

## Pray More Healing Retreat 2020 - Transcript

### **Inner Healing, Emotional Healing**

#### **Deacon Larry Oney**

Hi, I'm Deacon Larry Oney with Hope and Purpose Ministries. Today I'm going to be talking about emotional healing or inner healing. Some people don't really believe that there's such a thing as inner healing or emotional healing that you can be healed from such a thing. But the scripture is very clear that God healed every type of disease. Not only did He physically heal people but He also healed them emotionally and often the physical healing is attached to some emotional need there.

Like the woman with the issue of blood. I'm sure she was not only healed physically from the issue of blood that she had for 12 years but I'm sure there was some emotional healing as well. So as we progress today in our presentation, a teaching about inner healing and about emotional healing, we don't want to confuse that with the need for deliverance. Some people do need deliverance, where a priest of the diocese is given the authority to pray for deliverance where there's a demonic attachment to a person. That's not what we're talking about today. We're talking about where the prayer of a person, because all of us a part of the priest and prophetic and kingly mission of Jesus, every baptized Christian has the ability to pray and can pray for deliverance.

Now, emotional healing is something that God wants to do in us. Sometimes there are some people would emotional issues, they do need a psychologist or a psychiatrist. I'm not saying that we don't ever need to have those professionals to work with us but sometimes, some prayers are so deep that we really need a person to pray in a hopeful way, in a very specific way for God to heal the emotions and heal the mind that's been bruised from past events or past situations that have come up in our lives. We're going to be talking more about that as we proceed along.

One of the first things for inner healing and our emotional healing that we need to do is to identify the problem and realize that the need might be there for inner healing. Some of the symptoms to look for in someone, even ourselves, who might need that inner healing or emotional healing is this whole sense of being raw, a raw nerves if you will, an awareness that the hurt that doesn't seem to go away. Irritability that becomes easy, somebody says something to us and we respond back to them in a very aggressive way. - A little to no tolerance for other people or others feelings of hurt or anger, overly sensitive about an event in our past that may have happened to us.

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If those events are something that happened some time ago, we can still be very, very sensitive to them. We might need inner healing or emotional healing.- Difficulty in forgiving. It becomes very difficult if not impossible to love without forgiving and therefore if we don't love, if we have trouble loving, it might be because we're holding something or holding someone bound. -Lashing out at other people, feelings of anger towards God. When a person has been wounded emotionally, it's easy to become, to blame God rather for troubles and for hardships and even self hate, we just don't like ourselves. Many times when a person has been hurt from a past event or an abuse, they begin to think that it may have happen to me because of something that I did, some position that I took, in some way, it's my fault. Even if you were a child and something like this happen to you, the lingering effects of it can be, can go on for a very long time.

Being easily frustrated as another sign too, that we might need inner healing. Escapism and that escapism can be because of; we can use gambling or sexual activity outside of our marriage or drinking. It can be any number of things that we can use to escape, use it as an escape from the reality of the life that we have. And some people even resort to harming themselves in some way with cutting or even disfiguring themselves in some way. The urge to retaliate too, for other people. You might be holding a grudge against someone that you just want to get them back from the emotional wound that they left for you. This might be a sign that you might need to inner healing or emotional healing.

Irresponsible behavior. A lot of people that are doing things that really, it's not supposed to happen and they know it but they can't seem to control themselves. They just act in an irresponsible way. Expectations of other people that are unrealistic, that can be another sign too, that we need to be healed in some way. And this feeling of hopelessness about our future is certainly a sign cause it's, some people think that it's because of depression but it can be because we need to be healed in some way.

And some people cover up this emotional woundedness with just being driven. They drive for success because they think that success will help them to wash out the pain that they're living in right now. So it can be our career or whatever it is. It could be financial success, pushing to have a great career. - Hostility toward God too can be a sign that we might need to be healed emotionally. And some of the keys in the healing though, to get beyond some of these things, they're not deeply intellectual but we do need to look at some things that might help us from feeling this sense of guilt and shame, especially feelings that God is somehow disappointed or angry with us. We need to deal with those. We must get ourselves in a position where we know that God loves us, He forgives us and accepts us.

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That's one of the foundations of receiving a healing that yeah, God really does love us no matter how we feel, no matter how we feel physically, physiologically, know that God loves us.

One of the biggest keys to receiving healing for our damaged emotions is to, for our reception of God and how he feels about you and me and our healing. We have to realize that God is a source of our healing and deliverance. When some people say deliverance, they may think about an exorcism. We're talking about being delivered from emotional problems, in this instance, blaming God for our problems will put us in a situation where there's a wall between us and God. We must take down that wall.

One of the things we need to do in order to be open to healing is to be thankful for the little things that God has created for us to enjoy. It's hard, if not impossible, to be thankful and unforgiving at the same time. Becoming thankful is a big key to break through, I believe, if we struggle with unforgiveness. Unforgiveness and thankfulness are closely related.

Fear is often a tool of the enemy because when we put ourselves or put our trust rather than God, tremendous amounts of peace and healing can take place. Fear will keep a person from holding onto what God desires for them. That's another reason why we must come to know the true and loving nature of God toward His children. Another key to inner healing, especially from a background of rejection is coming to a place where we know God loves us dearly and has the best interest, our best interest in mind.

We shouldn't meditate or continue to think about what someone has done to us, as we call it, I like to say nursing and rehearsing about past things. Once we give something to the Lord, we don't want, we shouldn't take it back, say "Lord you have it now, now You deal with it". So another key is we have to stop blaming the person who wronged us because it wasn't what they did to us or are doing to us that is keeping us in bondage, it's our own reaction to what was done to us which holds us in spiritual prison. It's not our fault but our reaction to it can hold us bound. It might be anger, hate, resentment, unforgiveness, whatever it is, we need to let it go. Those things put up spiritual barriers.

One of the single most powerful ways to receive healing from emotional wounds is to forgive somebody who's hurt us. It's a powerful thing. There's tremendous healing power in bringing something out of, out into the open that's been in the dark. A priest or fellow Christian who loves you and will pray for you, be careful in this regard; although the scripture says to confess our faults, one to another, we

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have the beautiful, safe place at the sacrament of reconciliation to do so. So it's probably best if you have something you need to confess, confess it to a priest of God. James 5:16 says, *"Therefore, confess your sins one to another and pray for one another that you may be healed."* The fervent prayer of a righteous person is very powerful.

Finger pointing and blaming others in an outward manifestation of the root of bitterness, - it is an outward manifestation of root of bitterness. This is called resentment and goes hand in hand with refusing to accept personal responsibility for something. We should be ready to forgive as soon as God gives us the strength for that opening and the power to do so because sometimes the emotion of unforgiveness is still there but the decision can be immediate. We can immediately say, "I choose to forgive", even if the emotion is still flowing in us.

So what is God saying to us today? There are some barriers to healing. God wants us to be healed emotionally. He wants us to heal in a mind, our soul and our spirit. We need to put aside those barriers, past hurt, past pains and allow the love of God, the mercy of God and the healing power of God to touch our minds, to renew our minds. The scripture says, *"I'm the God that healeth thee."* In other words, God is saying, I can heal you.

I recall the scripture where many people are coming to Jesus when he was in Capernaum. And the scripture said that he healed all of their sickness and diseases. If God is who He says He is and we believe that He is, He's able to heal us emotionally, spiritually, from things in our past, things that we might be going through right now and give us a new beginning. So let's just pray right now. *Father, in the name of Jesus, through the intercession of Mary, the mother of God, we ask you to touch everyone that's listening to us right now, that you would heal them in their mind, in their soul, in their spirit. For we ask for these things Father, in the name of your son Jesus, who is Lord for ever and ever, Amen. God bless you.*