




# Welcome to: Healthy on the Inside


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**Year ONE**


**SCHOOL**  
— OF —  
**HEALING**





**ACORN**

Digital Face to Face Multi-site



## December: The Life and Ministry of Smith Wigglesworth (8 June 1859 – 12 March 1947)



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**Year TWO**

**SCHOOL**  
— OF —  
**HEALING**



## December: Leading Services of Healing Prayer (online and in person)





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**Year ONE**

**SCHOOL**  
— OF —  
**HEALING**



**COFFEE PODS**  
A PODCAST SERIES EXPLORING BIG QUESTIONS ON CHRISTIAN HEALING  
FIND AT WWW.ACORNCHRISTIAN.ORG

- #1 'Heavenly Father'
- #2 'How Long, Oh Lord?'
- #3 'God of Healing'
- #4 'Healing Breath'
- #5 'Send Your Healing Power'






# LIVE @11

Tuesdays on Acorn's YouTube Channel

## The Tuesday Service







# Live @ 11

THE KINGDOM:

## POWER NOT WORDS

[www.acornchristian.org](http://www.acornchristian.org)



- #1: Jesus & my Skin
- #2: Jesus & my CNS
- #3: Jesus & my Eyes
- #4: Jesus & my Ears
- #5: Jesus & my Bones
- #6: Jesus & my Blood
- #7: Jesus & Pregnancy
- #8: Jesus & my Mind
- #9: Jesus & my Spirit



# Healthy on the Inside Day One



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## Navigation:

Today you are invited to simply 'be'...

You do not have to take part in anything

You do not have to say anything

If you need to take time away from the screen that is fine...sit where you like!

Each section will be around 30 mins... followed by a 10 minute break

There will be a 1 min timer to start every new section

## Healthy on the Inside

### Programme: Day One

10:00: Part 1 - What is on the Inside?

10:40: Break

10:50: Part 2 - Two Key 'Life' Questions

11:20: Break

11:30: Part 3 - Healing our Image of God

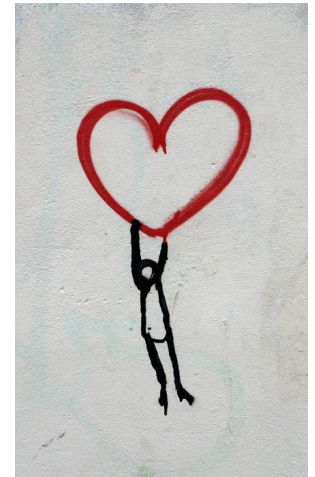
12:00: Break

12:10: Part 4 - Prayer Appointments / worship

12:25: Part 5 - Three Basic Responses

12:55: Close

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## Healthy on the Inside

### Programme: Day Two

10:00: Part 6 - Healing of the Memories

10:40: Break

10:50: Part 7 - Strongholds

11:20: Break

11:30: Part 8 - Healing our image of Ourselves

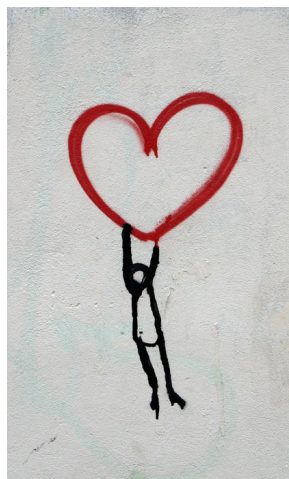
12:00: Break

12:10: Part 9 - Prayer Appointments / worship

12:25: Part 10 - Holy Communion

12:55: Close

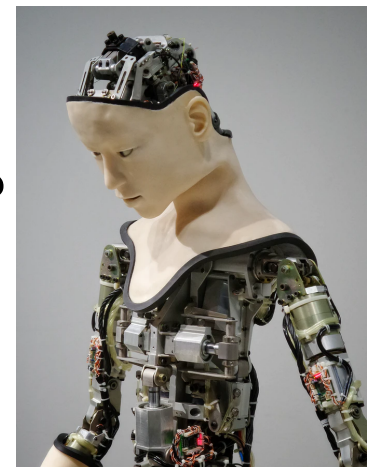
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## Healthy on the Inside

### Part One: What is on the Inside?

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Who are we...?



Write down five words that describe who you are in this current season of your life...

*(This is just for you)*



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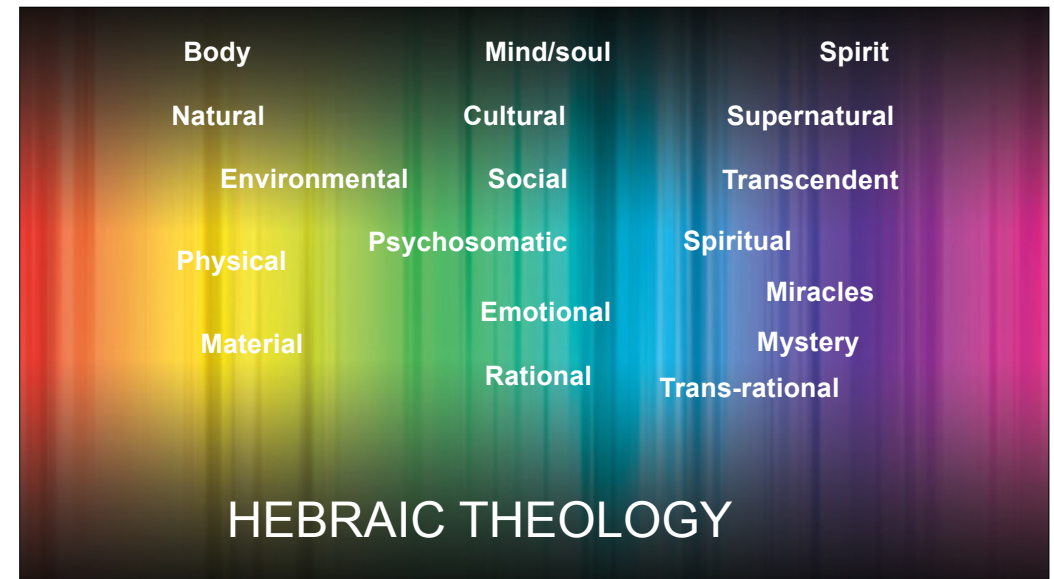
## Psalm 8:4

**4** '...what is mere man that you remember him and the son of man that you visit him?'...

## 1 Thessalonians 5:23 & 24

**23** 'May God himself, the God of peace, sanctify you through and through. May your *whole spirit, soul* and *body* be kept blameless at the coming of our Lord Jesus Christ. **24** The one who calls you is faithful, and he will do it.'

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~ PIERRE TEILHARD DE CHARDIN

“We are not human beings having a spiritual experience; we are spiritual beings having a human experience...”

## Healthy on the Inside

### Part Two: Two key ‘life’ questions



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## Acts 22: 6 -11

**6** “About noon as I came near Damascus, suddenly a bright light from heaven flashed around me. **7** I fell to the ground and heard a voice say to me, ‘Saul! Saul! Why do you persecute me?’ **8** **“Who are you, Lord?”** I asked. “‘I am Jesus of Nazareth, whom you are persecuting,’ he replied. **9** My companions saw the light, but they did not understand the voice of him who was speaking to me. **10** **“What shall I do, Lord?”** I asked. “‘Get up,’ the Lord said, ‘and go into Damascus. There you will be told all that you have been assigned to do.’ **11** My companions led me by the hand into Damascus, because the brilliance of the light had blinded me.

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## What defines us...?

- Experience
- Culture
- Upbringing
- Possessions
- Values
- Opinions of others
- Achievements
- Aspirations
- Afflictions
- Self opinion
- Performance



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## Acts 22: 6-11

**8** “Who are you, Lord?”

“ ‘I am Jesus of Nazareth’

**10** “What shall I do, Lord?”

“ ‘Get up, and go into Damascus. There you will be told all that you have been assigned to do.’



## Exodus 3

**11** But Moses said to God, “Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?”

**12** And God said, “I will be with you. And this will be the sign to you that it is I who have sent you: When you have brought the people out of Egypt, you will worship God on this mountain.”

**13** Moses said to God, “Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ Then what shall I tell them?”

## Healthy on the Inside

### Part Three: Healing our image of God...



## Luke 3: 21-23

**21** When all the people were being baptized, Jesus was baptized too. And as he was praying, heaven was opened

**22** and the Holy Spirit descended on him in bodily form like a dove. And a voice came from heaven: “You are my Son, whom I love; with you I am well pleased.”

**23** Now Jesus himself was about thirty years old when he began his ministry. He was the son, so it was thought, of Joseph



## John 13: 2-4

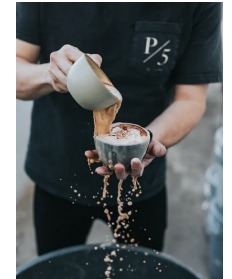
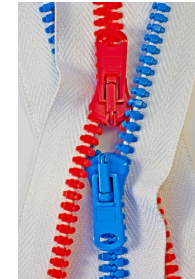
**2** The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. **3** Jesus knew that the Father had put **all things under his power**, and that he had **come from God** and was **returning to God**; **4** so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist.



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## And so...?

- Influence without responsibility
- Intimacy without commitment
- Involvement without consequence



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## Healthy on the Inside

### Part Four: Prayer and Ministry: 15 minutes of grace



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Worship -  
finding  
times of  
refreshing  
from the  
Lord...



## Healthy on the Inside

### Part Five: Three Basic Responses



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## INNER HEALING

Simplistic but often true

### 3 Responses:

- Repent
- Believe
- Forgive



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# Thank you for being here today...

## Healthy on the Inside

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