

## Program for Sessions

- (1) Why Heal today?
- (2) The Ministry of Jesus.
- (3) Physical Healing.
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### Why people need Memory Healing...

One of the results of living in a fallen world is that there are experiences in the past which can and do affect our behaviour as adults today.

The idea of memory healing is that God speaks healing, forgiveness, His freedom into those memories which result in living in a damaged way today. Often people can be trapped in the same circles of behaviour, fears and anxieties which seem to undermine their Christian faith. Through the process of memory healing God enables a person to find the root cause of why they behave the way they do. When the Spirit brings this self awareness of what experiences in life have damaged certain responses as an adult then God leads them into a position of healing and wholeness. It is important to recognise that people with deep memory hurts often suffer from physical ailments bought on by their inner turmoil.

## Memory Healing.

### The Process of Memory Healing.

#### 1) Initial Interview

Invite the person to share what the problem is that they are struggling with. Pick up on any key feelings or thoughts that are expressed about themselves. Give them the opportunity to describe the problem in full and any ideas that they have as to why they behave in this way. Look out for what particular situations provoke the negative responses from the person as this may give you a good indication of what area the person has the problem in. It is important to ask questions to clarify answers given and to summarise for the person what they have said, so you can check your understanding of the situation.

#### 2) Explore thoughts and feelings around particular memories.

It may be that the person already knows what experiences they have been through that have provoked this negative responses. If so then explore the dominant feelings and thought responses of the individual. Sometimes deep hurts result in memories being buried deep in the subconscious. [Continued above....](#)

#### 4) Ministering Prayer

Once someone has made the decision to put relationships right through practical action, then comes the time to pray for healing to be manifested in the effected memory. This would normally involve praying into the particular memory Christ's protection, healing and presence. In a real sense through prayer we are helping the person to have the eyes of faith to perceive God's presence, power and protection in the midst of the painful experience. There is a need to let the Holy Spirit lead you in what you need to say and what to pray. For example there may be the need to break chains that are holding the person etc

#### 5) Ongoing Work

When you have ministered healing prayer you need to finish with a prayer of protection and peace over the person. There will then need to be follow up work done. It is a simple reality that if we do not establish people within biblical patterns and behaviour, with a biblical understanding of themselves, then very quickly they can slip back into negative self esteem and behaviour. We must be willing to persevere in the establishing of a person's character in Christ. When we do this we truly see people come to freedom and new life through Christ.

When this happens you need to ask in prayer for the Holy Spirit to guide the person to the particular memory which is the root cause of the problem.. The memory needs to be explored to its fullest depth. This involves exploring what happened in the situation, how did it make the person feel, what do they feel about the situation now. This can be a very painful process as the weight of what has happened impacts the person you are helping. Let them have time to cry, express anger and explore the emotions of the situation..

#### 3) Time of Decisions.

The next stage is to help the person work through what they need to do to let go of the memory that is hurting them. It is clear within scripture that if we hold anger, hatred, or bitterness against someone then all it does is hurt us in the long run. There is a need for the person to not only face up to the full weight of what has been done to them, but also to let go of the self- destructive feelings around the situation. This often needs to be both the willingness to forgive the perpetrator of the hurt caused and a willingness to say sorry to God for the anger held against that person. This is a very difficult thing for many people to do however it is often needed before healing prayer is effective. In nearly all situations of memory healing practical action has to be taken before a person becomes free of the past.

#### Memory Healing is a big commitment.



It is important to recognise that praying for inner healing is a big commitment to make. Once a memory has been exposed there are often more memories underneath which will need dealing with.. Once healing has taken place there is a need to help the person relearn how to respond to situations in a Godly way. This is done by using the Scripture and teaching Godly responses in different situations.