



*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. 3*  
John 1:2 NKJV

Condition of our soul often dictates the condition of our body.

*Keep your heart with all diligence, For out of it spring the issues of life Proverbs 4:23 NKJV*  
*He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”*  
John 7:38 NKJV

Jesus came to reclaim and restore your entire being! Spirit, Soul and Body.

*“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*

**Mind corrupted** - needs to be **renewed**

**Will conquered** - needs to be **reclaimed**

**Emotion crushed** - needs to be **restored**

Trauma is a side effect emotionally damaging events that happen to us which are beyond our control.

A soul wound occurs when a person faces emotional trauma that they unable to cope with.

Memory = set of images(thoughts + emotions).

The deeper the emotions the stronger the memory.

### **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

### **The Consequences of Trauma**

1. Dissociation - dissociative identity disorder, multiple personality disorder, PTSD, Bi-polar, manic depressive and most other disorders.
2. Emotional instability - 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.
  - A. Health suppression - imbalances, a suppressed immune system, disrupted gut function, and diminished natural self-healing abilities.

Demons use soul wounds to gain access to the soul.

### **Demons access soul wound in two ways:**

- Believing a lie - I am a loser, not good enough, I am unlovable, I am poor, I am nobody.
- Harboring sinful emotions - bitterness, unforgiveness, anger, fear

**Inner Healing** is giving Jesus access to the wounds of your soul to be healed.



## Healing process

Steps:

1. Ask Holy Spirit to bring up a memory of the traumatic event or a wound
2. 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 believe the lie
  - C. Confess of any willful sin that Jesus might show you
  - D. Forgive others and yourself
- I. Release God
- II. Surrender your pain
- III. Receive God's love