

Chapter 5B Healing of the Wounded Heart/Soul

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Introduction: Many people think that since we are born again, we became a new creature, and old things are passed away everything became new, therefore the old hurts, wounds and bondages are also no more. I wish it could be true. We became a new spiritual being, but our soul is still in the process of being saved and transformed - the process we call "Sanctification".

A Christian author, Charles Solomon who deals with rejection says:

- 98% of Christians have their identity in the roots and fruit of rejection and woundedness.
- 82% of Americans are emotional unhealthy
- 24% have moderate to major mental health problems
- 58% have mild to moderate mental health problems.

What we see in the Body of Christ:

Depression, Mental illness (Esp. Bi-polar),Sicknesses, Fears/Anxiety, Unforgiveness, Anger, Hatred, Violence, Abuses, Addictions, Jealousy/envy, Slander, Gossip, Doubts/Unbelief, Greed, Shame, Control, Low self worth, Self Condemnation, Guilt, Poverty, Failures, Divorces, Family Alienation, Lust, Pornography, Adultery, Sexual Perversions, Fornication, Rejection, Torment, Oppression, Afflictions, Pride, Faithlessness, Abdication...

3 John: 2

“Beloved, I wish above all things you may prosper and be in health, even as your soul prospers”

Could it be that the reason we do not prosper, in ill health is because our soul is not prosperous (wounded, crushed, in pain, in bondage...) and needing our attention? And get healing?

Definition: *spirit/soul hurts are hurts on the "inside" of a person. They are wounds to the soul/heart of man that are carried and experienced within the person himself. They are not physical and they can not be seen. Their presence is revealed by their symptoms, by the manifested evidence of unhealed emotions, thoughts and behaviors.*

What is the Good news? What was Jesus sent to do on earth?

Is 61:1

*The Spirit of the Lord God is upon me, because the Lord has anointed and qualified me to preach the Gospel of good tidings to the meek, the poor, and afflicted; He has sent me to **bind up and heal the brokenhearted**, to proclaim liberty to the [physical and spiritual] captives and the opening of the prison and of the eyes to those who are bound.*

Luke 4:18

*The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to **heal** the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are **bruised**,*

The word “bruised” and Luke 10:34 “wound” are from the same root word in Greek [*traumata*]: crushed, broken in pieces, shattered, traumatized.

The word “heal” [*iaomai*]: to cure.

Is 53: *4.5 Surely He has borne our griefs*

And carried our sorrows;

Yet we esteemed Him stricken,

Smitten by God, and afflicted.

⁵ But He was wounded for our transgressions,

He was bruised for our iniquities;

*The chastisement for our peace was upon Him,
And by His stripes we are healed.*

Jesus was sent from Heaven to earth: (part of the reason) is to bind up, to cure to heal the heart/soul that's been wounded, crushed, shattered and to get people out of prison/bondage/stronghold. God loves us! He sees our pains and brokenness! He wants to bind up (put it back together) our broken heart/shattered soul, to heal our wounds and to make us whole. The whole Isaiah 53 is about what He went through in order to bring healing and wholeness to our lives.

But we have to respond and do our part:

Philip 2: 12

"...Work out your own salvation with fear and trembling"

NOT work **for**, but work it **out**, walk it out.

➤ **Four Basic Emotional needs of mankind**

- 1. **Unconditional love expressed.**
(But we need to have the right Love Language)
- 2. **Security**
- 3. **Praise and affirmation**
- 4. **Purpose**

- ❑ **LIST THE EMOTIONAL NEEDS YOU FELT WENT UNMET IN YOUR LIFE AS A CHILD AND HOW IT HAS LEFT YOU WOUNDED.**

- ❑ **WHO DO YOU NEED TO FORGIVE?**

➤ **Symptoms of wounding:**

➤ **What are the symptoms/characteristics of Wounding?**

- 1. Withdrawal or Isolation

2. Walls of Self-protection
3. Possessiveness
4. Control and Manipulation
5. Difficulty receiving correction or instruction
6. Difficulty in receiving or giving love and acceptance
7. May be in constant need of attention and recognition
8. Feel unloved and draw rejection out of others
9. Self-centeredness/Self absorption
10. Emotionally immature
11. Pattern of broken relationships
12. Find identity in a group
13. Judgmental attitude
14. Lack of intimacy with God
15. Fears and phobias
16. Stress-related diseases
17. May have a lack of self-discipline and responsibility
18. May become over-responsible
- 19. Self-rejection**
- 20. Wounded heart unhealed became an Evil Heart.**
- 21. Easily triggered (built-in buttons): Little piece of rock thrown over a pond became a tsunami.**
- 22. Shame/guilt**
- 23. Low Self Worth**

24. Heart pain

25. Can't trust

26. Insecurity

□ **List 3 of the most destructive characteristics of wounding that you are presently dealing with:**

1. _____

2. _____

3. _____

□ **Do you need to forgive someone who has wounded you?
Do you need to ask someone to forgive you for responding to them out of your woundedness?**

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

We must take responsibility for our own character and repent of the wrong attitudes and motivations.

PRAYER

“Father, I have responded in unChristlike ways. Forgive me for responding to others with_____.

I call this behavior to the cross and call it to death. I call forth the character of Christ to replace this destructive habit pattern. In Jesus' Name."
(2 Cor 10:4-6; Eph 4:22-24; I Cor 15:31)

➤ **Am I Wounded? (How do I know that I am wounded?)**

- Do you feel you are on the outside looking in (at work, in groups, with friends, at church), but you never know how to get on the inside?
- Do you easily get your feelings hurt even when the person did not intend to hurt you?
- Are you possessive or get jealous easily in your relationships?
- Do you feel rejected when with a group? Do you think people do not include you enough in the conversation or that people don't talk to you?
- Do you seek to be the center of attention wherever you go?
- Do you have to talk all the time?
- Are you offended when not invited to a special event by other friends or peers?
- Do you find yourself putting up walls of protection so that people don't know how you really feel inside? Are you able to only talk "news, sports, and weather"?
- Do you find that you tend to withdraw when in a group and rarely take part in conversation, jokes, or fun?
- Do you have a deep need to keep up and image before people and are deeply offended when you think someone has tarnished that image?
- Do you have trouble receiving praise from people?
- Do you look for rejection wherever you go?
- Do you seek to be in control of your relationships?
- Do you have a need to dominate or intimidate people?
- Do you make most of the decisions in whatever group you are in without listening to the input of others?
- Are you teachable?
- Can you receive correction?

- Are you opinionated and have a deep need to be right and to prove a point?
- Do you delight in other people's failures?
- Do you rejoice at other's success or do you feel hurt, rejected, or angry when others succeed?
- Do you look back on life with gratitude for what God has done, or is there anger, disappointment or frustration when thinking of your past?
- Are the majority of your thoughts negative?
- Do you spend more time thinking about what others haven't done for you than you do thinking about what you can do for others?

➤ How are we wounded?

- **Womb** –
 - Rejection,
 - Mother's condition,
 - Word curse,
 - Trauma
 - Generational transference of sins/iniquities and spirits
- **Mother Issues** –
 - * Storge Love – loving words, tender touch, eye contact, **bonding**.
 - * Mother did not protect nor believe, when Molested by father.
 - * Selfishness
 - * Abandonment (working mothers)
 - * Unmarried, out of wedlock. (Bastard curse)
 - *Lack – addiction, pornography, lust, filling the void and comfort with multiple sexual relationships. (e.g. women with 200+ partners, ministers fell into sexual sins...)
- **Father Issues** – (95% wounding from the fathers)
 - * Abandonment
 - * Abusive father: Physical (violence, rage)
Emotional, verbal
Sexual – Incest, molestation
 - * Alcoholism
 - * Absentee father
 - * Authoritarian father
 - * Passive father
 - * Performance oriented father

- **Siblings** – Abuse
 - Favoritism
 - Rivalry/competition
 - Comparison – low self worth, lack of confidence,
 - Rejection
 - Birth Order – middle: neglected (pass over)
 - Youngest: passive, either neglected or spoiled
 - Oldest: Parental role, over strict, high expectation, unfair treatment.

- **School years:** rejection; bully; disability; racial.

- **Society:**
 - Work place
 - Racial Prejudice
 - Poverty

- **Marriage:** Abuse, trauma

- **Trauma:** Divorce
 - Accidents
 - Sickness
 - Death of Loved one
 - Abuse
 - Incest
 - Rape: Violent rape, drugged rape
 - Hospitalization/surgery
 - Abandonment
 - Law suit (court case)
 - Mental Illness
 - Suicide
 - Drug use
 - Horror Movies
 - SRA: Satanic Ritual Abuse

□ **List 3 of the most destructive manifested wounding that you are presently dealing with:**

1. _____
2. _____
3. _____

- **Do you need to forgive someone who has wounded you?
Do you need to ask someone to forgive you for responding to them out
of your woundedness?**

1. _____
2. _____
3. _____
4. _____

We must take responsibility for our own character and behavior, and repent of the wrong attitudes, negative responses and motivations.

PRAYER

1. **Drop down:** from head to the heart/Belly – contact point
2. **Yield/surrender:** to the Indwell Christ
3. **Receive:** His forgiveness of love for allowing anger, bitterness, bitterroot-judgment, fears to control our lives while you want us to live in your love, and peace
4. **Release** Christ the Forgiver to forgive your offender.
(2 Cor 10:4-6; Eph 4:22-24; I Cor 15:31) **stop**

➤ **Attitudes Developed when wounded**

- **A child's attitude when wounded**
 - ❖ Hidden resentment
 - ❖ Anger and Bitterness toward parents
 - ❖ Fearful and anxious
 - ❖ Loses trust
 - ❖ Spirit/heart closes (Wall of self-protection)
 - ❖ Judgment against parents
 - ❖ Disobedience
 - ❖ Rebellion
 - ❖ Feeling Rejected

Rules without relationship, breed rebellion

Eph 6:2-3

“Honor your father and mother which is the first commandment with a promise, that it may be well with you, and that you may live long on the earth.”

Deut 27:16

“Cursed is he who dishonors his father or mother.”

❑ **Did you dishonor your parents (the above)**

If so, do you need to ask them to forgive you for rebelling against them?

Repent and renounce for dishonoring them.

Receive Forgiveness from the Indwelling Christ... and ask Him to break the curses as the result of your dishonoring them. Then, ask your parents to forgive you for dishonoring them.

PRAYER: (First: Drop down to your river/belly/spirit; yield and open your heart)

“Lord Jesus, I **receive** Your forgiveness for sinning against you and my parents by dishonoring and rebelling against them. Will you **release** your forgiveness of love to cleanse me and release your Healing Love to my parents where they were deeply hurt by me.

Will you remove the curses as result of my dishonoring and sinning from me and my descendants.

Will you place the cross and the blood of Christ between me, my descendants and the resulting curses. Thank you for doing this. In the name of Jesus Christ, Your Son. Amen”

“Mom/Dad, I realize that as a child and in my youth, I became pretty disobedient and I rebelled against and have dishonored you in many ways. I am asking you to forgive me for all the things I said and did to hurt you.” (Be specific as the Lord brings to your remembrance)

❑ **Write down 3 areas that you know where your pain has overflowed upon your family or others. You commit to asking them to forgive you for these destructive behavior patterns:**

1. _____
2. _____
3. _____

PRAYER:

“I need to ask you to forgive me for (be specific)_____. I have realized that I have let the pain from my past respond to you and to situations with this destructive behavior. I am not promising that I will never do this again. But I do promise to seek God’s help in bringing this to death so that I can be more like Him. I want to treat you with love and value at all times. Sometimes I just don’t know how. Will you forgive me?”

❑ **In what ways are you aware that your woundedness has hindered your relationship with God?**

➤ **What happened to the unhealed wounds/hurts:**

1. **With others:**

- **Act out** – Bully, anger, violence, gang, rebellion
- **Withdraw** – Walls, Isolation, shy, fears, depression, frozen emotions.
- **Masks** – Striving, performance, perfectionism, super-spiritual, pleaser,

2. **With Family:**

- To the Descendants - **Perpetual SOFCs** (Sins of the Fathers and resulting curses) to the descendants, Abuse (sexual, physical, emotional), abandonment, rejection.
- To the Spouse: Trigger, Tsunami Effects
Frozen: unable to express love; inability to love!
Abuse
Divorce/alienation

3. **With God:**

- Void of intimacy,
- Projection of earthly father to Father God
- Unhealthy fear of God
- Walls
- Can't hear God

4. **With Self:**

- Self rejection
- Self hatred
- Unworthiness
- Self Doubt
- Self condemnation
- No Identity or False ID
- Purpose/Destiny thwarted
- Unfulfilled life

5. **Emotionally: Negative/toxic emotions of** - guilt, Shame, Fears/phobia, Anxiety, anxiety attack, Jealousy, Sadness, grief, lack of confidence, insecurity, Depression, Deep Pain (cutting) anger, hopelessness, trapped, Self-hatred, worthlessness...Suicide attempt/thoughts.

6.External Behavior: Isolation, Violence, drugs, addiction, alcohol, sex, gang (belonging), control, rejection, Withdrawal, Walls, Rebellion, critical, judgmental, pride, Perfectionism, competition, appeasement, striving, performance, passivity, cruelty, immature, Bragging, non-stop talking, center of attention ...

7. Spiritually:

- Insensitive to the Spirit
- Walls
- Oppressed, tormented
- Many strongholds/bondages
- Demonic oppression

8. Victims becomes Victimizer.

9. Unhealed Heart becomes an Evil Heart.

8. Super Strongholds of Shame/Fear/Control

9. False Identity, God’s Purpose unfulfilled and Destiny thwarted.

10. Physically: Diseases (Spirit, soul and body Connection, they are closely connected)

Stress and diseases -

- Dr. Bruce Lipton of Stanford Medical School released research:
 “Stress is the cause of at least 95% of illness and disease.”
 “The remaining 5% is genetic and was caused by stress somewhere in the ancestry of that person.”
- Centers for Disease Control in Atlanta : 90% of all health issues are related to stress.
- Harvard Medical School says on their website, “Too much stress for too long creates what is known as ‘chronic stress’ which has been linked to heart disease, stroke, and may also influence cancer and chronic respiratory diseases. And illness is just the tip of the iceberg. Stress affects you emotionally, as well, marring the joy you gain from life and loved ones.”

What causes Stress?

Ans: Destructive Cellular Memories

□ ***Example of Cellular memories***

1. The Dallas Morning News, Sept 12, 2004
2. Organ Transplants:
 - Heart transplant of husband’s heart to an 8 year old boy.
 - Kidney transplant – a murderer was caught.

- ❑ Every memory is recorded in the cell.
- ❑ **There is always a lie attached to the Destructive memory**
It is the **lie** that causes perpetual harm and damage to the body, emotion, relationships, career, destiny.
- ❑ The Iceberg of our mind: We really DO NOT KNOW ourselves.
10% conscious
90% Subconscious/unconscious
- ❑ The unhealed memory/lies causes us to be triggered and we react (subconsciously) to our current situation (out of proportion – the Tsunami Effects)
- ❑ Our body has two main survival mechanisms:
 - a. For growth- the Immune system; when our body can grow and thrive.
 - b. For protection – the stress response
 - c. We are either in the growth/nurture mode or in fight/flight/protective mode; they can not function at the same time.
- ❑ Diseases/illness – Constant stress by the Destructive Cellular Memories/Lies in the Subconscious, our Immune System is compromised and broke down.
Example:
 1. Auto-Immune diseases – by self hatred; Lupus, MS, Chronic Fatigue, Fibromyalgia, Enviromental Sensitivity, Hypo or Hyper Thyroid disorder, Hashimoto Thyroiditis (inflammation)...
 2. Repressed Anger, undealt bitterness, unforgiveness – Cancer, arthritis, ulcer...
 3. Stress – heart diseases, stroke, high blood pressure.

(The **Bucket/cup is full and overflows** – accumulation)

11. **Fragmented Soul/heart:** little boy/little girl

In severe cases – Multiple Personalities (MPD) or Dissociate Identity Disorder (DID)

12. **Ungodly Beliefs/Lies and Wounding: Siamese twins**

The Core Lies/Ungodly Beliefs affect –

**Our Life
Our Identity
Our Destiny
Relation with Others
Relation with God**

- **Where did they come from?**
Ans: from Childhood wounding
- **Every wounding attached with a Lie.**
- **It is that Lie that hurts you now in your adult life.**
- **What triggers you?**
- **Tsunami Effect**
- **Warped/colored glasses**

Some Core Identity Lies: (these are mostly at a sub-conscious level, which means you are not

consciously aware of them; you just react/act and not even aware of what you did.)

- Something is wrong with me; It's all my fault (Shame)
- I am stupid and useless.
- I am not important; nobody pays attention or cares about me.
- I should not be here; I have no right to exist.
- I am only a burden.
- I am rejected by everyone, no one likes me.
- I hate myself.
- I am worthless.
- I have to please others in order to be accepted and loved.
- I have to perform and achieve, otherwise I have no worth.
- I am all alone, no one is there for me. God is so far away, He doesn't care!
- I have to be perfect, otherwise I am a failure and it is not acceptable.
- God will hurt/punish me, I better do good and perform to please Him.
- I can't trust God or anyone, I can only rely on myself.
- I have to be tough and mean or people will hurt me.
- I have to build up a wall to protect myself; I can't let others in; they
 - will hurt me.
- I am trapped and helpless; it is hopeless; there's no way out.
- I am dirty and tainted.

Summary of the results of being wounded:

- Physical and Emotional Diseases
- Walls
- Colored Glasses
- Ungodly Belief System (Lies)
- Captivity/Stronghold/demonization
- Relationships: God
Others
Self
- Identity, Destiny, Inheritance stolen, robbed, destroyed.

➤ **Attitudes needed to start the journey of Healing:**

- Stop blaming and take responsibility
- "Know Thyself", Acknowledge that you are hurt/wounded and need healing.
- Don't be afraid to open the past. Let God in.

*It is a good and God- thing when the
pain is stirred up!
It is His doing!
He exposes it so that He can heal
your pain and make you whole!!!*

- Determined to pursue Freedom, Healing and wholeness (not just for yourself, it is for those you love and your descendants – the best legacy/inheritance you could give to them. It is priceless!!!!)
- Know and embrace your predestined True Identity and the **Real experiential knowledge** of God – the True God who loves you...

PRAYER

“Father, I come in Jesus’ name, to confess to You my pride and rebellion. I acknowledge that I have sinned against heaven and in Your sight by my life of independence and self-sufficiency. I have blamed others and those who have wounded me for the problems I am presently in. I no longer want to justify or shift the fault elsewhere. I have sinned and I have grieved you. I ask You to forgive me and to cleanse me from all unrighteousness. I am not promising that I won’t fail again, but I do promise to seek You with a greater fervency than I have in the past. I want to know You more than anything else.”

➤ The Road to Healing

Jeremiah 30:17

“For I will restore you to health and I will heal you of your wounds, declares the Lord, because they have called you an outcast...”

Is 61:1,2,7

“He has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and freedom to the prisoners...to comfort all who mourn...instead of your shame you will have a double portion, and instead of humiliation they will shout for joy over their portion. Therefore they will possess a double portion in their land, everlasting joy will be theirs.”

Is 66:12,13

“...and you shall be nursed, you shall be carried on the hip and fondled on the knees...”

- As we begin this journey of healing, it is important to distinguish among the:
 - ❖ **Wounds** - there needs to be healing of the hurt and love deficit
(*Is 61:1-3; Matt 4:23, 24*)
 - ❖ **Lies/Ungodly Beliefs** - we must see ourselves as God sees. (**Our True Identity**)
(*Phi 4:8; Jer 29:11; Ps 149:4*)
 - ❖ **Iniquity and Rebellion**—there needs to be confessions and repentance of ours and our ancestor’s sins/iniquities and rebellion; and receive Christ’s River of Forgiveness within us to flow through and carry away those sins/iniquities and resulting curses from us and our ancestral blood line.

Lord Jesus, I repent and renounce my and my ancestors' sins/iniquities, I receive your river of forgiveness to flow to and through them and cleanse and carry them away by the River of Forgiveness from You, Christ the Forgiver within me...

Individual Sins: Our own sinful attitudes and actions which have affected Others.

Corporate Sins: committed against a group, a body of believers or a family.

❖ **Receive Forgiveness (Drop the bucket to your well.....)**

It is foundational to healing; nothing will happen if there is still anger and Unforgiveness.

The adult-self has forgiven, but the inner child is still angry.

❖ **Release and let God. "Without me you can do thing."**

Release Christ the Forgiver within to forgive on your behalf.
Release His Forgiveness to your offender.

❖ **Bondage/Captivity** - Need to be delivered out of regions of Captivity

(Acts 10:38; Luke 4:18 "...to set at liberty those who are oppressed...")

If someone said no to be ministered, and said she/he could do it her/himself, there could be issues of Distrust, fear of rejection, fear of exposure, fear of man, shame/guilt, fear of manifestation, been betrayed before.

Healing is almost always a process (sanctification) that comes by our making a series of choices. This is what brings us into growth and maturity.

We have to know some very important basic truths:

- (a) Every pain/hurt, negative emotion has its **root and origin**.
- (b) Every pain/hurt, negative emotion associated with a **Lie (UGB)**
- (c) It's not the memory causing the pain. It's the Lie(s) of the memory inflicts the pain.
And it's the same lie(s) inflicting pain in your present situation.

- (d) The current issue is not the real problem. (e.g. conflict with your spouse) The pain and negative emotions you feel now is not the real fire, it's only the smoke. It is the association to your old unhealed wound and the lie that triggers your current pain.
- (e) When Jesus exposes the origin (Ask Jesus to take you there) of the Lie, and ministers truth, he will heal your pain and set you free. **The truth shall set you free!!!**
- (f) Holy Spirit has the access to your memory and He searches your heart and memory and expose its root. (Pray as King David : Search me O God and know my heart and see if there be any fearful thought and hurtful way in me; I give you access to go deep into my subconscious...(only the Holy Spirit knows our subconscious mind which processes 4000 billion bits of information per second while our conscious mind only 2000 bits of information per second.)
- (g) The Spirit of Christ dwells within us is the Spirit of Truth. He will lead us into all truth. Our traumatic memory is only partially true.
- (h) When Adam sinned, His physical eyes were opened but his spiritual eyes were closed.
Satan has lied to him, “Your eyes will be opened”. Since then, men only see the natural world. He is only “Sin conscious”. (*Two lenses – the Fallen lens from Satan; God’s lens to see Truth and the spiritual world*)
- (i) When the Spirit opened our spiritual eyes in the memory, we see the whole truth, we see into the spiritual realm, where Jesus has always been there, but because our eyes were closed when we were hurt, we only saw half the real happening – the physical realm. His truth (the whole truth) sets us free.

How to Minister Healing: To others and/or to self

❖ The “Captivity” Model: (Ana Mendez, “Regions of Captivity”)

(note: we no longer cast out the demons when we take care of the legal ground/open doors; we use Captivity model in place of dealing with the demons

When you feel that no matter how much you tried (been prayed for: different deliverance, inner healing...), you are still in some sort of bondage/captivity, it is because when your soul was wounded, traumatized and fragmented, those parts had been kept in captivity in the Kingdom of Darkness.

You can ask Jesus take you out of that prison and lock the door behind you and take you up to the third heaven. (Eph 4:8; Eph 2:6; Luke 4:18) Where Restoration taking place, Let Jesus minister healing to you, including integration of fragmented parts of your soul.

❖ Dennis and Jen Clark’s Model: Forgive123; DRN (Deep Relief Now)

- a) **Forgive 123:** according the Clark’s “Most emotional healing requires ONLY these 3 steps – **3 Fs**:
- ✓ **First:** First person or situation that comes to mind – in an image or memory.
 - ✓ **Feel:** Feel the feeling/emotion in your gut.
 - ✓ **Forgive:**
 - **Yield and open** to Christ the Forgiver within. Allow a river of Forgiveness to flow from the belly (Where your spirit is) from Christ-within, **Receive Christ forgiveness**, until the emotion changes to peace.
 - (Example, Pray: Lord Jesus, I receive Your Forgiveness for allowing my anger, bitterness, hatred, fear ... to influence me and/or rule over me.)
 - **Release Christ** to forgive your offender; let His forgiveness flow to the offender. (It also helps for you to release His river of Forgiving Love to the offender) Let the Indwell Christ to forgive on your behalf.
- b) **The Clark’s DRN (Deep Relief Now) Prayer Steps 5 Fs**
- ✓ **First:** first person or a picture/memory
 - ✓ **Feel:** feel the emotion. What is it?
 - ✓ **Forgive:** See above - a) Forgive123
 - ✓ **Facts:** Ask Jesus to speak the **truth** if there’s lie.
Renounce the **Lie**.
Receive the Truth
 - ✓ **Fill:**
 1. Forgive first.
 2. Release demand on people to give you what you need.
 3. Receive: Christ’s Filling, who alone can fill those unmet needs.
 4. Break ungodly Ties between you and your offender.
- There could be debris/rocks/dirt/dead branches block the flow of the river. Ask the Indwell Christ to reveal.**

Recap:

- **Forgiveness – let go, release**
- **Sins and Iniquities of the Fathers**
- **Womb ministry**
- **Healing of the memory**
- **Ungodly Beliefs – Exposed and replace by His “rhema” words of Truth**
- **Captivity/Deliverance, Third Heaven – restoration and integration.**

- **Trauma, remove Cellular memory (River of Healing from Indwell Christ – cleansing, healing, removing and carrying away trauma, bringing healing)**
- **Godly Belief/Truth (Do it for 40days) - New mind set, (The real meaning of Repentance)**
- **Break ungodly Ties**
- **Pursue Intimacy/Love of God and with God.**