

Step-by Step: Conducting a One-on-One Inner Healing Event  
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From a variety of sources, and especially C. Kraft

Prelude prior to the act of ministry:

- Is the client justified (the action of declaring or making righteous in the sight of Elohim)? Make certain that she is - do not take her word for it. Justification may be lost through a sinful lifestyle.
- Is the client 100% on board with the act of ministry? The client needs to know that she will be dealing with very personal material, and must be willing to be totally truthful.
- For the best result will be total healing of the mind, emotions, memories and dreams; and the setting free from resentment, rejection, self-pity, depression, guilt, fear, sorrow, hatred, inferiority, shame, unforgiveness, condemnation, worthlessness, soul ties, sin, low self-esteem and worry by the power of the Spirit of Jesus. (Each may be dealt with separately if time.)
- Are you, the minister, willing and able to keep what the counselee tells you in the strictest confidence, and afterward maintain your healthy relationship with the counselee after the act of ministry? Reason might tell us that this ministry is best accomplished between people who do not know one another, and are likely not to be seeing each other in the future.
- The risk involved is the counselor's loss of reputation. Another risk is the counselee's self-image; what she divulges may be shocking for her and you. A high level of emotional intelligence and holiness is required for a counselor to be effective in this ministry, and thus not make the inner pathology of the counselee any worse than before. It would be a good idea to have the counselee fill out a checklist well in advance to "tip off" the counselor, and the counselor to present a summary of the acts involved in inner healing.

Finally, *inner healing is a prelude to exorcism*. It is valuable as it weakens any demons that may have infiltrated, making them much easier to be rid of later. For the inner healing act of ministry, all demonic spirits, spirits of air, wind, fire, water, the netherworld and gloom, are to be bound up for the time being before endeavoring to commit to this act of ministry.

Steps to Complete the Inner Healing Ministry: This part of the act of ministry is not to be breezed over; but take time on each step, since the counselee is going to have to think about every element of it and affirm each from their reasoning abilities. Take your time.

- Explain: We can't know why Elohim allows abuse, but we do know that Satan wants to paracitize us and destroy us; but we are not destroyed, because we have a protector that is more powerful than it or its myriad of infiltrators.

- Inquire: Have the counselee name each person who has hurt them, then in turn, seriously forgive each one. (Or write them down with the intention of burning the list later.) Bring Jesus into the imagination as mediator, reliving each hurtful act or event (to a small extent anyway), and when each has been forgiven, ask the counselee what she sees Jesus doing in her imagination. Seek release of each burden of unforgiveness. Continue to ask the counselee what she sees Jesus doing, if anything.
- We need not tell the counselee what Jesus should be doing - he will do as he pleases. If the counselee sees Jesus doing things untoward, then the infiltrating entities that are causing this should be immediately bound or cast out “to the feet of Jesus for him to do with as he will.” Follow this with the proclamation and prayer of forgiveness, found among the Eucharistic prayers, such as this example or similar (you may have the counselee repeat line by line after you):

**All:** Most merciful Father in Heaven, We confess that we have sinned against you in thought, word and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we turn our backs on such things. For the sake of your Divine Son, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

**Counselor:** May the Almighty Father have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus our Messiah, Savior and Master. And by his mercy, we proclaim, *You are forgiven.* Amen.

Make a break here, then go on to the next:

Imagery:

“You are in the womb in this exercise - at the very beginning of your gestation. Picture Jesus’ voice in the womb with you, ‘I chose you to be conceived; I assign your gender, gifts, motivations - *and holy burdens* - to make you strong! I see to it that you are good! When the Devourer would have you, I protect you. and now, child, I approve of you and am bringing you wisdom and favor, healing, restoration and power to live right and at liberty. And I will always love you and help you. And I am helping you now to be born; and do not fear - you *will* be born - for I am with you!”

The counselor inquires as to what the counselee is seeing. If there is no response to the act of ministry or the imagery any hindrance should be bound.

Make a break here, then go on.

Gestation Imagery and Blessings

- Breaking Curses, etc. (Go slowly) “Now Jesus and us will take our authority over father’s and mother’s bloodlines to *break all curses, cancel all dedications, disconnect all soul ties, dismay all effects of inherited family sins and habits, all of satanic influences that may have been passed down.* Take a breath, now release these foul liabilities - release the breath, release the muscular tension, release all nervousness.”

- Go on to bless the imagined child in each month of gestation - see yourself in Jesus arms - invite the counselee to articulate any feelings as you go along, including discomfort, loneliness, darkness, dread. “What do you feel in there?” Go month by month through the nine months gestation: “You are conceived and in the womb. You are approved by your creator and important to his creation.”
- And then for each month: “We speak to the breaking of negative attitudes of mother or father in *each month* of the gestation: any anger, feelings of unworthiness, illness, trauma, the effects of bad habits or risky behaviors.” (Take your time.)
- In each month - “Is there anything else that you feel that we need to address? Anyone we need to forgive?” Then Jesus whispers to you (in the womb), “*I* chose your life so that you could choose life over death, holiness over depravity, ministry over apathy. *I* chose you to be whole and perfect. What do you choose? Do you choose life?” Repeat after me, “I choose life!” And continue through the gestation months.
- Ninth month’s end imagery: “Picture yourself being born and as an adult entering the nursery with Jesus. Imagine: (“What does Jesus do?”) “Jesus takes you from your place and lifts you up into his arms. On his face is an approving and adoring smile. And now, he hands your infant-self to you. Accept your baby-self from Jesus. Adore her and make her feel safe and beloved.” (What does the counselee see at this point?) Finally, “Imagine the child *becoming you* and *disappearing into you*.” Now it is just the counselee and Jesus in the imagery.

Dealing with deaths, abortions, miscarriages, abortions prior to the counselee’s birth or other negative experiences: Ask the counselee if there are such experiences by calling on the Spirit for remembrance. In the case of abortion or miscarriage - picture yourself with your baby alive, decide on gender, name, talk to the baby as if it had been born. Sometimes this might include an apology. (For mother and baby will meet again in the resurrection, so we start our relationship now until then. “Hold and talk your baby. Eventually, hand the child back to Jesus; let him carry the child away with him, out of your imagination.” This exercise helps to free the mother from guilt, shame and self-loathing. “I am free!” This exercise may be repeated for other, similar needs.

Dealing with adulterous relationships, unhealthy relationships, soul ties. (There are godly and ungodly soul ties.) Sins are confessed one by one, and forgiven one by one. “My soul-tie with so-and-so” I renounce it all other ties to that person, for they have been empowered by demonic authorities to destroy me. But no more. I break each soul-tie (or ungodly relationship) in the name of Jesus.” Each confessed “un-tie” is followed up by, “You are forgiven!”

Other relationships: homosexual, domineering, dependent, controlling, close friendships and ongoing lusts of the flesh, lusts of the eyes and prides of life. Do as with adulterous relationships.

Dealing with habitual acts or thoughts. “I call on the Holy Spirit to chase away any ten-

dency toward self-hatred, hatred of the body, etc. I take responsibility for my own actions and attitudes without reservation, and with the help of my willpower and my holy spirit, I cast these things to the feet of Jesus for him to do with as he will, and I will do my best in *my own will* to overcome these habits now that the holy Spirit has dealt with them.” (Sometimes one must commit to doing something else repeatedly and for a significant time to counter or alter the habit. confront the attitude or habit, affirmations, self-talk. Find *something* godly to take the place of the habit (like memorizing a Bible verse).

Close out with prayer: “We adjur all these evil hindrances that we have spoken of to be boxed up and locked away and sent to the feet of Jesus for him to do with as he will. And we thank you, Father, for visiting us with healing of memories. We pray that as time goes on, we will experience more and more of your healing balm: binding and loosening, blessing and favoring, challenging and succoring.) This might be done in conjunction with anointing with oil and perhaps reciting the Master’s Prayer - or even communion.

Now we can go on to the restoration or Deliverance Ministry - or set up another session for that.