



DISCIPLES ACADEMY 2 “NEXT LEVEL”

DISCIPLES ACADEMY 2 - INNER HEALING AND DELIVERANCE

INTRODUCTION: When we accept Jesus Christ as our Lord and Savior, we become children of God, cleansed in His blood, and have received the free gift of eternal life. As believers, this does not mean that we are totally free and healed. We may still be bound to our past hurt, bitterness, unforgiveness, habitual sins, and need emotional and psychological healing. Even though our spirit has been born again, our mind still needs to be renewed and transformed. Inner healing and deliverance is only found in Jesus Christ and His word.

I. WHAT IS INNER HEALING AND DELIVERANCE?

1) EMOTIONAL HEALING AND FREEDOM FROM ALL DEMONIC LIES, BONDAGE AND OPPRESSION. **(Jesus started this ministry of inner healing and deliverance while He was on earth. Jesus is the only one who can heal our broken hearts and set us free spiritually and emotionally.)**

Heal: to make whole, to be set free and healed from sorrow, grief, pain, fears, wrong thinking and demonic strongholds.

Broken Hearted: those who are devastated, discouraged, crushed, broken into pieces and shattered.

Liberty: (aphesis) deliverance, release from bondage or imprisonment, forgiveness of sins and remission of penalty

2) HEALING AND FREEDOM THROUGH THE ACKNOWLEDGMENT AND CONFESSION OF SINS, HURTS AND TRAUMA. **(We will never overcome anything that we are unaware of, in denial of, hiding, blaming others for or unwilling to confess.)**

1 John 1:9 (NKJV) *If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness*

Confess: to agree, to concede, to admit, to declare one's guilt, errors, wrong thinking, offenses.

Cleanse: to set free from impurity, demonic defilement and hindrances, moral wickedness, to heal, to set apart and dedicate to the service of God and His purpose for our lives.

Note: Until we are cleansed, healed, and delivered we will not be able to fulfill God's purpose for our lives.

II. SIGNS & SYMPTOMS THAT YOU MIGHT NEED INNER HEALING & DELIVERANCE:

Holding grudges with a strong desire to punish offenders; Hate and unforgiveness - find it difficult/impossible to forgive those who have hurt us; Easily offended and angered - overpowering emotions of anger; Feel like everyone is against you and doesn't understand you; constantly replaying hurts, traumas, enemy's words and harm done to you; Falling into same sin over and over leading to addiction or self-destructive cycle; Having perverted thoughts that you can't shake; Hearing voices - fear, self-hurt, hurt others, blasphemy; Deep depression – suicidal thoughts and severe hopelessness; Anxiety attacks; Confused – thoughts of confusion, lack of clarity about present and future; Relationships always end with you being rejected; Sleep paralysis and/or chronic nightmares; Always sick and doctors can't find reason or diagnose – everything comes back negative; Cannot progress no matter how hard you try; Cannot serve in a ministry, find it hard to go to church; Overreacting to everything; Always complaining and speaking negative; Unable to trust and love people; Fall into same self-destructive lifestyles of parents or family members; Been molested and abused – seemingly always end up in abusive relationships

III. THE THREE PARTS OF EVERY HUMAN BEING

1 Thessalonians 5:23 (NLT) Now may the God of peace make you holy in every way, and may your whole **spirit** and **soul** and **body** be kept blameless until our Lord Jesus Christ comes again.

1) THE SPIRIT (The Spirit man is where the Holy Spirit dwells.)

OUR SPIRIT MAN IS THE PART OF US THAT IS BORN AGAIN/SAVED.

John 3:6 (NLT) Humans can reproduce only human life, but the Holy Spirit gives birth to spiritual life.

A. PAUL THE APOSTLE ACKNOWLEDGES THAT THE REAL HIM IS HIS SPIRIT MAN CREATED A NEW IN CHRIST. (We can have The Holy Spirit in us and sin at the same time.)

Romans 7:20 (NLT) But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it.

2) THE MIND. (When we were born-again and saved our mind wasn't.)

A. OUR MIND MUST BE RENEWED TO EXPERIENCE FREEDOM AND TRANSFORMATION.

(Renewing our minds is the process of getting our thoughts in agreement with the truth of God's Word.)

Romans 12:2 (CEB) *Don't be conformed to the patterns of this world, but be transformed by the renewing of your minds so that you can figure out what God's will is—what is good and pleasing and*

Transformed: to undergo a change in thought and character, nature and maturity, to change into another, to metamorphosize, to become like Christ.

Metamorphosize: To change into a different form especially by supernatural means, to change strikingly the appearance or character of, to transform.

B. OUR MIND CAN HAVE A STRONGHOLD OF THE DEVIL.

2 Corinthians 10:4-5 (NKJV) *4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,*

Stronghold: a place where a demonic belief or lie is strongly defended, upheld and argued.

Note: Our mind is where spiritual warfare is fought. Even though we are born again, If we don't win the battle of the mind we will continue to live in bondage, be emotionally weak and hindered from reaching our full God given potential.

3) THE BODY.

A. OUR BODY CAN BE DEFILED AND UNCLEAN. (God has given us the responsibility to keep our bodies and souls clean out of respect and Honor for Him.)

2 Corinthians 7:1-2 (NCV) *Dear friends, we have these promises from God, so we should make ourselves pure—free from anything that makes body or soul unclean. We should try to become holy in the way we live, because we respect God.*

B. CHRISTIANS CAN OPEN THE DOOR TO DEMONS EVEN AFTER BEING SAVED

Ephesians 4:26-27 (NKJV) *26 "Be angry, and do not sin": do not let the sun go down on your wrath, 27 nor give place to the devil.*

Place: a room or space marked off, a place to inhabit, quarters (Housing, accommodations provided for military/demonic personnel and familiar spirits.)

Ephesians 4:27 (AMP) *And do not give the devil an opportunity [to lead you into sin by holding a grudge, or nurturing anger, or harboring resentment, or cultivating bitterness]*



STEPS TO EXPERIENCE INNER HEALING AND DELIVERANCE

- 1) CONFESS AND ACKNOWLEDGE OUR PAST HURTS, SINS AND ABUSE COMMITTED AGAINST US. (EX. My past Jealousy)

Psalm 32:1–5 (NLT) Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! 2 Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty! 3 When I refused to confess my sin, my body wasted away, and I groaned all day long. 4 Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Interlude 5 Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the Lord.” And you forgave me! All my guilt is gone.

- 2) RECEIVE FORGIVENESS AND FORGIVE EVERYONE THAT HAS HURT OR ABUSED US. (We receive forgiveness by confession and we forgive by stating offense specifically. Ex. “I forgive (name of person) _____ for (what they did to you). I let them / it go.” Finish prayer by declaring a blessing over them.

Ephesians 4:31-32 (NLT) Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, **forgiving one another, just as God through Christ has forgiven you.**

- 3) RENOUNCE ALL UNFORGIVENESS, HATE, ANGER, BITTERNESS AND SINS THAT WE MIGHT HAVE AS A RESULT OF PAST ABUSE. (We cancel a break since power and the enemies hold through our renunciation.)

2 Corinthians 4:2 (NKJV) But we have renounced the hidden things of shame, not walking in craftiness nor [a]handling the word of God deceitfully, but by manifestation of the truth commending ourselves to every man’s conscience in the sight of God.

- 4) ANNOUNCE AND DECLARE OUR FAITH IN CHRIST AND HIS POWER TO DELIVER AND HEAL US.

Note: In the step we receive restoration of our emotions, soundness of mind, inner peace and freedom from the power of sin and the devil. Until we are free we cannot have healthy relationships, fulfill our purpose, do ministry effectively, and enjoy life. In many cases physical healing is also reclaimed.

A. EXAMPLE: “DAILY CONFESSIONS”

Confession #1- No weapon formed against me shall prosper, and every tongue that rises against me in judgment I condemn. **Isaiah 54:17**

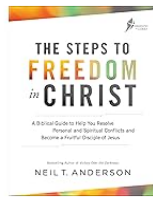
Confession #2- I overcome all because greater is he that is in me than is in the world. **1John 4:4**

Confession #3- I don’t have a spirit of fear but power, love and a sound mind. **2 Timothy 1:7**

Confession #4- I am a new person in Christ, my new life has begun. **2 Corinthians 5:17**

Homework Overview and Reminder for class1

1. Read "The Steps to Freedom In Christ" pages 1-4, (Step 1) pages 5-6.
2. Highlight key insights in your bible and book.
3. Journal daily what you are experiencing from what you are reading.
4. Pray and Declare out loud the prayers and declarations from the assigned reading in (The Steps To Freedom In Christ" Book).
5. Memorize confessions #1, #2 & #3 from the Daily Confessions



The Steps to Freedom in Christ: A Biblical Guide to Help You Resolve Personal and Spiritual Conflicts and Become a Fruitful Disciple of Jesus

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