

# Inner Healing

## A Biblical Perspective

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When Christians are experiencing on going painful physical, emotional or mental distress, out of desperation for relief, they very often seek help from an *inner healing counseling ministry*. Due to the fact that a “Christian” *inner healing ministry* may use a lot of Scripture as the basis for what they do and teach, draws unwary Christians who don’t rightly divide the word of God—into accepting without question what is taught or practiced. This is how many Christians are being deceived by *inner healing ministries* that misuse or mishandle the Word of God in their healing ministry. Any deliverance or healing ministry that attempts to use the Bible to make their gnostic, New Age, or Jewish Kabbalistic views and practices appear as Scripturally sound, is a ministry from hell—no matter how much they may use the *name of Jesus* in their prayers and practices. **(Matt 7:22-23 ) Many will say to Me in that day, 'Lord, Lord, have we not prophesied in Your name, cast out demons in Your name , and done many wonders in Your name ?' And then I will declare to them, 'I never knew you; depart from Me, you who practice (rebellion against God’s word or laws... which is) lawlessness!' NKJV (Parenthesis min for clarification)**

If a ministry departs *in any way* from the true intent of the word of God, they are ministers for the *Angel of Light* (Satan). Those Christians who lack knowledge of what the Scriptures really teach—will easily fall prey to any deceptive ministry that *misuses* Scripture by twisting it—stretching it—misapplying it—or adding to & subtracting from it. As a result of misusing the word, Christians are unknowingly being led into many occult and New Age practices by those involved in what is being called a *Christian inner healing or deliverance ministry*. A great problem is that many of the teachings and practices being used by these ministries can often achieve the desired results by those seeking help. Thus those who receive the lie that *the end result justifies the means used*, will embrace what is false. May we never forget that Satan’s ministers can be used for the purpose of achieving healing and doing many supernatural signs and wonders. This is one of the most subtle deceptions used by Satan for getting God’s people to accept his *false ministers*... **(2 Cor 11:13-15) For such are ... deceitful workers ... And no wonder! For Satan, he transforms himself into an angel of light... Therefore it is no great thing if his ministers also transform themselves into ministers of righteousness, whose end will be according to their works (an alternate translation of this phrase is: *whose purpose will be achieved by their works*).** NKJV

False inner healing ministers and ministries have an unscriptural theology regarding the concept of God. When people have an unscriptural view or concept of God, their understanding of how God works will also be faulty, which in turn will be the foundation for their unscriptural practices used to achieve healing and relief from what is painful or distressing to those who come to them for help. Therefore, it is imperative that we know the *origin* for what is being taught and practiced—especially if the Bible is being used to legitimize these things. Those who teach and

practice what is false may appear godly in their character, and have a sincere desire to help hurting people. However, what they believe and practice must be free from error, for it is the little leaven (error) that destroys us. As I once heard it said, “Whether the charge against a killer is first or second degree murder, voluntary or involuntary manslaughter, or just carelessness in causing an accidental death, the result is still the same—a dead body. That is why we must not take lightly *any* error that is practiced or taught by *any* ministry—including inner healing and deliverance ministries.

Is what a minister or ministry believes and teaches a *doctrine of demons* or is it truth as revealed in the word of God by the Holy Spirit. For instance, there are very *prominent* inner healing ministries, whose teachings and healing practices have been adopted and are widely used in many churches. What often goes undetected is the back ground from which these ministers come from. By background I mean, those things in their past that have influenced and helped shape their beliefs. For instance, one such person is Agnes Sanford, whose inner healing ministry has been very widely accepted by many Christians, even though she had a *pantheistic view* of God (that God is in and part of everything and everyone). She is quoted as saying:

*You see, God is actually in the flowers and the growing grass and all the little chirping, singing things. He made everything out of Himself and somehow He put a part of Himself into everything. Oh, not His whole self! You don't want to see His whole self, do you? I would scare you to death.<sup>1</sup>*

Her background is that of being raised by Episcopalian missionaries in China. In her writings she tells of an occasion where as a young girl, she entered a Buddhist temple. She says that as she stood before the idol of Buddha, she want to see if God would strike her dead if she bowed before this idol, and if it had any power. So she began to chant as she had so often seen the Buddhist monks do. This is her account as written her autobiography...

*Nothing happened. Or did it? I wonder. For gradually there came to be within me another voice, sneering, despising, and scorning me. I thought little of this inner dialogue, assuming that everyone as they grew older had two voices...<sup>2</sup>*

The above account sounds like an occasion where she received *another spirit* into her life. The sad fact is that after relating this event in her book, she never says that what she did was something against God and His word, nor does she warn of the dangers involved in worshiping before idols, even if it is done ignorantly or out of curiosity. This may account for the evident lack of discernment that shaped her ministry. Many involved in inner healing have drawn from her teachings and practices in the development of their ministries—Such as John and Paula Sanford.<sup>3</sup>

<sup>1</sup> Agnes Sanford, *The Healing Gifts of the Spirit* (Old Tappan, NJ: Spire books by Fleming H. Revell Co. 1982) p.27.

<sup>2</sup> Agnes Sanford, *Sealed Orders* (Plainfield, NJ: Logos International, 1972), pg. 14.

<sup>3</sup> Agnes Sanford was the mentor for John and Paula Sandford, who also are also prominent ministers of inner healing. A study of their teachings reveals that Sandford's view of God is more esoteric than Biblical and many of their practices find their origins in Eastern Mysticism. What makes their ministry so dangerous is that they deny certain unscriptural beliefs while masking these same beliefs using Christian terminology. They renounce occult activity but continue to encourage belief in occultic theories upon which their practice of inner healing is based.

As a result, they have opened themselves up to embracing *another spirit* and *doctrines of demons* that influence and shape their beliefs and ministry.

## Occult Practices Being Christianized

As mentioned inner healing ministries that try to legitimize New Age and Occult practices by misusing Scriptures, in some form implement these practices which include:

- **Visualization and or Guided Imagery:** There are many ways this practice is used. One example would be—a person needing *inner healing* is asked to seek out those memories that caused them trauma or hurt. They are told to *visualize* some loving person (for Christians it is Jesus), who can help them see the painful circumstance in a new way—by visualizing the one who caused them pain and who is to be altered in their mind by what they imagine in this process of *Visualization and Guided Imagery*. For instance, they are told that *Jesus* (who becomes a spirit guide) will help them visualize their abuser doing some kind act to them. Thus filling them with *feelings* of love and security from and towards the one who in reality had hurt them. If their *spirit guide* is able to give them a *mind-altering vision*, it can induce altered *feelings* towards those who in the past had caused them pain. Thus the goal to be achieved in *Visualization and Guided Imagery* is to alter reality in the persons mind. This is simply a *meditation* technique that can make a person feel differently or better, however, it is not the Biblical way of dealing with mental and emotional damage.<sup>4</sup> It is rooted in secular psychology, which defines *meditation* as: “*When a person has a dialogue with someone unseen. It may be with God, when He is invoked, or with himself, or with his good angel.*”<sup>5</sup> Needless to say deceived Christians using this mind-altering technique, are conjuring up *another Jesus* as their spirit guide. Jesus Christ is the spirit of truth—He does not give us some false or altered imagination as a way for making us feel better! Neither can we conjure up the presence of the Lord through our imagination. For a great personal testimony on this subject I suggest reading ex-occultist, Johanna Michaelsen’s book, (*The beautiful Side of Evil*, Harvest House, 1982).
  
- **Dream Analysis:** As Christian’s should be aware that God does give His people dreams as a form of imparting His revelation to them. However, dream analysis (interpretation) apart from the Holy Spirit is Satan’s way of leading God’s people as well as people in general, into deception. Dream analysis, whether used as a psychological technique, or by those operating under a spirit of divination, opens the door for great delusion for those involved in this practice. As a psychological technique it is man’s attempt to substitute human wisdom for the wisdom given by

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<sup>4</sup> I recommend my audio teaching *Understanding Psychic Powers*, you can listen to this on line at this website: <http://www.extendedlifectm.org/listen-to-teaching-cds.html>

<sup>5</sup> Carl Gustav Jung, *Psychology and Alchemy*, Vol. 12 of *The collected Works of C.G. Jung*, 2<sup>nd</sup> addition, translated by R.F.C. Hull (New York: Pantheon Books for the Bollingen Foundation, 1952), pg.262.

God's Holy Spirit. As an occult practice, it is a way of receiving knowledge from *another spirit* other than the Holy Spirit. Any Christian wanting their dreams interpreted by another professing Christian, would do well to really know what spirit is operating in that person's life. They may be very accurate in what they say, but that does not legitimize the fact that *another spirit* is giving them their information.

- **Ventilation:** Through *ventilation*, a person is told to do deep breathing exercises which induce an altered state of consciousness for the purpose of momentarily relieving tension and developing a peaceful state of mind. This is how they are encouraged to create for themselves a sense of peace. This false peace that is conjured up by clearing our mind and creating an altered state of mind, only opens the mind up to being invaded by demonic forces. The Bible is clear about the fact that we are to always be in control of our minds, and never allow them to be emptied, altered, or controlled by anything other than God's Holy Spirit and His word. Another way this technique is used is by encouraging participants to *vent* any pent up negative emotions—by doing things such as, pounding pillows or walls, screaming (even obscene) things as loud as they can at those who cause them pain or frustration. These techniques bring relief from stressful feelings, but cannot get to the root cause (sin), which creates these emotions. Christians are never to display these kinds of outbursts of anger and rage (Col 3:8; Eph 4:31).

These and many other occult and psychological *healing* practices only serve to keep one's attention focused upon the sins of others, and upon one's own *feelings*. These things keep people bound by pride, and living under a spirit of self-pity, that defends or blames their addictive compulsive behavior, and other personal sins on others, thus creating and a stronghold I call the *victim mentality*.<sup>6</sup>

## Biblical Healing and Deliverance

The Biblical pattern for healing and deliverance is to have people take personal responsibility for repenting of all sin and for surrendering their will to the truth as revealed in God's word. These things according to the Bible, are to be done as a means for escaping eternity in hell and for establishing a living relationship with God. True repentance and surrendering to the will and ways of God are not to be done for the motive of *feeling* better, or for obtaining any form of success for one's self.

True Biblical healing and deliverance ministries will bring people to the realization as to how sin is operational in their lives by rightly dividing the word of God. They will also lead to

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<sup>6</sup> For more on this subject I suggest my teaching series *The Victim Mentality*, which can be listened to by going to this link: <http://www.extendedlifectm.org/listen-to-teaching-cds.html>

freedom those to *who are ready to let go of all sin and demonic influence*—by the only three Biblical practices for overcoming (Rev 12:11). These will become their means for a new life:

- **The blood of the Lamb** ... faith in the Blood of Jesus to cleanse from repented sin.
- **By the word of their testimony** ... living their life according to the word of God.
- **Not loving their lives to the death** ... dying to their will and surrendering to God's.

In conclusion let say that our healing whether it be in our body soul or spirit, is a matter of *sanctification*, which means getting free of all that is defiling our entire being. The premise for the healing and deliverance ministry that our ministry practices, is based upon dealing with *sin issues* that create great distress within us and empower demonic influences in our lives as Christians.<sup>7</sup>

Many healing ministries do not like to deal with sin issues because they don't want people to feel uncomfortable or to feel that they are being judged. However, any time sin is present in anyone's life, it means there is an area in that person's life that has not been surrendered to the will of God. Without total surrender to the will of God, there cannot be total healing and deliverance in a person's life.

I found my *total* healing and deliverance from God by surrendering my whole will and life to Him and by focusing on serving others, rather than on myself. God's word led me into seeing my sin through His perspective, which horrified and humbled me and led me into many painful times of *godly sorrow*... **(2 Cor 7:10) For godly sorrow produces repentance leading to salvation (deliverance) NKJV.**

God's ways are much higher than that of human beings and those willing to do things His way and trust in Him will live a life that is blessed because they will receive the reward of a sin and bondage free life! May we seriously consider this word of the LORD:

**"Cursed are those who put their trust in mere humans and turn their hearts away from the LORD.... "But blessed are those who trust in the LORD and have made the LORD their hope and confidence... They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they go right on producing delicious fruit... "The human heart is most deceitful and desperately wicked. Who really knows how bad it is? ... But I know! I, the LORD, search all hearts and examine secret motives. I give all people their due rewards, according to what their actions deserve" (Jer 17:5, 6-10) NLT.**

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<sup>7</sup> For more information on our *Threefold Cord* healing and deliverance study and counseling course go to <http://www.extendedlifectm.org/threefold-cord-healing--deliverance-course.html>