

## INNER HEALING AND DELIVERANCE

(GCF School of the Spirit – 29/7/86 – EKB – revised 4/2003)

### A. “Inner Healing”

1. **What does “inner healing mean”?** *Lk 4:18,19.*  
By the term “inner healing” we refer to a range of inner personal problems and conflicts that some believers have to deal with and the way of recovery and release from them.
2. **Two major areas of “inner healing”.**
  - a. **Problems caused by environmental influences** during formative years, usually beyond our control, and often caused by parents or peers, e.g.
    - i. An adult believer who suffers condemnation and guilt. Probable cause: parents who often made the person feel guilty and condemned as a child.
    - ii. A man who was raised as a doormat type for others to walk all over. He was raised to think that it was his lot to be downtrodden and abused.
    - iii. A person, who suffered strong rejection from others, often accompanied by ridicule, producing insecurity, fear, embarrassment, inferiority, withdrawal.
    - iv. Someone with a problem with fears that had its source in a particularly frightening experience as a child.
    - v. A young man raised in an environment that was very critical and lacking in approval continues to live that way in adult life and project the same upon others.
    - vi. One raised with an awareness of living in an inferior socio-economic environment, always feeling awkward amongst the affluent.
  - b. **Problems caused by a failure to forgive**, and release from personal judgment, those that have hurt or offended us. Many “inner healing” problems come from failure to forgive those who have hurt us. Jesus gave many clear admonitions about the need to forgive others their sins against us, and of our responsibility to apologise to others we have hurt or offended. *Mat 6:12-15, Mat 5:23-26, Mk 11:25, Mat 18:21-35, Lk 11:4, Mat 5:7, Eph 4:32, Col 3:12,13.*  
In *Mat 18:15-17*, Jesus told us to go and see our brother if he has sinned against us, with the view to full reconciliation and the removal of the offence. Where there has not been forgiveness and a following of *Mat 18:15*, it results in hurts, resentments, bitterness, withdrawal, hatred, gossip and a dividing of Christ’s Body, the Church. The results of unforgiveness in the life of one who does not forgive are profound and devastating.
    - i. God does not forgive us our sins, *Mat 6:12-15.*
    - ii. Our sins remain and accumulate daily.
    - iii. Unforgiven sin becomes a barrier between God and us, *Is 59:1,2, Ps 66:18.*
    - iv. God will not hear our prayers, *Ps 66:18* – no answer.
    - v. Our usefulness to God ceases – our ministry ceases.
    - vi. We are responsible for disintegration in Christ’s Body, *Heb 12:15.*
    - vii. Evil influences and powers start to afflict and torment us, *Mat 18:34,35`*
3. **Ministering to people in need of “inner healing”.**
  - a. A set time of sharing and counsel with the person in need, under the guidance and light of the Holy Spirit. The cause and nature of the problem will be uncovered. Seek

- word of knowledge, vision, and revelation from the Lord. The problem may be of the environmental influence type, or a problem of unforgiveness and grudge.
- b. When the identification is clear and agreed upon by the counsellee and counsellor, then a time of ministry in prayer should follow. In both cases the people responsible for the hurt need to be forgiven, released from judgment and prayed for. Then the cleansing Blood of Jesus received to forgive all sins, break all bondages, and bring release in its full redeeming power. Minister the fulness and healing of the power of the Holy Spirit.
  - c. The counsellor needs to share on how to continue by faith in the promises of God, *2Pet 1:3,4, 2Cor 7:1*, in joy, praise, thanksgiving to the Lord, looking unto Jesus daily. Praise is the key that turns the lock for the promises of God.

## B. DELIVERANCE.

1. What is meant by **deliverance**? Deliverance means release from an influence by some evil spirit or demon.
2. Most of the problems and battles that a believer in Jesus Christ faces come from the old sinful nature of self, called the **flesh**, rather than from evil spirits. At the fall of man, *Gen 3*, when Adam sinned, God withdrew His Holy Spirit from the human spirit, and although man retained his body, and functioning soul of mind, will, and emotion, he was empty of God, self willed, going his own way and pleasing himself. This is what the Bible calls the **flesh**. It is the **sin principle** deep within the heart of every person born into this world, *Gal 5:16-21, Eph 4:22-32*.

When Jesus Christ died on the Cross He accomplished for us many wonderful victories. Two of these were that by His shed Blood, He has washed us clean from all our sins, and secondly, he has delivered us from the power of the **flesh**, the old nature of sin, by taking us with Him, into His death on the Cross. *1Pet 2:24, 1Cor 15:3, Mat 1:21, 1Jn 1:7, Rom 6:1-22, Gal 2:20*.

We celebrate this great salvation in our water baptism. Unfortunately many Christians live lives defeated by the **flesh** under the subtle influences of a defeated foe. They are saved but live and die as carnal believers never reaching the **Promised Land**. They die in the **wilderness** because of unbelief. *Heb 3,4*. Please read Numbers 11,17,196, in Pastors' Notes, [www.pastornotes.com](http://www.pastornotes.com)

3. It is possible for an evil spirit to influence, in some degree, the body or soul of a believer in Jesus Christ.
4. **At the Cross**, full deliverance from satanic influence has been provided for every believer in Jesus Christ. *Col 1:13,14,15, 1Jn 4:4, Rev 12:11, Jam 4:7*. However this provision depends upon faith, wisdom and obedience.
5. **A believer** in Jesus Christ may be, or become subject to a demonic influence by:
  - a. Involvement in false religions, the occult, either personal or from family background.
  - b. By parental domination, control, manipulation.
  - c. Sudden shock or fear, emotional upset, by an accident. through abuse, physical or mental.
  - d. Sinful acts and practices, e.g. going to an evil movie, immorality, pornography, telling lies.

- e. A curse put upon the believer in the family, by unknowingly accepting a curse.
- f. By believing a satanic doctrine, *1Tim 4:1-3*.
- g. By associating with people involved in sinful practices, *2Cor 6:17*.
- h. By rebellion against rightful authorities, *Rom 13:1-7*.

6. **Examples:**

- a. A young spirit-filled believer going to a séance, became strongly harassed by powerful demons
  - b. A girl locked into a cage with birds, became terrified, and thereafter was fearful of being near a bird. Once the demon was cast out, she was totally free.
  - c. **Tension and stress**, when resisted, renounced in Jesus' Name left, after many years of trouble.
  - d. A young lady, fearful of eating certain foods, needed to be set free from a powerful evil spirit of anorexia nervosa.
  - e. A Spirit-filled believer needed to be delivered from powerful spirits of witchcraft, astral travel, martial arts which she had been involved in before conversion.
  - f. Sudden back pain, due to a spirit of infirmity, leaves instantly when cast out in Jesus' Name.
  - g. A Spirit filled saint released from a spirit of fear, when challenged in Jesus' Name. Great manifestation.
  - h. Instant healing of physical disorder as the spirit of fear cast out. A physical condition instantly changed. Readily observable.
7. Demons influence people in various ways. They harass, torment, compel, enslave, defile, deceive, and weaken.
8. It is very important to know and understand, through faith in the Word of God, that **Jesus Christ triumphed over sin, satan and this world system**, *1Pet 2:24, Heb 2:14, Jn 16:33*, through His death, burial and resurrection. Because we are concerned with deliverance, we will focus on the Lord's triumph over satan.

In His death on the Cross and resurrection, Jesus Christ **brought to nothing, the kingdom of satan**, *Heb 2:14, 1Jn 3:8, Col 2:15, Rev 1:18, Jn 12:31, Jn 16:11, Eph 1:18-23, for all who believe in Him*.

By **His complete obedience to the will of the Father**, He established the Kingdom of God on the earth, and all who repent and believe the Gospel of the Kingdom are transferred from satan's kingdom to the Kingdom of God, *Col 1:13,14, Ac 2:38,39, Mk 1:15, Mat 12:25-28*. So, at the moment, there are two kingdoms on earth and every person is in one or the other, *Mat 12:25-28*. **By natural human birth** we are born into the kingdom of satan. This is why Jesus insisted that we **must be born again of the Spirit of God** to be able to enter the Kingdom of God, *Jn 3:3-7*. By natural human birth we are **born "in Adam"**, and by being reborn of the Spirit of God we **become "in Christ"**, *1Cor 15:22*.

**We become "in Christ"** by repentance, faith, water baptism and baptism with the Holy Spirit, *Ac 2:38,39, Ac 2:38,39, Ac 16:31, Gal 3:27, 2Cor 5:17,21*.

**Repentance** is that point at which we totally surrender to the Lordship of Christ, confess and turn from all sin, *Lk 13:3,5, Ac 2:38,39, Ac 3:19*. Because the believer is in the Kingdom of God and the Lord Jesus Christ, *Col 1:13*, satan no longer has authority over his/her life.

9. It is also very important to know and understand, by faith in the Word of God, **the significance of the power of the Blood that Jesus Christ shed for us**. By faith in Christ's sacrifice on the Cross, and the shedding of His Blood, we receive the following benefits:
- a. Full **forgiveness** of all sins, *Eph 1:7, Col 1:14, Rev 1:5, 1Jn 1:7, Heb 9:14*.
  - b. Complete **justification** before God. God declares **as totally righteous in His sight**, those who believe in Jesus Christ, *Rom 5:9*.
  - c. **Redemption** unto God, *Eph 1:7, Col 1:14, Heb 9:12*. Those who believe in Christ are **purchased by God** to be His and His alone, forever.
  - d. **Sanctification** and a **separation unto God from what is evil**. *Heb 13:12, 1Thes 5:23,24*.
  - e. **Propitiation and a full deliverance from judgment and the wrath of God**, *Rom 3:25, 1Jn 2:2*.
  - f. **Access with boldness** into the presence of God, *Heb 10:19*.
  - g. **A clear conscience** before God, *Heb 9:14*.
10. By knowing and understanding the truths of points 8 & 9 above, **the believer has faith and authority to resist satan and all demons**, *Lk 10:19, 1Jn 4:4, Jer 20:11, Mat 10:1-8, Eph 6:10-18, Lk 9:1, Mk 16:17, Mat 8:16*.  
By faith in the truths of God's Word, this resistance to satan is effective and the devil flees, *Jam 4:7*. Make sure you have taken the step of making Jesus Christ the Lord of your whole life.
11. **Deliverance from demons.**
- a. Be **humble**, totally dependent on God, *1Pet 5:5,6*. Choose to fully surrender your whole life to the Lordship of Christ, *Phil 2:9-11, Col 1:13*. Take time on this one and really mean it, *Mat 7:21, Lk 6:46*.
  - b. Be **honest**, frank, open, call the bondage what it is, *1Pet 5:6, Jam 5:16, 1Jn 1:9*.
  - c. **Confess** all known sin. Receive forgiveness by the Blood of Jesus, *1Jn 1:7,9, Eph 1:7, Rom 5:9*.
  - d. **Repent**, turn from all sin, *Pro 28:13, Ac 2:38,39, Ac 3:19*.
  - e. **Break** with the occult completely, *Ac 19:18-20, Ex 7:11,12, 2Tim 3:8, 1Tim 4:1*.
  - f. **Break** all curses and be fully released, *Is 54:17, Gal 3:13*.
  - g. **Separate** totally from any secret society, *Eph 5:11-13*.
  - h. **Forgive** all people their sins against you, *Mk 11:25,26, Mat 6:14,15, Mat 18:32-35, Lk 11:4*,
  - i. **Call** upon the name of the Lord Jesus Christ, the Blood of Jesus, the Word and Promises of God, the Power of the Holy Spirit, *Rom 10:13, Mat 14:30,31, Rev 12:11, Col 1:13,14*.
  - j. **Resist** the devil and he will flee, *Jam 4:7*.