

Prayer For Inner Healing

By Mike Garner

"The panic attacks just keep getting worse! The meds the doctor gave me aren't working and my therapist isn't sure what to do next. What do I do?"

"Well, let's spend some time in prayer and ask Jesus what He wants to show us. (Pause) 'Lord Jesus, teach us how to pray for Linda.'"

This is a fairly typical beginning of what has come to be called "Inner Healing" or "Healing Prayer." When we intercede for another, it usually involves a dialogue – we take someone's requests and present them directly to the Father. Healing

"Prayer is striking the winning blow at the concealed enemy. Service is gathering up the results of that blow among the men we see and touch."

– S. D. Gordon, *Quiet Talks on Prayer*

Prayer is more of a "trialogue" – a 3-way conversation between God, the pray-er and the pray-ee. A lot of time is spent listening for the Holy Spirit to direct us. He uses pictures, words, our spiritual gifts and other means to delve deep into the roots of a person's issues.

"I see a picture of myself as a little kid, running away from someone in panic. I think it's my cousin. I was always afraid of him – but now I feel terrified. What is happening?"

"Lord Jesus, fill your daughter with peace and love right now. Come to this frightened child inside and surround her with your grace and protection. Begin bringing healing to this memory."

And that is precisely what our Lord does. We so often talk about the love of the Lord, the peace and freedom He brings, abundant life, His healing power – yet so few believers actually experience these wonderful gifts. But this type of prayer has seen miracle after miracle of freedom and healing, life and joy – and it lasts!

A simple working definition: "Healing prayer is a method of prayer by which Jesus is invited to address the hurts of the past and heal us of their negative results." Sometimes I'm asked: "Where is this type of ministry in the Scripture?" And I always find my mind going back to one of the most remarkable healings in Jesus' ministry.

In Mark 5, while on an errand to heal the daughter of the most honorable man in town, Jesus stops to talk to the town's most dishonorable woman. That in itself is a HUGE statement by our Lord that ALL are worthy of His time and love.

But Jesus goes further. He has already healed her physical issues. But it isn't enough. So He stops – disregarding the confusion and embarrassment of His disciples – and waits. And this woman, who, according to the social and religious rules of the day has no right to even be here, pours out her story – the "whole truth." It takes time – maybe hours. Twelve years of suffering inside and outside isn't summarized in a few statements.

It takes so long, in fact, that the daughter of the #1 VIP in town dies as she pours out her heart. And then this very unorthodox rabbi brings it all to a close with a remarkable claim (Mk 5:34): "Daughter, your faith has healed you. Go in peace and be freed from your suffering." Her healing is first "peace" and then freedom from suffering. Is that why He stopped so long?

And is this why He first pronounces forgiveness for the paralytic lowered through the roof when everyone there could certainly see that his problem was his legs – or was it? Or why He spoke as He did to the Samaritan woman at the well? Or why He touched (touched?!) lepers?

Jesus brought healing to people on both the outside and inside in a variety of ways. And it's no different today. I'm sure we have all received His healing power through the Word, the counsel of a good friend or therapist, and just spending time alone with Him in prayer.

Healing Prayer – God's ministry of inner healing from emotional damage, childhood trauma and the consequences of human sin – is one of His ways to set His children free at the deepest levels.



"Prayer is repeating the Victor's name into the ears of Satan and insisting upon his retreat. As one prays persistently in Jesus' name, the evil one must go."

– S. D. Gordon, *Quiet Talks on Prayer*