

## Leaders Notes – Session 4

Title:- **Memory Healing**

Continued.....



### **Teaching Point 3 - The process of Memory Healing**

#### **1) Initial Meeting:-**

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 they 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 summarize 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 know what experiences they have been through that have provoked this negative response or attitude in their lives. 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. When this happens we can ask for the Holy Spirit, in prayer, to guide that person to the particular memory which is the root cause of the problem. Because the Holy Spirit is then in control of any revelation that is made manifest we can be assured that the Lord will only allow that which is in His timing to deal with to surface. We then need to give the person time to tell the story of the memory and the emotional attached to it. This involves exploring what happened in the situation, how did it make the person feel, and what do they feel about the person / 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 for 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 onto anger, hatred, or bitterness then all it does it hurt us in the long run. In fact what this does is keep the hurt active and the abuse happening. 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. There often has to be both a willingness to both forgive the perpetrator of the hurt cause and a willingness to say sorry to God for the anger held against that person. ( IMPORTANT) Sometimes this release of forgiveness can only happen AFTER they have received inner healing prayer to set them free from the hurt and pain. To push to aggressively for them to forgive before they have received healing prayer will only result in the person getting frustrated with the impossibility of it all and potentially giving up on the healing process.

#### **4) Healing Prayer**

When the person has come to a point where they desire to be free from the past, then comes the time to pray for healing to be manifested in the affected memory. This involves:- A prayer inviting the Lord Jesus to lead the time and bring His healing and power to the person. Next we invite the person to tell Jesus what happened in the memory, how they felt and that they want to be free from it. When they have done this we then pray into that particular memory asking for Christ's protection, healing and presence as the Holy Spirit leads. We may even walk through the memory again but this time binding the person to Jesus as He protects, heals and brings His comfort to them. 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 real need to let the Holy Spirit lead you in what you need to say and what to pray.

#### **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 often be a need to do follow up work. It is a simple reality that if we do not establish people within biblical patterns and behaviour, with a biblical understanding of themselves, then 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. This is done by using the scriptures and teaching godly responses to situations. When we do this we truly see people come to freedom and new life through Christ.

**Remember Memory Healing is a big and often long term commitment !**