



BETHEL CHRISTIAN UNIVERSITY

COURSE: INNER HEALING

COURSE SYLLABUS

This class is designed to familiarize the student with the principles of inner healing. While inner healing can be done within a group it can also and primarily an individual function. Many of the same principles apply. For most educators and counselors, the principles taught in this module are sufficient for their applications.

This class will provide the foundational knowledge and practical tools for examination of those who have incurred injuries (mentally, emotionally and spiritually). There will be practical applications of the principles of biblical inner healing.

You will need a notebook: for note taking and journaling your experiences. Keeping a journal is important, it provides you the ability to track your experiences. As you examine your notes later you will remember things that are important that you did not remember during your initial opening or practical. This notebook will serve as your chronical of scriptures that Holy Spirit will give you or you may gather otherwise for use in specific areas of healing.

While there are always related issues to the identified injury it is important that you try to limit your approach too one issue at a time. Dealing with more than one issue does not aide the process, even though it may seem imperative at the time. Note taking is effective at this time, so you can revisit and prepare for another time of ministry. Trusting Holy Spirit is essential, you must believe that he does all things thoroughly and completely. He is orderly in his operation. Staying on task is very important once ministry begins.

INNER HEALING

Why inner healing? 1. Because of the brokenness/hurts we experienced. 2. Because of the spiritual and emotional afflictions that we live with, both in us and around us.

1. Make a list of 5 events in your life that has been damaging
2. Unhealthy is the state of not being healthy or whole. Unhealthy is?
 - A. Being wounded/hurt
 - B. Refusing to acknowledge the problem or to deal with the problem. Have class to make a list of things that prohibit them from dealing with issues.
3. Make a list of five life changing events

4. Understanding wounded spirits: Proverbs 18:14 The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

--When Esau's birthright was taken from him he was wounded emotionally, spiritually and mentally. Gen.27:30-42 Examine what happened to Esau, how it initially affected him, what was his response, why was it damaging, whose fault was it, what was really the issue, what did he say afterwards

Prov.18:14 The spirit of a man will sustain his infirmity; but a wounded spirit who can bear ?

1Cor.8;12 But when ye sin so against the brethren, and wound their weak conscience, ye sin against Christ.

Gen.21:9-21 Look at how Hagar is wounded and about to give up. God hears their cry and comforts them.

Ps.109:22,23 For I am poor and needy, and my heart is wounded within me. I am gone like the shadow when it declineth; I am tossed up and down as the locust.

5. Principles: Determining if and when healing is necessary.

A. Who did what?

B. When did it happen?

C. Why did it happen?

D. For what? Why did it happen like this, what else could have been done to accomplish the same thing?

E. The blame lies where? Whose fault was it? Did God do this (Duet.32:39)? ME, I did it to myself, lord help me forgive myself.

6. What is the difference between forgiving and forgetting

7. Duet.32;39 See now that I, even I, am he, and there is no god with me: I kill, and I make alive: I wound; and I heal: neither is there any that can deliver out of my hand

8. Appropriating healing:

Is.53:5 Atonement is under the blood. Christ sacrifice is total/ encompassing all.

Prov.4:20-27 The mature Christian knows that what he does is very important, not only to himself but to others. You hear what you say louder than anyone else. Most people only hear part of what you say, you hear it all. If we hear the word of God more than anything else we will become built up in it. Jos.1;7-9 Matt.12:34 We should practice seeing what we say, so we can see what we say. The word of God mixed with faith in our mouths will bring life to us, it is our choice. The battlefield of the mind goal is to win the heart. Therefore, we must guard our heart and set a watch over our mouths.

Exercise—think about the last trial or unpleasant circumstance you encountered, write down your words, thoughts and feeling's. Now think about your last victory and or pleasant circumstance, write down your words, thoughts and feeling's.

Now write down your feeling's, thoughts and words the last time someone made you angry or upset. Write down your feelings, thoughts and words the last time someone made you feel good or happy.

Is the way you viewed them different? Is the way you viewed yourself any different?

Does your reaction change when you caused the problem, what do you say then?

Prov.4:25 admonishes us to look straight on, stay focused, don't be distracted. We should walk sometimes as if our eyes are closed, not paying any undo attention to the thing not our objective. We cannot let victories or setbacks deter us.

He healed all their diseases Luke 6:17-19, Matt.4:23,24, 9:35

The Word of God is a discerner between the thoughts and intents of the heart Heb.4:12

Ps.109:21, But do thou for me, O God the Lord, for thy name's sake: because thy mercy is good, deliver thou me.

Encapsulated Steps To Inner Healing

1. Determined if a person is wounded
2. Principles of exploration
3. Prayer and application of the Word of God