

Relational Ministry Healing Prayer Overview

What is healing prayer?

A focused approach to building a lifelong relationship with God, Jesus, and the Holy Spirit through mind renewal. It often involves bringing our hurts and pains to God so that He can replace our lie-based beliefs with His experiential truth.

Basic Tenants:

1. A lie is any belief that goes against the word of God ([2 COR 10:5](#))
 - a. I am alone
 - b. I am worthless
 - c. I have no control (or I, or the situation are out of control)
 - d. I am not wanted
 - e. I am not good enough
2. Lies are often "sub-conscious" in nature. They are accessed through this process by tapping into our emotional memories to uncover what we really believe.
3. A person can hold two (2) opposing beliefs at the same time. The Bible defines this as being "double minded." ([JAMES 1:8](#))
 - a. I know that people like me, but I feel totally alone sometimes.
 - b. I know that God will supply all my needs, but when I lost my job, I was panicked and fearful about paying my bills.
 - c. I know that God loves me, but if I don't perform well or do the right thing, I feel like he's going to punish me to teach me a lesson.
4. When we believe a lie in our lives, the result is very much as if it were true.
 - a. I think I'm stupid. I've noticed throughout my life that I do really stupid things and make stupid mistakes, so it must be true.
 - b. Nobody loves me, so I live my life by myself without close friendships and connections.
 - c. I'm not sure that I've ever really been in God's will, and He seems to just keep punishing me for not following His plan.
 - i. Of course, I don't really know what that plan is, so I'm also responsible for figuring it out myself, but since I'm stupid and have no friends, I can't do it.
5. Belief and Choice – A person will make choices out of their beliefs, whether they are conscious or subconscious. Lie based beliefs will cause destruction. ([JAMES 1:15](#))
6. Peace is not the absence of pain (that's called suppression), but rather, a positive emotion related to joy. To feel peace is to feel good (not to feel nothing). ([COL 3:15](#), [PHIL 4:6-9](#))
7. He that the Son sets free is free, indeed. ([JOHN 8:36](#))
8. For as he thinks in his heart, so is he. ([PROV 23:7](#))
9. What we perceive as behavioral problems (addictions, compulsions, etc) are often solutions to deeper problems. As we get healing in those wounds, many of our bad "behaviors" change and have less of a "hold" on us.
10. Man does not live on bread alone... ([MATTHEW 4:4](#))

How does healing prayer work?

1. To grossly oversimplify the process, we talk to Jesus. The "facilitator" does not give advice, diagnose, or have opinions. They are there to help the "recipient" explore their own beliefs in a safe environment and, when a lie is discovered, invite Jesus to speak the truth.
2. The recipient is asked to feel negative emotions and situations in the present (anything that has been triggering them). As they feel these emotions, memories will surface from times they have felt these same emotions in their lives.
 - a. Negative emotions are often accompanied by anger. Anger creates a wall or barrier to the healing process and a person's ability to connect with God. So, when anger is present, we first need to work through why it is there and allow God to speak into just the anger belief(s) so that we can move forward into the more vulnerable emotions that lie underneath.
3. As they move back through their lives (using the emotion as a common thread), they build a context for their beliefs. Their experiences paint a picture of their understanding of themselves, others around them, and of God (or Jesus or the Holy Spirit).
4. When they have built a strong context for their beliefs (often by arriving at the memory where they first experienced pain as a result of themselves, others, or God), we ask Jesus to show them his perspective – we ask him for the truth.
5. He may speak, show a picture, release an understanding, or renew their mind in many different ways. As this happens, their pain is replaced with whatever understanding he has for them in that memory or belief. He sets them free.
 - a. It is very important to interject here that people "hear" Jesus in different ways. Again, to oversimplify, most people perceive his truth in one of 3 general ways:
 - i. A voice that speaks in their heart
 - ii. Pictures or visual representations that bring understanding
 - iii. A sudden feeling or knowledge that changes their beliefs
6. Lastly, if there is sadness, we ask him to hold it on their behalf. If they will give him their sadness, he will gladly carry it for them so that they can experience the goodness of life that he paid such a high price to bring them.

Moving Forward even further:

1. As we build on this system of uncovering our beliefs and bringing them to Jesus, we are fulfilling [2 CORR 10:5](#), to bring every thought captive to the glory of Christ.
2. The next logical outcome of this relationship building with Jesus is fulfilling [1 THESS 5:16-18](#), to pray without ceasing and to have JOY in all circumstances.
 - a. Take a second and inventory – do you really have JOY in ALL circumstances in your life?
 - b. Do you really take EVERY thought captive, and then show them to Jesus and wait on His ANSWER to them?
 - c. Do you really talk to him 24/7 and hear His answers in everything? ([1 THESS 5:16-18](#))
3. You cannot be connected and in the presence of Jesus without being healed and changed. He is the Prince of Peace, and his presence brings peace into all things (even your tormented soul). ([JOHN 8:36](#))
4. We use our emotions to identify the lies that we are believing about ourselves or God, and then offer them to Him. In return, He shows us the truth about our beliefs, renews our minds, and sets us free. In a simple form, we present Him with our beliefs and he gives us His perspective. ([GOD'S CONVERSATION WITH ADAM IN THE GARDEN](#))
5. Talking with God is not like talking with a person. When we speak to each other, we speak cognitive knowledge (data). He speaks emotion (experience). As such, he speaks directly into our hearts and renews our minds, where the same conversation with me will only leave you confused. ([EPH 3:18 – THE SCOPE OF GOD'S LOVE](#))
6. His rhema word brings revelation of the Word, himself and his purposes. This process also allows us to understand him in much greater ways.
 - a. When Jesus sent out the 72 disciples, he told them, "I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you." ([JOHN 15:15 NIV](#))
 - b. Are you his servant or his friend? Friends talk, servants do.

Q&A:

Q: Is this biblical?

A: Absolutely! We have many examples of this type of "relational" healing in the Bible. The first example is after Adam and Eve have eaten the fruit and are hiding, naked, in the bushes. The conversation that God has with them heals and restores them (by giving them His truth and perspective).

Q: Doesn't Paul tell us to put our pasts behind us? Why are we digging this back up?

A: This belief, which comes from Phillipians 3, has been mis-understood and mis-represented for a long time. If you read this in context, Paul is not telling us to leave our past unresolved, but is talking about how he has put his past life as a Pharisee of Pharisees behind him to press forward to a life in Christ Jesus. Never does he tell us to leave our past wounding unresolved.

Q: Is it right to make people feel their pain and thus re-traumatize them?

A: People that seek this ministry make a willful choice to allow themselves to feel the pain that they have experienced so that they can be set free. They are not re-traumatized by this process – the trauma is already present and will continue to be triggered in life until it is resolved and healed.

Q: Can't I just meditate on the Word of God? Isn't that enough?

A: Sure. Your choice. But, don't you want to have a deep, intimate, and relational life with the single definition of true love in existence? Just sayin'...

Q: This sounds like it stems from modern psychology. How do we know this works?

A: Interestingly, there are many ideas present in modern psychology that are perfectly correct. We have made great advances in understanding how the human mind functions. Unfortunately, very little seems to be turned back over to the creator who made us. Without his healing touch, we are unable to "solve" our own problems. Without LOVE, we are but clanging gongs...

Q: Is there a way to "test" the healing? I'm a scientific guy and need to KNOW that this really works. What studies have been done?

A: Absolutely! I'm so glad you asked! We test the results of our connection with Jesus by re-entering the memories or emotions and re-examining our beliefs. If our beliefs are the same, then we did not encounter Jesus in a meaningful way (we may have been talking to ourselves believing it was him, for example). If our beliefs have changed, then we have. Having peace, joy, love, and compassion where we had felt negative emotions are great indicators that Jesus has renewed our minds.

Q: I've seen different kinds of healing prayer. How do we know what works and what doesn't? Surely, they can't all be right.

A: There are a number of different approaches and different people will respond differently to them. If you are not finding success with what you are trying, you might try a different facilitator or even a different system. Both may play a large role in your healing journey. In either case, take the time to sit with Jesus and talk about your road. Allow him to show you a direction and follow him. He has the answer!

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"Connecting people with the heart of God."

Q: Where can I go to get more information?

A: On our website, www.healMYheart.info, there is a resources page that lists a number of organizations and churches that have healing prayer facilitators. Also, starting with the counseling center of your local church might yield great results.