



Surely He has borne our **griefs** And carried our **sorrows**; Yet we esteemed Him stricken, Smitten by God, and afflicted. Isaiah 53:4 NKJV

But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes **we are healed**. Isaiah 53:5 NKJV

Many times when a person has been abused, rejected, wounded, or hurt in some way, there is an emotional wound that needs to be healed. Demons will use these wounds and weaknesses against the person, as leverage to hold them in bondage. Inner healing is allowing Jesus to have access to those wounds so he can heal them.

What are wounds? And what do they look like?

When a person experiences trauma that they are unequipped to cope with, then the person dissociates from the event. This simply means that part of the soul leaves the body while the trauma is occurring.

The soul is composed of the mind, will, and emotions of a person. These areas can be wounded or even fractured through trauma, abuse, emotion distraught, heart breaks, sin patterns, addictions, accidents, loss of a loved one, or hard life experiences.

*"The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to **heal the brokenhearted**, Isaiah 61:1a NKJV*

The word "broken" in this bible verse actually means "shattered into separate pieces".

I. Defining of trauma

- Trauma is a wound or fracture of the inner person. It results from exposure to an incident or series of events that are emotionally disturbing or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, and/or spiritual well-being.
- Trauma is a side effect of events that happen to us which are beyond our control. It can be in a form of physical, verbal, emotional, sexual or spiritual abuse. Also it can be anything from a road accident, falling down stairs, or sudden bad news. These are all major event traumas. One single event that changed a lot. It can also be many minor event traumas (death by a million cuts) that can cause similar experiences and results as one major event. Traumatic events have both long and short-term consequences.



- How people are affected by traumatic events depends on several factors such as: the severity of the incident or incidents, the local circumstances, who was involved and our attitude towards them, our own temperament, our physical fitness, emotional well-being, upbringing, age, experiences and spirituality
 - The psychological world says there are three main types of trauma: Acute, Chronic, or Complex
1. **Acute trauma** results from a single incident.
 2. **Chronic trauma** is repeated and prolonged, such as domestic violence or abuse.
 3. **Complex trauma** is exposure to varied and multiple traumatic events, often of an invasive, interpersonal nature.
- Some incidents that do not cause any trauma for one person may be extremely traumatic for another.

2. An example would be two boys falling into shallow water. The six-foot-tall teenager may sit up in the water, laughing at his predicament, but the five-year-old boy may be beneath the water, face down, fighting for his life. Years later, the teenager won't even remember the incident, while the five-year-old as an adult may have developed a chronic fear of water, never learned to swim, suffered regular panic attacks, and had breathing problems his whole life.

F. We are created with a spirit, soul, and body. As much as a doctor treats the physical body when an accident occurs, the consequences may never be healed to the soul.

II. The consequences of trauma

- The effects of soul wounds cause by trauma are depression, emotional overreaction, emotional shutdown, triggered emotions, switching of personality or moods, divided within self, loss of time and memory, hearing multiple voices, Self-Harm (cutting), and suicidal thoughts or attempts.
 - Suppression of Immune system and your body natural self-healing properties.
1. The body is a natural self-healer, but our body can be prevented from healing due to the consequences of trauma locked on the inside.
 2. Sometime when we suffer physical injury, we are also injured on the inside.
 3. An example of "Lynda", a person who had been out hiking, fell off the trail 30 feet into a ravine, broke her spine in 4 places and took 10,5 hours before being airlifted to a hospital. She never fully recovered from the injury and lived her whole life on disability. She went for prayers for physical healing from the symptoms of the trauma she experienced so many times but was disappointed many times. She never understood that the body (the outer person) is often a reflector of what is happening on the inside (the inner person) and that it is



sometimes impossible for the body to be fully healed until the person on the inside has also been healed.

4. Until Lynda understood that not only her body was shattered by the fall, her inner person had been shattered by the trauma of the fall and needed inner healing and deliverance from fear, and infirmity.

III. Many soul wounds are a result of basic emotional needs not being met.

- Basic Emotional Needs
 1. Physiological Needs: air, water, food, shelter, clothing, sleep
 2. Safety Needs: Physical and emotional safety and protection
 3. Love/Belonging: friendship, intimacy, family, sense of connection
 4. Esteem: respect, self-esteem, recognition, strength, freedom

- Typically, there are 2 outcomes of soul wounds.

1. Dissociation: Dissociative identity disorder, multiple personality disorder, PTSD,

Bi-polar, manic depressive and most other disorders.

a. Dissociation is when a person goes through a trauma or an experience that is too much for the person to bear or cope with. In turn, the person consciously leaves the situation and their souls split, which leaves part of them present to absorb the pain and hold the emotions, while the core person leaves. When the trauma is over the core personality comes back into the driver seat and the alternate part slips into the back seat. (suppressed emotions & pain)

2. Suppressed emotional wounds and pain.

- Another outcome from trauma is that a person may not dissociate but may still be harboring emotions and pain from the experience. Through these hurtful experiences the devil uses it as a platform to whisper lies into our heart. In result a person comes into agreement with the devil's lies.
- For **example**, A husband gets cheated on by his wife, she leaves him for another man. This causes great despair and pain. The devil may whisper things to that man such as, "You will never find another wife, you will always be alone, you're worthless." During a moment of weakness, a person may become susceptible to believing those things.
- What a person believes about themselves will determine what they become.

IV. Healing process

A. Dissociation

1. These wounded parts of an individual's soul have a voice, personality, and a function. Often these

parts will be at the same maturity level as the age when the person experienced the trauma. Many times, that part of them may not understand what happened to them and why. In effect, it is



possible that the wounded part may be harboring unforgiveness towards God, themselves, or anyone involved in trauma. Before the healing can be completed, that part of the person must come out of agreement with any lies, sin, and unforgiveness. We simply invite Jesus to come to that part of them and bring truth, healing, and remove the hurtful emotions. Through this process the healing is permanent. This can be tested by the person revisiting the memory. When they do, all the emotions and pain will no longer be attached to the memory, Often people cannot even picture the memory or access it after the healing.

2. Not one person can heal the soul of man but He who created it. Many have tried every option known to man, but God is the only one who can do surgery on the soul. Jesus came to bind up the broken-hearted and his love gets the job done every time. (Psalms 147:3, Isaiah 61:1)

B. What is needed for wounds to be healed?

1. Jesus heals our heart through truth, rhema word of the Lord, forgiveness, repentance, and "binding the heart"-- closing the wound with healing.

Healing the Wound: Presenting Jesus

Steps:

1. Pray over the room and yourself--speak to yourself that you are safe and command coping mechanism to go down; you want Jesus to heal you.
2. Ask Holy Spirit to bring up a memory of the traumatic event or a wound
4. Minister to wound
 - a. Allow all the feelings to surface
 - b. Identify the emotions (fear, betrayal, anger, etc.)/ the unmet basic emotional need c. Invite Jesus into the memory
3. Close and heal the wound
 - a. Ask Jesus to show you the lie you have been believing
 - b. Confess the sin of partnering with the lie/repent/renounce the lie(s)
 - c. Ask Jesus to show you the truth; exchange the lie for truth from Jesus d. Ask Jesus for truth about the person who hurt you
 - e. Forgive (Others/Self/God)
6. Leave that memory with Jesus to a safe place