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MY HEALING IN AUSTRALIA

Touchdown

Our plane landed at 6:00 A.M. in Sydney, Australia. It was the last day of August and the weather was still warm. The entire city was under construction, as in just twelve months the 2000 Olympics would be held here. My wife Patti and I spent the day sightseeing, taking in a bus tour of the city and a two-and-a-half hour boat tour of the beautiful Sydney Harbor. We hoped that if we stayed up all day we would be able to sleep in the evening and get our body clocks readjusted from Buffalo, NY, time, which was a full 14 hours different than Sydney time.

It worked. We slept the entire night and were ready the next day for a two-hour drive to Newcastle, where I would begin the first of five ten-hour Communion with God training seminars in five different cities in Australia.

This was my fifth trip to Australia in twelve years. Peacemakers Ministries had published our book ***Communion with God*** as well as other titles in Australia, and had been responsible for scheduling four of the five tours in Australia, including this one.

As I prepared for the first seminar at Church at the Bay, I

was aware of the inner tension in my heart, which had seemed to grow stronger in recent years. I struggled with fear and doubt and anger when I prepared to speak. I fought against them and sought to prepare my heart so I could speak and teach in the anointing of the Holy Spirit.

I *could* teach in the anointing of the Holy Spirit—that is what everyone always said. They would tell me that the teaching was so life-giving and so transforming that everyone came out of the seminars hearing God’s voice and journaling and seeing vision. They were such exciting times, watching the transformation take place in people’s lives. I loved it. And I loved the fact that God had allowed me the privilege of committing my life’s ministry to seeing this happen over and over with audiences all over the world. What a wonderful opportunity to minister unto God in such a marvelous way! I truly felt I was blessed to be called by God to carry such a message to the world as communion with Him.

However, I was increasingly disturbed by the fact that it took longer and longer to fight through the issues in my heart so that I would be ready to minister. Over the last year especially, I had struggled with a fear that people would reject the message I generally spoke on Sunday mornings entitled, “Experiencing Covenant Blessings.” During the worship time before I preached, I would battle with this fear of rejection and bind it and command it to go. Eventually faith would triumph and, sure enough, as soon as I began to preach, I was fine. The message was anointed, people were challenged and transformed by it, and everything was okay.

However, it was not okay with me that the battle seemed to have become more and more intense within my heart as I prepared to preach this message. Somehow I knew I did not have the faith and confidence that I had had in my younger years, when I was in my twenties—not that I’m old now, or anything like that! I’m *only* 47, you see.

In my twenties, I would attack and battle anything with no fear—probably because I had no common sense! Now that I had “matured,” I had learned that there were things to fear. “Things to be cautious about,” was the way I put it. My caution, however, was actually a constant inner battle against fear and anger and rejection.

It seemed like everything made me angry. When things didn’t go right, I felt anger. When I “goofed up,” I felt anger. When I heard about the antics of the government, I felt anger. When I viewed the phariseeism in the Church, I felt extreme anger. The fear of the New Age Movement (and anything and everything else) that the Church manifests made me angry. Was the Church called to live in fear or in faith? Faith, obviously, and so I stormed against their fear as I preached in city after city.

I was not too happy, however, with the inner anguish I was experiencing. I sensed I was “damaged goods,” that life had dealt me some fairly heavy blows and my heart was not open and free as it had been in my younger years. Well, perhaps that was just the way life was. Perhaps as you grew older and wiser, you realized that life was not the utopia you had hoped it would be when you were young. Perhaps maturity was acknowledging the pain and the disappointments, and learning to live in an imperfect world, holding on as best you could. Perhaps I was just finally growing up.

Well, perhaps, but perhaps not, for you see the Lord was preparing me for big change. Just before leaving for Australia, I had finished writing a book that capsulized the lessons God had taught me during my 32 years as a Christian. One of the things I had reviewed in Chapter Four of this book, ***Wading Deeper in the River of God***, was the ways God heals the heart. I had reviewed what I had learned over the years concerning inner healing, deliverance, renouncing negative expectations and inner vows, and breaking generational sins

and curses. In addition, just a week before leaving for Australia, I had discovered from my mom that her father, my grandfather, was a Mason.

I was coming to the conclusion that perhaps I needed prayer ministry to heal some of these things in my heart. God's grace and leading always astound and amaze me! Not only was there a brand new book on Peacemakers' book table detailing how to become free from the generational power of Free Masonry, but at the first church I preached at in Australia, I met a surgeon, Stephen Cox, who told me how he and his wife work together in ministering to his patients. His wife, Kay, is extremely skilled in ministering inner healing, deliverance, and the breaking of generational sins and curses. He told me of one of his patients who had gone through two or three surgeries for abdominal pain, yet no one had been able to find the root cause. He asked this patient if she would like Kay to pray with her. She agreed, so Kay asked her, "When did the pain begin?" She answered, "About five years ago." Kay's next question was, "What did you do five years ago?" She replied, "I had my tarot cards read." A quick renunciation and prayer of deliverance brought this patient to health and canceled her need for future surgery.

Stephen said that he is careful not to give all his patients to his wife for prayer ministry, or he wouldn't have a job anymore!

That was enough for me. With my inner battle against anger, fear, and doubt, and eighteen days of constant teaching set before me, I asked what I should have asked for a few years earlier: "Is there any chance you and your wife could get together and pray for me?" The answer was immediate and affirmative. I was thrilled. The following day, Sunday afternoon after I had preached, we got together and Steve and Kay prayed for two-and-a-half hours with me.

Kay was the most anointed, effective, Spirit-led minister from whom I have ever had the privilege of receiving ministry. With an adeptness and skill that took my breath away, she identified various demons, negative expectations, and inner vows, along with generational sins, which we broke and of which I repented.

That day I was set free from various generational sins and curses, several inner vows and negative expectations, and about half a dozen demons. The change was powerful and instantaneous. I preached that night with a new freedom, a freedom I had never had in my entire 30 years of ministry, since some of these inner spiritual forces had been with me since birth. And some, of course, I had picked up in more recent years.

My new-found freedom lasted the entire 18-day ministry tour in Australia, and continues today, which is four months after returning to the United States and conducting seminars in Toronto, Buffalo, and New Jersey.

I was astounded! I am astounded—over several things. One is that I have experienced such a wonderful new freedom in my heart in the areas in which I received deliverance. These were problems I had battled for years and just assumed they were a part of who I was. I figured they were a part of the battle of life. And now I found that they were negative spiritual forces operating within me and seeking to bring me down.

How could I, as a Spirit-filled pastor and teacher in the body of Christ, make such a horrific mistake? How could I assume that these things were *me*, when in actuality they were demons within me? How could I be so blind to the reality of spiritual forces within me, especially since I had ministered deliverance and inner healing to hundreds, if not thousands, myself? How could I have battled these things,

using ineffective prayers that did not solve the problems but only put a Band-Aid on them for a short time? How could I have been so blind?

I was elated over my healing, but aghast at the spiritual blindness which had allowed me to walk for so many years under the influence of negative spiritual energies within my heart and my soul. I knew I must search out and discover what I had failed to see. I realized I needed to experience an even deeper revelation of a truth I had written about years earlier, the truth that I am a vessel who contains another. Most of what goes on inside me is not me but the one I contain. The negative energies within me are driven by the sin energies of the curse and/or demons. The positive energies are empowered by the blessing and Holy Spirit of God. (See *Naturally Supernatural* by the same author).

Since I am a teacher, I wanted to share with others the story of my healing and my new understandings, so they would not need to walk in bondage as I had.

I began by rereading the books on my shelves on inner healing, deliverance, breaking generational sins, and renouncing inner vows and negative expectations, for I was sure these all worked together to destroy a life, and that the counselor who would heal must use them all together in order to be mightily effective.

I re-read *The Transformation of the Inner Man* by John and Paula Sandford, *Restoring the Foundations* by Chester and Betsy Kylstra, *Healing Through Deliverance* by Peter Horrobin, *Healing from the Inside Out* by Tom Marshall, and others.

I meditated and prayed, dialogued with these authors, and then wrote my story of what God was showing me so I would not be easily caught in this trap again, and so I could help others who were likewise in bondage to find the release and

healing I had found. That is what this book is about. It is what I have discovered about how to determine one's need for such prayer ministries, what these ministries are, and how to progress through them. The design is practical, and has examples to help you throughout the material. As I come to the sections that discuss the different kinds of healing prayer, I will describe in more detail my own personal healing as it relates to the area being discussed.

I will try to be extremely practical, so an individual or a small group can pray through these different kinds of prayers and receive ministry themselves. Obviously, if one can receive ministry from a skilled counselor who knows all these types of prayer ministries and can minister them under the anointing and guidance of the Holy Spirit, that is by far the best. However, if that kind of person cannot be accessed for one reason or another, then this book becomes a place to start in praying these prayers for yourself and for others in your small group.

Available Ministry Centers

Centers which train in and offer most, if not all, of the prayer approaches discussed in this book include:

Chester and Betsy Kylstra's regional "Healing Houses," where you (and your spouse) can go for a week of intensive healing prayer counsel. You may contact them at Proclaiming His Word Inc., P.O. Box 2339, Santa Rosa Beach, FL 32459-2339; phone 850-835-4060; e-mail: office@phw.org; web site: <http://www.phw.org>; additional web site: <http://www.healinghouse.org>.

"Ellel" (the organization that trained Kay and Stephen Cox) offers many of the prayer ministries mentioned in this book. They provide training seminars and a place to go for healing. Their Toronto contact information is Ellel Canada, RR

#1, Orangeville, Ontario, Canada; phone: 519-941-0929; e-mail: info@ellelministries.org.

Ellel's main headquarters is in England. Their contact information is Ellel Grange, Ellel, Lancaster, LA2OHN, UK; phone: (0) 1524 751651; e-mail: info@grange.ellel.org.uk.

John and Paula Sandford have established "Elijah House, Inc." in Idaho where you can go for a week of counseling. They can be contacted at Elijah House, 1000 S. Richards Rd., Post Falls, ID 83854-8211; phone 208-773-1645; fax 208-773-1647; email: ehinfo@elijahhouse.org; Web site: <http://www.elijahhouse.org>.

The Idaho office can inform one how to contact the other Elijah Houses in Australia, New Zealand, Finland, Austria, and Canada, and trained prayer counselors in many places throughout Canada, the USA and the world.

I have received ministry over the years from Ellel and the Sandfords, and have sent several to Kylstra's "Healing House" in Florida. All offer an excellent ministry. Each has its own emphasis.

Pride and receiving ministry from a stranger

Was it easier for me to receive ministry from a complete stranger in Australia than it was from someone I know? Perhaps. I suppose we always like to think we have it all together and to project that image. To admit that we are not seems hard for some reason. Perhaps it is because we want to be more than sinners saved by grace. Perhaps we want to be able to say we have reached some outstanding spiritual level in our Christian walk, and to admit that we still have such negative energies harassing us just seems to be unspiritual.

Well, I have decided that it is best if I simply accept the fact that I am a saint who still sometimes sins. Without a daily dose of God's almighty grace to sustain me, I am nothing. I am content with that. If you need me to be more than that, then I will have to disappoint you. If I need me to be more than that, then I will just have to disappoint myself. Perhaps, however, being a vessel filled and sustained daily with the grace of God is a sufficient function for people. Perhaps I should be more than content that this miracle can happen on a daily basis. Perhaps I should be glad to simply celebrate this wonderful miracle and let it go at that.

Healing prayers we will learn about in future chapters

1. Breaking generational sins and curses from the third and fourth generation by putting the cross of Jesus between the generations (Exodus 20:4-6).
2. Identifying and renouncing ungodly soul ties.
3. Identifying and renouncing negative expectations.
4. Identifying and renouncing inner vows (underlying promises you have made because of the hurts you have experienced).
5. Experiencing inner healing, allowing Jesus to walk through the art gallery of your heart, removing pictures which do not have Him in them and replacing them with pictures which do have Him in them.
6. Experiencing deliverance, becoming free of demons in the name of Jesus Christ. Once the demons' home is dismantled by the preceding five steps, demons come out quite easily.
7. Breaking the enslavement to sin, by applying the law of the Spirit of life in Christ Jesus (Romans 8:1-2).

Personal Application

1. Are there any areas of your heart or mind that are under constant attack by the enemy? Do you fight with negatives in any area of your life? Is this a continual battle? If so, it is likely an area that could be helped with some prayer ministry.
2. Have you ever experienced inner healing, deliverance, or any of the other prayer ministries mentioned in this chapter? If so, can you recall and describe the situation and the release it brought to your life?
3. Are there any areas in your life today that might be improved if you experienced more prayer ministry?

Group Application

1. Invite people to share their answers to the above questions as they feel comfortable doing so. Do not force anyone to share what they do not feel ready to.
2. Pray at least a general prayer for God's sustaining grace to minister to the needs of those who share. If you have someone skilled in the prayer ministries discussed in this book, that person may feel led to pray more specifically for an individual in the group. If there is an individual in the group who desires such prayer ministry even this first week, invite him or her to volunteer and, as long as you have one in the group trained in at least one of these prayer approaches, that one, along with the group, may minister to the volunteer.
3. Close in worship for what God has done.

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FOLLOW-UP MEDITATIONS AND PERSONAL DISCOVERIES

If we say that we have no sin, we deceive ourselves, and the truth is not in us. (1 John 1:8)

The release I felt in Australia and that continued afterward was wonderful and absolutely astounding. It reminded me of my younger days when I felt whole and full of faith, hope, and love.

And the release from workaholism was totally unexpected. I didn't really believe that was a problem in my life. I loved my work. I loved to do it. I enjoyed the drive I had. Someone had once told me I was driven and I had responded, "No, I have drive." Now I found, however, that the "driving" in my personality had been removed. It even took me longer to teach the "Communion with God" seminar. I would run about 15 minutes overtime each night because I was not pushing so hard to get through the material. I was more relaxed. My personality had changed as a result of my deliverance.

And fear was gone. When in a tense situation, I used to feel a spirit of fear grip my heart and mind. It would just sweep over me and take control of my responses. I would bind it and fight it off, but it was always ready to come back at a moment's notice, and I sensed it was never far away. Now that I was released from the spirit of fear, I no longer felt fear come upon me in threatening situations. My heart was relaxed and at peace and I could seek out a biblical and spiritual solution to the need before me.

The problem of doubt had been growing steadily worse for years. I doubted most things. I doubted the integrity of the government, the Church, individuals, institutions—you name it, I probably looked askance at it. I rationalized that it was because I was growing up, maturing, and seeing that things were not the utopia I had hoped and believed they were when I was younger. My real problem, however, was a spirit of doubt from which I needed to be set free. When it left, I was free to believe in people and events and even in the government—to believe that God does indeed work through all these things and accomplish His will in and through them.

It is not that I didn't believe theologically that God worked through governments even before I was delivered. I did. What my head believed, however, and what I could preach as true when under the anointing, was not what the emotions of my heart believed when the anointing to preach left. So I was one living in a dilemma: having a mind that believed one thing—faith, and a heart that experienced something else—doubt. After my deliverance, my heart also felt faith, it felt hope, it felt release from the anger and doubt and unbelief. It was so exciting and refreshing and wonderful. It was like being saved all over again.

My journaling in the days immediately following my deliverance went like this. You will note my intense frustra-

tion at having lived so long under these spiritual forces without recognizing my need for deliverance and inner healing.

September 5, 1999

My experience of deliverance yesterday afternoon:

Yesterday I received two-and-a-half hours of deliverance and prayer counseling ministry which was tremendous and healed my heart and my life.

I have never experienced this kind of ministry before, as far as it being so complete and powerful and healing and releasing. The woman who ministered to me was the most skilled, anointed, Spirit-led counselor I have ever received ministry from. It was a joy to be ministered to by someone so competent and skilled in her job.

I was freed from:

- 1. Performance orientation (workaholism)*
- 2. Distrust, fear, doubt and unbelief*
- 3. Anger, wrath, hatred*
- 4. Being judgmental*

Mark, I have healed you. Walk in My peace and in My power and in My deliverance and in My healing. Walk in Me and you shall stay healed.

Exhibit love, mercy, and forgiveness not judgment. Believe, trust, have faith, and hope.

Thank You, Jesus, for healing me.

You are welcome, My son.

September 7, 1999

I feel so free and healed and clean inside. All trauma and tension and anger and malice and being judgmental are gone. Thank You, Lord. Lord, I want to stay free.

You will, My son, if you stay in Me.

Lord, what does that mean?

That means to find your life in Me and not in yourself; to stay tuned to My Spirit, and not to your own heart and mind.

Lord, why didn't I get healed when I prayed myself?

Because you did not use the right approach to healing. You did not follow My laws. You did not repent of inner judgments and inner vows. You did not use deliverance prayer. You did not break generational sins and curses, and complete the other prayer ministry approaches that were necessary. Whatever you sow you will reap. You had sown many judgments and you were reaping the whirlwind.

I understand, Lord.

Processing judgment

Mark, do not judge lest ye be judged. The measure which you use to judge will be the same measure by which you are judged.

Walk in love and harmony and mercy toward others and you will receive the same.

You may judge truths but you may not judge people. You may decide to disagree with a truth a person holds, but you must not judge the person. Judging people is up to Me. They are My servants, not yours. According to their Master they rise and fall. According to their Master are they judged. Not according to you. You may judge truths and decide which are for you at any particular time in your life and share that. But do not become disdainful toward people. Hold My children up in respect and their gifts will flow toward you.

If you honor and respect the person, you still have an open door to them, to give and receive. If you dishonor and disrespect a person, you cut off the flow of My Spirit between

you two. Never disrespect a person, even when disagreeing with his theology. Make it clear to him that you hold him in high esteem and value him and his positions, even if you happen to at this particular point in your life disagree with them. You change and he will change, so let's stay friends and continue to share ideas. He is not a "jerk," any more than you are a jerk, when you hold a position I disagree with. I still love you and honor you and respect you as I gently suggest alternatives, when you ask for them. I wait until you ask before I teach you. Then there is no opposition, because your heart is hungry.

Wait until people ask before you give answers. They are not hungry enough to hear and to listen and to see and to obey until they have asked.

Thank You, Lord.

You are welcome, My son.

Rest in Me and trust in Me and your life will be whole and complete.

My frustration (anger) at staying unhealed for so long

Lord, I do not want to be angry with You, but I am angry that it has taken me so long to discover the inner vows and negative expectations that have dominated my life. I need Your help in understanding the process, as well as why it has taken me so long to uncover this in my life.

Mark, truth is revealed in layers. You are to accept that as a fact in life. I am revealing layers of My truth to My Church and they are becoming healed as the layers are revealed.

As one seeks Me deeply concerning an area of life, I reveal that which he can handle at that time. Remember, I am a God who hides Himself and I only reveal Myself to those who seek Me with all their hearts.

Have you sought Me with all your heart for the healing of your heart? I think not. That is why you have not seen. Seek Me and you will find Me, saith the Lord of Hosts. However, do not attack or judge Me.

Lord, I repent. Please forgive me.

I will, My son. I will. Now seek Me and you shall find Me, saith the Lord of Hosts.

Note: To “seek God deeply in an area” means to me that I spend an extended period of time (usually about a year) immersing myself in the area, reading, researching, meditating, praying, experimenting and discussing the area with leaders in the field.

Some steps toward forgiving deeply, and processing anger

Lord, I thank You for Your wonderful power and grace in healing my heart. May the forgiveness run ever deeper, I pray.

It will, My son, as you allow it to. Go through the years of your life and forgive everyone and everything that has hurt you. Thus, you shall find healing.

I forgive fundamentalism for its legalism and phariseeism, and for the hurt it has brought against me and my life and so many others. I confess its sin and my participation in that sin as I have judged with narrow-mindedness and legalism.

I forgive and release them for passing on to me this sin and for the resulting curses in my life of anger, being judgmental, legalism, narrow-mindedness, hatred, and exclusivity. What I have judged has come upon me. I have become that which I have judged.

Lord, please forgive me of these sins and for the resulting curses I have brought upon my life. I repent of these sins.

I forgive myself for participating in these sins.

I renounce the sins of being judgmental, anger, legalism, narrow-mindedness, hatred, and exclusivity, and I break their power in me and all resulting curses through the redemptive work of Christ on the cross and His shed blood.

I receive God's freedom from the sin and from the resulting curses.

A revelation concerning what was creating doubt in my life

I have been battling to increase my faith for several years now. The excellent teaching of the church I have attended for the last four years has been a great help. I have also just meditated upon every verse in the Bible on faith, and memorized several of them. Recently, I also meditated upon every verse in the Bible on reason, since it was my reason that attacked my faith so violently.

I discovered that nowhere does the Bible ever command me to reason. The only time I am ever encouraged to reason is when I do it together with God (Isaiah 1:18). See the appendices for a discussion on “study versus meditation” and on the proper use of the mind (which is to allow God to use it through anointed reason).

As a result of my meditations, in recent months I had made some great strides in understanding what had been attacking my faith and how to overcome these attacks.

However, the battle with doubt was still there, because it was being amplified by a demon of doubt. When the demons of doubt and unbelief left, I could feel a definite difference within me. The constant force that drove me to doubt was broken and I was free to believe without a battle to overcome negative spiritual energies within me.

Then my concern was to understand what I had done wrong in the first place that had allowed the demon of doubt in me. What process was I using that was producing doubt? The answer became clear as I pondered it in the following weeks: I had not been properly relating to negative experiences in my life. The following are three key insights which will help me properly relate to negative experiences in the future.

1. God uses experiences to test our hearts to see if there is faith there. Abraham was asked to put his son on an altar and raise a knife to kill him in obedience to God (Genesis 22:1-18).
2. One must apply a proper understanding of the principle of sowing and reaping which is that, after you sow biblical truth and practices in your life, you will need to wait awhile for a harvest of biblical blessings (Galatians 6:7-9). The harvest will not be immediate. There is a growing period between sowing and reaping which may take many years, even generations. For example, the sin of not letting the land lie fallow every seventh year was finally reaped in Habakkuk's lifetime when the Israelites were taken into Babylonian captivity for 70 years. For a while after you plant new seeds of righteousness, you are still reaping the old crops of unrighteousness. It takes time to change the process around—to move from an ungodly harvest to a godly one.
3. If the experiences of life require us to die in faith, we are to do so, still believing in God! That is what the heroes of faith in Hebrews chapter eleven did.

Previously, I had not had a revelation of any of these three truths concerning negative experiences in my life, and thus I was wrongly interpreting experiences and assuming God was not watching over me as He had promised. An extended

teaching on the revelation I received concerning the Bible and experiences may be found in Appendix C.

Reflecting on other curses in my family line

As I reflect on things which have been passed down to me through the family line, I remembered renouncing and breaking a curse a number of years ago. I had fought with colds for much of the year, every year. When a prophet prayed about my condition, the Lord told him that it was a curse that had been passed down through the family line that was causing the respiratory problems. I considered the fact that my mom had throat problems while I was growing up, and my brothers and sisters have a variety of lung, chest and throat problems. So I prayed for the Cross of Christ to stand between me and this generational curse. I felt something immediately release within my chest, and I have literally gone for years since then without catching a single cold.

I also discovered that there was masonry in my family line, so I have prayed for any curses from that to be halted at the Cross of Christ.

An awareness was growing within me that I needed to meditate on how God heals the heart, and understand it much more completely than I had in the past. Future chapters will show you what I discovered.

Instantaneous versus process healing

I mentioned in Chapter One that there were some instantaneous changes within me. That is true, but there were also some things that were healed through a process that continued over the next few months. In the areas where demons were cast out or where negative spiritual powers were broken through repentance, breaking off generational sins and curses, breaking soul ties, or inner healing, there was an **in-**

stantaneous reduction in negative pressure.

However, I also found that there was some mopping up work to do. God gave me a dream two nights after the counseling session, showing some soul ties that needed to be broken in an area of my life. I prayed and broke them in the middle of the night after I had journaled out the dream and its interpretation. You should expect and seek God's revelation through dreams. You must learn to interpret your dreams, and act, of course, upon the messages you receive.

Some areas of negative pressure were greatly reduced after that first counseling session, but not totally gone. I found that going back and asking God to show me areas of incomplete repentance helped, for then I was able to repent more extensively and thoroughly and obtain an even greater level of freedom.

I felt God impressing me to do intensive biblical meditation and journaling in various areas so I could understand how I had become caught up in these traps in the first place, and what biblical guidelines I needed to obey to keep me from falling back into these sin patterns. Therefore I studied my Bible and wrote out summaries of what God was showing me. I also journaled about these areas, asking God to show me the mistakes which I had made that had allowed me to enter into bondage.

As I have counseled with others, I have found several additional procedures which need to be used from time to time to help overcome stubborn sin areas. These include confessing sins to one's spiritual counselor, enacting fences to protect yourself from temptation, creating an "Impassioned Repentance Worksheet," and others. I have written about these procedures in later chapters.

To complete my healing I used several skills which the Lord had taught me through the years. I believe you will

need these skills, also, for your healing to be complete. They include: doing a complete, Spirit-anointed, Bible meditation in an area of need in your life; hearing God's voice; journaling (i.e. writing down what He says to you); seeing divine vision; receiving and interpreting dreams from God; applying the "Law of the Spirit of life in Christ Jesus" (Romans 8:2—turning inward and drawing upon the indwelling power of the Holy Spirit when tempted); being willing to thoroughly and completely repent of sins, dead works (things I do on my own, without calling upon God's strength), negative judgments and inner vows; and finally, taking a definite stand against sin in one's own life. These are skills which the Bible teaches release God's grace to us, and they will be taught throughout this book.

I have discovered that people who have these biblical skills, and use them in overcoming life-controlling problems, can receive long-term spiritual and emotional healing as described in this book. Those who don't have these biblical skills, and don't take the time to develop them, find that their healing does not spring forth, or does not last. Healing comes as we receive and apply the spiritual grace of our Lord and Savior Jesus Christ. The tools mentioned above are the key biblical approaches God has given us to receive His grace. If we will approach Him in the way He has shown us to in His Word, we will receive His grace and divine power which overcomes our weakness.

Don't assume everything will be instantaneous. Some of your healing may be immediate as negative spiritual powers are instantly severed in your life, and some may be a process, as you take the appropriate steps to apply God's grace on a daily basis. Be prepared to work through whatever processes are necessary until you reach your goal of full and complete freedom.

Personal Application

1. List the things you have learned from this chapter.
2. Ask God to help you search your heart, showing you negative inner energies and negative inner processes which you are using that are producing negatives in your life rather than positives.
3. Ask God to begin to show you how to heal these negative processes or energies within you.

Group Application

1. Let the group share their answers to the questions above as they are free to do so. Discuss together what they have discovered.
2. Pray for individuals as needs arise and the Spirit leads.