

## Leaders Notes – Session 4

### Title:- **Memory Healing**



**Introduction:** One of the works of Christ's salvation in our lives is to release within us a continuing process of transformation and fullness of life. **READ John 10 v 7 – 10** - There is certainly a sense that fullness of life does not mean that we do not suffer. Indeed living in a fallen world, amongst fallen people means that there will be times of hardship and sometimes persecution. BUT this suffering should at no time undermine our faith or stop us being transformed to be more like Christ. When things in our lives stop us moving forward in the development of the fruit of the Spirit and in the living of a fullness of life for God, that is often when we see inner healing take place.

**Discussion:** What do you think is the nature / character of a Godly person in Christ? (Feedback on flipchart)

**What the Bible Says:** Colossians 3 v 12 – 15. Galatians 5 v 22 – 25.

**Discussion:** What do you think stops us developing these things?

How do you think a lack of Godly character affects both an individual's life and the church?

### **Teaching Point 1 - Unhealed past – results in stunted growth as a Christian.**

When people have been through very painful upbringings and past this can have an adverse affect on how they long term grow as Christians. If left unchecked this can produce a high maintenance Christian who never really grows, bears fruit and who continually goes through the same circles of negative feelings and destructive behavior. **Consequences on a person's life who is trapped in the hurts of the past can be:-** Undermined confidence in Christ, limited or no real flow in the power of the Holy Spirit. Used as an open door for character flaws to hurt and create disunity in the people around them. Can be trapped in a circle of behavior, bondage and habits that they never seem to shake off. Overwhelming and persistent feelings like:- Anger, anxiety, depression, fear and confusion.

### **Teaching Point 2 - The ministry of Jesus**

Jesus spent a great deal of His ministry restoring people to the full potential that they had as people. He took it upon Himself to bind up the broken hearted and set the captives free. To restore the outcast and heal all who came to Him whatever the ailment of condition. Jesus continually restored people to the community – To Himself – to His Father in heaven – to the possibility of their full potential. This ministry can be summed up in Matthew 22 v 38; **THAT** we are free to love the Lord our God with all our hearts and follow Him without restraint... **THAT** we love ourselves as found in the Lord Jesus Christ. **AND** that we love others as we love ourselves.

**What the Bible Says:** Luke 8 v 43 – 48, Luke 17 v 12 – 19, Luke 19 v 1 – 9, John 8 v 3 – 12.

**Quote:-** Healing of memories can be defined in a number of ways:-

*“ Teaching people to practice or accept the presence of Jesus in their past, present and future. – helping them forgive everyone and setting them free to live in the present to their fullest potential.”*

*“Inner healing is simply co-operating with the Lord Jesus to let Him cure or remove from our psychological nature the things that are blocking the flow of His Holy Spirit.”*

### **Guidelines for this type of ministry :-**

- 1) Must show a love that comforts the afflicted and is strong enough to challenge any areas of sin –
- 2) Not to be judgemental but allow them to see themselves as Jesus sees them , He will do the convicting!
- 3) Importance for the development of openness and trust that we keep confidences.
- 4) A need to be patient to wait upon the Lord and work through in His timing a full and complete healing.
- 5) Be assertive when needed. There will be times that you cannot move a person on until they are prepared to make certain choices to set themselves free.
- 6) A need to cultivate a listening ear both to the person you are helping and the holy Spirit as He takes the person on through different levels of healing.

**Continued Next Page.....**