed to the proud, but gives grace to the humble." Submit therefore to God. Resist the devil and he will flee from you.	
1 Peter 5:8-9	Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world.	

(Please move on to the following page to study the next biblical theme.)

Theme F: Bondages, lies, and brokenness have a root or beginning point in our lives that can be identified and broken

Reference	As it appears in the NASB	Your observations
Genesis 3:3-5	“But from the fruit of the tree which is in the middle of the garden, God has said, ‘You shall not eat from it or touch it, or you will die.’” The serpent said to the woman, “You surely will not die! For God knows that in the day you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”	
Deuteronomy 29:18	So that there will not be among you a man or woman, or family or tribe, whose heart turns away today from the LORD our God, to go and serve the gods of those nations; that there will not be among you a root bearing poisonous fruit and wormwood.	
Joshua 22:16-18	“Thus says the whole congregation of the LORD, ‘What is this unfaithful act which you have committed against the God of Israel, turning away from following the LORD this day, by building yourselves an altar, to rebel against the LORD this day? Is not the iniquity of Peor enough for us, from which we have not cleansed ourselves to this day, although a plague came on the congregation of the LORD, that you must turn away this day from following the LORD? If you rebel against the LORD today, He will be angry with the whole congregation of Israel tomorrow.’”	
1 Chronicles 28:9	“As for you, my son Solomon, know the God of your father, and serve Him with a whole heart and a willing mind; for the LORD searches all hearts, and understands every intent of the thoughts. If you seek Him, He will let you find Him; but if you forsake Him, He will reject you forever.”	
Psalms 26:2	Examine me, O LORD, and try me; test my mind and my heart.	
Psalms 107:10-16	There were those who dwelt in darkness and in the shadow of death, prisoners in misery and chains, because they had rebelled against the words of God and spurned the counsel of the Most High. Therefore He humbled their heart with labor; they stumbled and there was none to help. Then they cried out to the LORD in their trouble; He saved them out of their distresses. He brought them out of darkness and the shadow of death and broke their bands apart. Let them give thanks to the LORD for His lovingkindness, and for His wonders to the sons of men! For He has shattered gates of bronze and cut bars of iron asunder.	
Psalms 139:1	O LORD, You have searched me and known me.	
Psalms 146:7	Who executes justice for the oppressed; who gives food to the hungry. The LORD sets the prisoners free.	
Proverbs 4:23	Watch over your heart with all diligence, for from it flow the springs of life.	
Proverbs 17:3	The refining pot is for silver and the furnace for gold, but the LORD tests hearts.	
Proverbs 21:22	A wise man scales the city of the mighty and brings down the stronghold in which they trust.	

Proverbs 30:8	Keep deception and lies far from me, give me neither poverty nor riches; feed me with the food that is my portion.	
Isaiah 42:7	... to open blind eyes, to bring out prisoners from the dungeon and those who dwell in darkness from the prison.	
Isaiah 42:16	"I will lead the blind by a way they do not know, in paths they do not know I will guide them. I will make darkness into light before them and rugged places into plains. These are the things I will do, and I will not leave them undone."	
Isaiah 49:8-9	Thus says the LORD, "In a favorable time I have answered You, and in a day of salvation I have helped You; and I will keep You and give You for a covenant of the people, to restore the land, to make them inherit the desolate heritages; saying to those who are bound, 'Go forth,' to those who are in darkness, 'Show yourselves.' Along the roads they will feed, and their pasture will be on all bare heights."	
Jeremiah 2:13	"For My people have committed two evils: they have forsaken Me, the fountain of living waters, to hew for themselves cisterns, broken cisterns that can hold no water."	
Jeremiah 9:3	"They bend their tongue like their bow; lies and not truth prevail in the land; for they proceed from evil to evil, and they do not know Me," declares the LORD.	
Jeremiah 12:1-2	Righteous are You, O LORD, that I would plead my case with You; indeed I would discuss matters of justice with You: Why has the way of the wicked prospered? Why are all those who deal in treachery at ease? You have planted them, they have also taken root; they grow, they have even produced fruit. You are near to their lips but far from their mind.	
Hosea 10:13	You have plowed wickedness, you have reaped injustice, you have eaten the fruit of lies. Because you have trusted in your way, in your numerous warriors . . .	
Amos 2:4	Thus says the LORD, "For three transgressions of Judah and for four I will not revoke its punishment, because they rejected the law of the LORD and have not kept His statutes; their lies also have led them astray, those after which their fathers walked."	
Nahum 3:1	Woe to the bloody city, completely full of lies and pillage; her prey never departs.	
Zechariah 9:11-12	As for you also, because of the blood of My covenant with you, I have set your prisoners free from the waterless pit. Return to the stronghold, O prisoners who have the hope; this very day I am declaring that I will restore double to you.	
John 8:43-45	"Why do you not understand what I am saying? It is because you cannot hear My word. You are of your father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own nature,	

	for he is a liar and the father of lies. But because I speak the truth, you do not believe Me.”	
Philippians 1:15-17	Some, to be sure, are preaching Christ even from envy and strife, but some also from good will; the latter do it out of love, knowing that I am appointed for the defense of the gospel; the former proclaim Christ out of selfish ambition rather than from pure motives, thinking to cause me distress in my imprisonment.	
1 Timothy 6:10	For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith and pierced themselves with many griefs.	
Hebrews 12:15	See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.	

About the Author

Rusty Rustenbach is the Director of Pastoral Care for the People Resources Team (PRT) of The Navigators in Colorado Springs, Colorado. He came to Christ in the U.S. military in 1970. He has served on the staff of the Navigators since 1978, working with college students on two U.S. college campuses, as a missionary in four cities in Spain, and since 1996 with the PRT.

During his years in Spain, Rusty completed his master's degree in biblical counseling from Trinity Theological Seminary in Newburgh, Indiana, in 1993. He also pioneered a family counseling center known as CIDEFA for over five years in two Spanish cities.

Since 1998, Rusty has traveled across the U.S. and around the world facilitating and teaching seminars on a number of areas he likes to call *Discipleship from the Inside Out*. His primary ministry is listening and inner-healing prayer. He also works with and trains others in leading groups focused on promoting sexual purity. This ministry is known as *Sexual Purity into the Light*. Rusty also enjoys teaching *Relational Healing* and conflict mediation.

One of the activities Rusty most enjoys is ministering and reproducing inside-out discipleship among Latin people in Spanish, especially while visiting Spanish-speaking countries. ¡Viva la diferencia!

Rusty and his wife, Janet, live in Colorado Springs. They have five adult children.