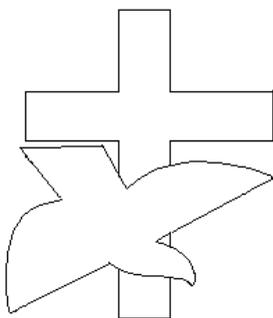


# **Interdenominational Divine Healing Ministries**



## **Inner Healing**

**By**

**Sister Margaret McStay CP**

## PRAYER THAT HEALS LIFE'S HURTS

Jesus came *'to bind the broken hearted and to set captives free'*. Yet few of us truly experience *'the joyful freedom of the children of God'* in our daily lives.

The root cause of this may be that we carry in us the pain and memory of past hurts. In his book *'Healing'* Francis McNutt reminds us:

Psychologists have discerned *'that we are deeply affected, not only by what we do, but by what happens to us through the sin of others and the evil in the world (original sin). Our deepest need is for love and if we are denied love as infants or as children, or anywhere else along the line, it may affect us at a later date and rob us of our peace, of our ability to love, and of our ability to trust man—or God'*.

This is evidenced by the fact that even among committed Christians we find struggling, joyless, anxious, depressed people haunted with a sense of unworthiness or driven by fear, or by destructive compulsions and addictions.

Intellectually, they have accepted salvation as a free gift from God. They have recognised Jesus as their Lord and Saviour and received Baptism in the Holy Spirit. Yet, to a greater or lesser degree, their spirits are bound.

The problem may be, that hidden in the recess of their sub-conscious minds are the roots of hurts and repressions, because these are in the area of feelings and emotions they often persist, even though the will and the mind have repented and have become converted.

This bondage may be more cruel than the worst physical pain, because a sense of shame, guilt and fear of judgement prevents them from sharing their plight with those who truly care for them and want to help.

Sometimes they seek the help of counsellors or psychiatrists and their services are valuable.

But here I recommend a powerful remedy and that is prayer in faith for inner healing. Those receiving this prayer are helped to encounter the healing, unconditional love of Jesus. He wants to touch them in power and deal with all past hurtful memories that still remain with them and affect their current lives. Only His love can fill all their empty spaces and dispel all loneliness, resentment and unforgiveness.

Usually when receiving prayer for Inner Healing people perceive that healing is taking place, even if the process is gradual. They discover God does not desire us to carry destructive burdens.

This prayer searches out layers of hurt which are inaccessible to human reason and beyond the reach of therapeutic drugs. Inner emotional healing and spiritual healing reach the very core of pain and remove all the damaging emotions associated

with the injurious experiences. Thus our spirits and personalities are set free for positive living.

## **THERE ARE THREE IMPORTANT KEYS TO HEALING**

These are - REPENTANCE

- FORGIVENESS OF OTHERS, OURSELVES AND  
EVEN GOD

- YEILDING TO GOD IN TRUSTING FAITH

These KEYS will help those receiving prayer to be open to God's intervention and grace. Thus they are enabled to identify and acknowledge the hurt parts of their lives, commit them to God's healing Spirit and allow Him to remove all the unpleasant emotions associated with past hurts. In His power their self-esteem is increased that they begin to experience changes in their patterns of behaviour as they are enabled to relate more lovingly to those around them. No human person grows up without some knowledge of real pain, so we all need inner healing. Since human love is imperfect, no one has been adequately loved. Therefore all of us are incapable of perfect relationship. Thus at times we are harsh, judgemental, fault-finding and eventually disillusioned. But as we receive inner healing we learn to accept a measure of failure in ourselves, and in others and God helps us to forgive our own shortcomings and those of others.

As we continue to pray for healing, Jesus who proclaimed '*I have come that they may have life, and have it to the full*', will

call us forth into His light and love and give us the healing we need. He loves us, and is true to His promises.

## **HOW TO PRAY FOR OUR OWN INNER HEALING**

- In a quiet place, relax, be still and pray for openness to the Presence and Spirit of Jesus.
- Praise God for His forgiveness and unconditional love, and for what He is doing for you. (The use of Psalms, Scripture or favourite prayers may be helpful)
- Ask Jesus to send His Holy Spirit to show you areas, even forgotten ones, in your life where you need healing.
- As each area unfolds ask Jesus to be with you in it and tell Him how you feel in your hurt, rejection, bitterness, unforgiveness etc. Take time to allow Him to minister to you at your point of need.
- Stay with each area (though it may be very painful) as long as it is necessary to experience the touch of Jesus. If the hurt is a relationship, ask Jesus to stand between you and others involved and to reveal to you how it felt and what might have been at the root of the hurt.
- Ask Jesus to draw you together in understanding and in His love.
- Repeat the above exercise regularly, letting various hurts arise and allowing Jesus to deal with them. Pray daily that the Holy Spirit may touch and heal the root of your spiritual and emotional dis-ease and fill you with love and peace. Pray for people and situations that

caused your hurt.

- Thank God for His blessings, and Jesus for the help of His Holy Spirit. Ask Him to continue to heal you day by day.

## **RECEIVING MINISTRY OF INNER HEALING**

(This is done in a situation of privacy and total confidentiality)

When you come for prayer for inner healing usually two or more people receive you and explain the approach. Those ministering in prayer are advised to prepare themselves for Ministry by seeking the guidance of God's Holy Spirit for He alone is the Healer.

They will pray with you and invite the Holy Spirit to indicate your particular areas of need. This may come about through words of knowledge, Scripture or insight you yourself may receive. All the time they will, in silent, or vocal prayer seek God's guidance and healing for you in the situation.

When you go forward for prayer for inner healing you share in the faith, hope and love of those involved in the Ministry, so do not be discouraged if your own faith is weak.

If you wish to speak about your pain they will listen to you in a sensitive and non-judgemental way, avoiding comment, advice or curiosity. They will encourage you to speak as freely as you wish, but if you choose to keep details a secret between God

and you, He will still hear your prayer and minister to your need.

When areas of past hurts are highlighted, they will invite the Lord to come with His healing power and minister to you in those specific areas.

They will encourage you to release forgiveness to those who have caused you hurt and to ask forgiveness from God for any resentment you may be holding. Unforgiveness is a block to healing.

They will continue to pray, as Romans 12:2 recommends, for renewing of the mind. You will be assured that through the power of Christ you can claim new freedom and develop positive attitudes, even though you may have to struggle at times.

As you leave, you will be encouraged to be active and faithful in prayer and to expect great things from God.

If your healing is delayed, you may need a number of sessions, so do not let shame or fear deter you from perseverance in receiving prayer and ministry. Be sure God will hear your prayer, reveal to you the roots of your hurts and heal you at the right time.

**SISTER MARGARET MCSTAY CP**

# **INTERDENOMINATIONAL DIVINE HEALING MINISTRIES**

## **Healing Services**

Every Monday night at 8 pm in St Anne's Cathedral, Belfast

Every Tuesday night at 8 pm in St Finnian's Church,

Cregagh (not July and August)

## **Intercession Service**

If you would like prayer for yourself or for someone else you

may ring 028 9031 1532

Just leave your first name and what you would like prayer

for, and we will pray every day for a month

## **Personal prayer for God's strength, peace and healing**

Monday to Friday 10 am - 1 pm (by appointment) at

32 Townsend Street, Belfast BT13 2ES

Telephone: 028 9031 1532

## **Drop In Centres**

St Peter's Cathedral, Falls Road Tuesdays 10.30 - 12 noon

Shankill Methodist (corner of Berlin Street)

Thursdays 10.30 am - 12 noon

## **Holy Communion and prayer for healing**

Every Monday at 1 pm in St George's Church, High Street,

Belfast (near the Albert Clock)

## **Divine Healing Ministries**

**32 Townsend Street**

**Belfast BT13 2ES**

**Tel: 028 90311532**

**E-mail: [divinehealing@live.co.uk](mailto:divinehealing@live.co.uk)**

**Web: [www.divinehealingministries.org](http://www.divinehealingministries.org)**