

# Inner Healing and Deliverance

## What is Inner Healing?

Inner healing is the process of allowing the Holy Spirit to heal wounds and trauma from the past, emotional, mental, or spiritual—that have affected how a person sees God, themselves, and others. This can include pain from abuse, rejection, abandonment, betrayal, shame, or fear. It's about addressing the root issues, not just surface symptoms.

## What is Deliverance?

Deliverance is the act of being set free from demonic oppression, bondage, or influence. It's not about the sensational, it's about spiritual eviction. Through Jesus Christ, the believer exercises authority to break soul ties, generational curses, and strongholds that give the enemy legal ground. **Demonic oppression** is when a demon exerts influence on a person's life: mentally, emotionally, physically, or spiritually but without full possession. It's a type of spiritual harassment or bondage that can manifest through: Depression, fear, anxiety, Addiction and compulsive behavior, Unexplainable sickness, Nightmares or sleep paralysis, Mental torment or confusion, Strongholds (deep-seated lies, unforgiveness, perversion, hatred, etc.) Chronic failure or cycles of destruction just to name a few examples.

It's different from **possession** (which involves control) and different from **temptation** (which is external). Oppression feels like spiritual **pressure, heaviness, or torment** that won't break on its own.

**Deliverance** is when Jesus breaks the chains the enemy has placed on someone. It's the **removal of demonic influence** through: The **name of Jesus**, The **Word of God**, The **blood of Jesus**, The power of the **Holy Spirit, Repentance, renunciation, and prayer**

Jesus called it "casting out" demons. and it may involve renouncing agreements with darkness, confessing sin, breaking generational curses, and commanding demons to leave in Jesus' name. The process is different for each person based on their life journey.

## Why Is It Needed?

Because salvation gets you to Heaven, but healing and deliverance help you live in victory on Earth. Here's why it's essential:

### 1. Unhealed Wounds Become Open Doors.

If not addressed, wounds invite lies, bitterness, fear, or even demonic oppression.

### 2. You Can't Cast Out the Flesh or Counsel a Demon.

Some things need healing (inner work), and some things need casting out (deliverance). Confusing the two keeps people bound.

### **3. Jesus Modeled It.**

**Luke 4:18** The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free.

He did both healing and deliverance.

**4. It Breaks Cycles.** Inner healing and deliverance deal with roots so cycles of dysfunction, addiction, fear, or sin don't repeat.

### **5. You Can't Build a Thriving Life on a Wounded Soul.**

**3 John 1:2** "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

Deliverance and Inner Healing is necessary for wholeness and walking in your full identity and purpose. Healing brings restoration. Deliverance brings freedom. Jesus paid for both.

Let me know if you have any questions or concerns - God Bless