

# GOING 3-D INTO ROOMS (INNER HEALING)

## (A House that Grace Built Workshop Project)

Healing is not a cut and dry process. We can't look at it like a map and see specifically where we need to go next. Rather, we need to trust in the One who can lead us into the vast and spacious areas of our soul that require His care and attention. Not only that, but healing is three-dimensional. Somewhat like the space and distance of a country or major piece of land, it has depth and scope. When locations are seen on a paper map, we merely look at the concept; but once we drive through those vast pieces of land we experience the distance and magnitude of the contents within. This is how we must look at the journey inside our healing. Another way to understand this concept is to compare a picture on a postcard with a real-life encounter. In the picture you are limited to content and perspective. It houses a flat point of view. Should you go visit the destination where the postcard picture was shot, your experience would be altogether different. The sights, sounds, tastes, touches, experiences, and interactions in that environment would paint a formidable memory in your life.

Many people go through recovery and healing with a one-dimensional perspective. They tackle the concepts, the principles, the knowledge, the understanding, and then apply it at a surface level to what they can at least see and comprehend. Sometimes this can be quite powerful and thus appear to be a once and for all solution. But for most of us, brokenness in our life goes deep. Depth, by its very definition, is dimensional. We can't read about it alone. It's not until we are on the journey, and inside the madness and beauty of inner healing, that we can comprehend what that depth entails. From one situation to the next, we are taken through the spaces and places in our life that require God's healing touch.

## WHAT'S THE ROLE OF THE BIBLE?

Many Christians believe the Bible is the only book and resource necessary to deal with what's wrong in our lives. In many ways this is true, since the Word of God reveals His plans, purposes and intentional will in our lives. But the Word of God was not meant to merely be pages in a book that are read, rehearsed, memorized, and spoken over in our situations. Rather, we were given the person of the Holy Spirit to take the words of the Bible and to allow us to experience it in a three-dimensional way. What does this mean? It means that just as the post card contained a limited perspective, so does the Word of God contain limitations until we can walk it out, and walk into its life changing principals and truths. Walking in the power and reality of those words is quite a different experience than merely reading and

trying to comprehend the truth they portray. Thus, we can conclude that God created the Bible and the Holy Spirit to come together and give us an experience of Christianity, not merely a theology of it.

There isn't a one, two, three step for the healing we are describing found in God's Word. But there are principles, truths and realities of God's character that can act as our guiding principle. Most important, since the Holy Spirit is a Person, He leads with the resource of His power and promises – and with that He brings hope, comfort, conviction, leadership, guidance, counseling, and wisdom. With that said, healing is about taking the principles in the written word, and having them translated in our experience by a Holy Spirit process that is somewhat unique to all of us. It requires relationship and intimacy with Him to make this work, and that's where people get uncomfortable. It's far easier to squeeze Him into something we could see and understand, rather than rely on Him to take us places that are new and different. Theologically driven people will assault anything outside the bounds of the written Word. But like a road map, life isn't lived through sentences and words. It must be taken into the streets of human experience in a tangle way. If you can picture the Holy Spirit as encompassing and houses every single word of the Bible in Spirit form and living inside you to activate what you need in the moment, it starts to make sense. But truth be known, that doesn't make sense to our human intellect.

In reality, healing occurs when we allow the Holy Spirit to navigate us through our soul with the light of his truth guiding and revealing. He wants to take us on a tour that will move beyond an intellectual encounter, and will allow us to see things with clarity, depth and precision. Physical space can be measured. But the space in our soul is so vast it is immeasurable. It's also complicated and complex. Only the Holy Spirit can sort, sift and begin to set things in order. No person, human idea or ideology is capable of performing that enormous task.

## DEALING WITH THE PAST

People question the purpose of memories in healing. They question why we have to “look back.” Traveling to our past can seem to merely be a form of self-pity and introspection that can incur deeper levels of bondage. But with the proper perspective and mission, we will find that it is a loving, passionate pursuit for our whole being.

The past hold answers, and sometimes it brings to light the very place where destruction was formed. If you think of your soul as a field of soil, it's helpful to understand the progression. Like any physical field, the soil and conditions of growth must be present in order for a seed to take root. Once a seed takes root, the structure of that plant emerges, and eventually it produces its prescribed fruit. The fruit that exists in the present therefore has a distinct relationship with the seed that was planted in the past. If that seed was toxic, and if it isn't dealt with, that will produce unhealthy fruit. Merely ripping bad fruit off a

tree doesn't solve the problem. A system produced that fruit, and that must be dealt with at that level. In the case of inner healing, roots started with a seed that was usually in the form of trauma, lies and shame. Those seeds then begin to harvest in life. The insanity is when we try to manage the fruit rather than confront the system that produced it.

Many times we have both toxic seed, but we also typically have unmet needs. That means that seeds that should have been planted, weren't. This leaves us emotionally, mentally and spiritually malnourished. Those seeds that were meant to be planted to benefit and reward present fruit were absent. We end up with fruits we don't want while lacking fruits we do want. And that's where we need the intervention and the authority of Jesus Christ to come and work on our behalf.

In some cases, traumatic events also planted significant damage in our soul, causing woundedness and creating protective mechanisms that knew no level of harm. Any traumatic event has the potential to bring with it lies that we believe as the truth, which in turn means that the enemy has captured that particular area in our lives. Through inner healing, God wants to take us back to the extent that we can identify where we got hurt, the lie, the belief system attached, and can then break the power the enemy gained over us. We do this by inserting the authority of Jesus to bring transformational grace, thereby providing what we need that was missing, or healing us from damage that was done.

## USING MEMORIES TO HEAL

Most all our seeds can be found in a memory. Looking at memories can happen in two ways. We can simply look at them as a flat event – sort of an article of history that we can read without comprehending or understanding its magnitude. Many people in recovery report that's all they can do. But to be effective, we need to get ready to “drive through.” We need the sights, sounds and perspective. But even more important, we need to have this communicated through the engagement of the Spirit rather than merely our intellect. This gets confusing as most of us don't know how to do that. We are reliant on our natural minds and haven't quite yet learned the language of the spiritual realm. The language of God speaks to our heart. Often in healing He works with pictures. And His pictures will align with the truth of His character in His Word.

The most important part of healing is not simply to see something, but to view it through Jesus perspective, and partake in the necessity of feeling and dealing with painful realities that left us damaged and wounded. What we thought occurred with Jesus absent and disengaged, we'll instead discover happened with Him. When we bring Jesus into the place of injury and wounds, we can begin to engage with Him, a person. We can begin to ask Him to begin to apply a remedy. We can do this when we recognize His character: His fervent and kind love towards us, and the fiery, passionate hatred towards the

things that brought destruction to us. That type of Jesus is the One who dropped down from heaven to bring life. That is the kind of Jesus that performed miracles, raised the dead and saved the broken and lost. So the journey, set aside all processes and procedures, really begins and will be completed with Him.

## PRAYER AS A METHOD OF SEEING THE PAST

New Age has brought a counterfeit version of the Holy Spirit. It has stolen the concept of the power of the spiritual realm and sought to twist and distort it as a power system used to benefit people. In truth, the only power source related to New Age is demonic. We must make it clear that true prayer-led, spirit-led healing has the Holy Spirit as the guide, and nothing or no one else. If anyone leads by an attribute or characteristic that is not of God, it is not the Holy Spirit guiding. However, when we enable the Holy Spirit to guide, He will lead us through situations and circumstances to bring clarity. He may use pictures, words, memories or even other people in our lives to aid in this process. But the goal should be clear:

- Jesus leads us to the past or into the current crisis situations knowing already what's there, what happened, how we got hurt and how we need to heal.
- Jesus leads us into the darkness of our experience with the authority to overcome every ounce of sin, hurt and damage, this we have hope
- Jesus requires vulnerability and permission to be granted permission to access those places within.
- Jesus desires that we see this memory through His perspective rather than our own. He wants us to embrace that He is experiences it with us, including the injury and violation.
- Jesus wants us to feel, grieve and hate the negative things that occurred. To simply swipe through it quickly negates the impact and importance it had on us. Grieving needs to take time, it will come in stages, and there is no "set in stone" equation that can be done. We will struggle the most learning how to feel and grieve in the places of damage because of the vulnerability, powerlessness and pain it provokes. We've tried to run that. But there is only way to be freedom: to face it with Jesus, to feel it with Jesus and to apply the remedy by dropping it at His feet.

## PRAYER/REFLECTION PROJECT – GUIDED

Ask the Lord to show you where to focus.

1. Get specific – ages, environment, circumstances matter. If you "lump sum" it you won't see it in the 3D.

2. Once you connect to a memory, we want to ask Jesus to help assess it: We'll be looking at the:
  - Nature of the wound, the raw emotion of our pain
  - The violation to our authentic identity, how it sought to destroy us as precious children of God
  - Nature of the lie, this involves the very place where bondage formed
  - What beliefs existed in that room/memory
  - How we responded, reacted, coped
  - How we judged the sin (provoked judgement)
3. Apply remedy. What the spiritual prescription is in that situation! (which is always authentic forgiveness). This involves laying things at the feet of Jesus.
4. Renounce sin. Now we can renounce the sin; the mindsets, the judgements, etc. and replace it with truth. Repent for anything revealed.
5. Remove any demonic stronghold.