

End the Confusion about Inner Healing

Introduction

This booklet is one of a series designed to end confusion. Each booklet will deal with a specific issue which has caused, or is causing, confusion within the Body of Christ, and will point out Biblical answers.

The Bible reveals that God does not want His people to be confused about anything. 1Corinthians 14:33 says, *“For God is not a God of disorder but of peace. As in all the congregations of the saints.”* The way to end confusion is through acquiring knowledge; to end confusion about the things of God, we need to gain knowledge of God's Word. If we do not have knowledge, we will be vulnerable. Hosea 4:6 cautions us with, *“My people are destroyed for lack of knowledge.”*

We need to examine issues in the light of God's Word, acknowledging that the Bible is the answer book. Our opinions on these issues really don't count for anything unless they agree with God's Word. God's Word is fact, and will not change. If this booklet shows you that God's thoughts are different from yours, then be humble enough to change yours. Stubbornly holding an opinion that is contrary to God's Word shows pride and is futile - you aren't going to change God's mind, so you might as well change yours.

Let's approach God's Word with an attitude of meekness (teachability), allowing His Word to change, where necessary, our opinions and beliefs.

End the Confusion

In this article, I want to end some confusion about inner healing, also referred to as healing of the memories or spiritual healing. Twenty years ago, probably nobody had heard of the expression, "inner healing".

Many times, we get into an area of error because of lack of knowledge of God's Word. I made the decision some time ago to make the Word of God my final authority. If what people say does not line up with the Word, I'm not going to be moved by what they say. I don't care if you have all sorts of wonderful experiences outside of God's Word, if those experiences aren't scriptural then I don't want to know about them. You have to have some sort of authority and my authority is always going to be the Word of God. You are blessed when you do the Word of God, not when you do the opinions of men.

Quite often, teaching that is in error sounds reasonable because it appeals to your mind. Let me remind you that while logic prevails throughout the Word of God, the things of God are spiritually discerned and are foolishness to the natural mind (1Corinthians 2:14). Something that sounds good to our minds will not necessarily line up with God's Word. For example, the world says that if you want to be rich, get everything you can and hoard it and you will be rich. God says give and it shall be given to you. Spiritual laws are very often the reverse of natural laws. Some things may appear to be good sense, but if they do not line up with the Word, we should disregard them.

Inner healing is an attempt to spiritualise modern psychology. Psychology and the Word of God simply do not mix - like squeezing lemon juice into milk, the mixture will curdle. There are a lot of things that just make a mess if you mix them together. Mixing

psychology with the Word of God will get you into a mess and the people to whom you minister in this way will also get into a mess. I've seen enough people in a mess as a result of so-called inner healing to convince me that my God has very little to do with it. I'm not trying to tell you that the people involved in this are unsaved, or that everything they say is wrong: from the books I have read, I would say that they are sincere believers, but they are sincerely wrong in much of what they say. We must examine everything in the light of the Word of God

Inner Healing is Unscriptural

Inner healing is not a scriptural doctrine. How can I say that? Firstly, many of these people describe inner healing as healing of your spirit, or your soul, or your memories. Some of these writers are confused in the area of the spirit and the soul. Let us understand that 1Thessalonians 5:23 clearly defines that we are a spirit, we have a soul, and we live in a body. Hebrews 4:12 tells us that the Word of God divides the soul and the spirit. We are in three dimensions. There is a difference between the spirit and the soul. In the scriptures, we find much reference to the "*inner man*" or the "*inward man of the heart*". In Ephesians 3:16-20, Paul prayed that we might be strengthened with might by His Spirit in the inner man, he is not talking about the body or the mind here. Romans 7:22-23 tell us that Paul delighted in the law in his inward man, but that the flesh came against his spirit. The references in the Word to the inner man or the heart of man are references to the spirit of man. Romans 8:14-16 says that those who are led by the Spirit of God are the sons of God and that the Holy Spirit bears witness with our spirits. 1Corinthians 2:9-13 speaks about the spirit of man. The Holy Spirit lives in our recreated spirits. References to the inner man in the Word of God are references to the spirit of man.

God Cleanses Us

Consider Ezekiel 36:25, "*I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols.*"

He is speaking here about salvation. Verses 26-27: "*I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.*"

Here we can read from the Word that God promised us a new spirit, not just a patch-up job on the old one. Remember that we have a new spirit within us that is indwelt by the Holy Spirit, I want to examine 2Corinthians 5:17 from the Amplified Version: "*Therefore if any person is (ingrafted) in Christ, the Messiah, he is (a new creature altogether,) a new creation; the old (previous moral and spiritual condition) has passed away. Behold, the fresh and new has come!*"

God did not take your old spirit and say, "*Well, we'll just do a whitewash job here.*" He gave you a brand new spirit. I don't care where you came from or what you did — the day that you were born again was the day that you were set free. Colossians 1:13 tells us that we were delivered from the power of darkness and translated into the Kingdom of His dear Son. This was not done on the outside, nor was your mind completely changed. It was your spirit on the inside that was made new.

There is nothing in the re-created spirit that needs to be healed. I believe that “healing of the spirit” is an incorrect term. You need to have a new spirit, not a healed old spirit. It’s only old shoes that you get re-heeled! God made you a new creature when you were born again. There is nothing in your new spirit that needs to be removed. Nowhere in the Bible did any of the apostles tell us to minister healing to recreated spirits. Paul prayed that we be strengthened in our spirits because faith is developed in the spirit. There is no sin in your recreated spirit.

God Lives in Us

1John4:15 says, “*If anyone acknowledges that Jesus is the Son of God, God lives in him and he in God.*”

You know very well that you can still sin after you are born again, but your spirit cannot sin. (see 1John 3:9) Why? Because there is no sin in that new spirit. 1Peter 1:23 says, “*For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God.*” Isn't that good? There is nothing wrong with your recreated spirit. You don't need to be healed in that area at all.

Can you defile your new spirit? There are some verses that suggest that you can. Mark 7:20 says, “*What comes out of a man is what makes him 'unclean'.*” (KJV *defileth*).

Let me ask the question, do these defiling things damage your spirit? No because it is holy!

Although you cannot actually damage your spirit, you can confuse it by speaking or acting or thinking contrary to the Word of God. That's why we read that Paul said jesting is not convenient. It doesn't mean that we can't have any fun, but very often, jesting is in the area of lying. If someone asks you a question and you give a slick, foolish answer, it will confuse your spirit. You don't need to have inner healing to deal with that problem — just use 1 John 1:9 and confess your sin and He is faithful and just to forgive your sin and cleanse you from all unrighteousness. Then make the decision to be truthful in all things.

I didn't need 25 sessions with a group of people to get my inner healing - my spirit man is recreated, brand new. Your recreated spirit has no past sin because you have the nature, of God in your new spirit. To speak of healing of the spirit is really nonsense, but to give these people their due, they do also speak of healing of the memories. Once again, we need to refer to the Word of God.

Romans 12:1-2 “*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*”

We need to have our minds renewed - what do we use to renew our minds? The Word of God. There is nowhere in the Word of God where it says that our minds are renewed by looking at the foul things we did years ago and then somehow disposing of them.

One book in favour of inner healing says, “*Christian psychiatrists and physicians rely on the Lord and we praise God for them. Inner healing is psychotherapy plus God.*”

Then the author goes on to say, a paragraph later: *“If we were to use one word describing the results of inner healing it would be - PEACE. Think of some of the Biblical characters who obviously had a deep need and were given that inner peace. When we think of Saul of Tarsus and all the Christians he killed before he became a Christian we can imagine the guilt and remorse that he must have felt. But the Lord forgave him, filled him with inner peace, and he became a spiritual giant — a great apostle. Consider the woman who had committed adultery. Undoubtedly, she felt condemnation and shame, but Jesus said, “. . . Neither do I condemn thee: go, and sin no more.” (John 8:11 KJV). David not only committed adultery, but he had Bathsheba’s husband killed. His illegitimate infant son died. Surely, he was overcome with painful memories. Nevertheless, the Lord gave him inner healing and David became a man after God’s own heart. He wrote in Psalms 16:9 that his “Heart, body, and soul are filled with joy.” Since soul means mind, this means he had a joyous mind — he had peace of mind.”*

We agree with all that but isn’t it a strange thing that God was able to give all these people peace of mind without psychotherapy? Jesus just told the woman she was forgiven, and that was the moment she received peace. It didn't take any psychotherapy to do that. It was just God. I'm not interested in God plus something. I just want God, plus nothing. If God worked for David or the adulterous woman or Saul, then praise God, He is the same yesterday, today and forever.

God Forgets!

The day we were born again was the day we received inner peace. I thought - is it really true that God has forgotten everything I've ever done? God forgives and forgets, but sometimes it does take the individual some time to realise that God has forgiven and forgotten. The way to deal with that problem is not to go digging up your past and bringing it to your remembrance. The only person I see in the Word of God who wants to dig up your past is the *"accuser of the brethren"* — the devil himself. So if you are going to minister according to these lines, you are ministering, not according to God's Word, but according to the devil's word.

God does not remember any of your sins that occurred before the last time that you came to him for forgiveness. Do you realise that we can walk clean every day before God? We can keep really short accounts with God. There are some Christians who will come to you and say that there must be some unconfessed sin in your life - *"Let's find out what it is!"* I've been reading accounts of what people are taken through in these experiences. They are asked to imagine Jesus walking with them back through their memories until they were very young. I can't see in the Word of God where God ever gets you to go back and recall your past. Sometimes, people involved in inner healing will call this process, *"the word of knowledge,"* one of the nine gifts of the Spirit listed in 1Corinthians 12

There are good examples of the word of knowledge in operation in the Word of God. Remember how Gehazi, Elisha's servant, deceived Naaman of some goods, and God revealed to Elisha what his servant had done. Elisha challenged the servant and his sin was revealed. This was concerning a present sin. There is no scripture where a word of knowledge was used to go into someone's past to show up a far-off sin of the past. Why would He do that if God says that He would remember your sins no more? If God says

that He's forgiven and forgotten, and the Holy Spirit has the same nature and character of God, why would the Holy Spirit remember something that God chooses to forget? This is serious. If you come to me and say that the Holy Spirit has shown you that when I was five years old, I did this or that, I would have to say that you were not hearing from the Holy Spirit, but from familiar spirits, because God says that He will remember my sins no more. See how important it is to get these things into the light of God's Word?

Some of these books say that you need to have at least an hour or two in these inner healing sessions. I've met people who have been under this treatment for one or two years and they are absolutely "*basket cases*". You don't have to remember all that garbage. It would really worry me if I had to remember all the sins I'd ever committed because I just couldn't remember, but if I really went digging, I could remember them. Paul said in Philippians 3:13-15 that he was forgetting those things which were behind and pressing on for the prize of the high calling of God in Christ Jesus.

One of these books on inner healing said you might need inner healing because of who you are, what you have done, and where you have been. I don't need inner healing, but I know who I am - **I am a new creature in Christ! I know that my God has forgiven and forgotten and cleansed me from all unrighteousness.** My mind only has to get in line with what God says. We should tell people that no matter what they've been into, the day they were born again, they became a son and heir of God and were set free from their past, and as far as God's concerned, they're just like Jesus.

If I tried to rake up all the stuff you'd been doing, I would be a spiritual busybody! Don't allow anybody to go digging into your past. Usually the people who try to get you "delivered" in this way need deliverance themselves! The way up is not the way down. Remember that you are forgiven and the sin is forgotten.

Isaiah 43:18 says, "*Forget the former things; do not dwell on the past.*" Verse 25 goes on to say, "*I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.*"

We are brand new creatures in Christ Jesus. The day you were born-again was the day you could stand boldly in the presence of God Almighty because God looked at you and saw Jesus in you. If you're in right-standing with God, you're in right-standing with your brothers and sisters in Christ.

I want to please God, not some crackpot with a theory. Some people will say, "*The sin that I've committed is just too great for God to forgive me.*" Do you know that there is nothing that can separate you from the love of God? (Romans 8:35-39)

The Completed Work

Romans 6:1-4 "*What shall we say, then? Shall we go on sinning, so that grace may increase? By no means! We died to sin; how can we live in it any longer? Or don't you know that all of us who were baptised into Christ Jesus were baptised into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.*"

What sort of walk are we going to have? The newness of life, not our old life. If God tells us to walk in the newness of life, is the Holy Spirit going to tell us to get Jesus and

go walking back through that old life? No. Jesus and the Spirit of God are one: they share the same nature.

This passage in Romans goes on to say: *“If we have been united with him like this in his death, we will certainly also be united with him in his resurrection. For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin - because anyone who has died has been freed from sin. Now if we died with Christ, we believe that we will also live with him. For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. The death he died, he died to sin once for all; but the life he lives, he lives to God. In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. For sin shall not be your master, because you are not under law, but under grace. What then? Shall we sin because we are not under law but under grace? By no means! Don't you know that when you offer yourselves to someone to obey him as slaves, you are slaves to the one whom you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness? But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted. You have been set free from sin and have become slaves to righteousness.”* (verses 5-18)

The work of Jesus is a complete work — we have been set free. As far as God's concerned, **when you confessed Jesus as Lord, you were made righteous.** You don't have to confess all your sins to be born again - **you confess Jesus as Lord!** There is a work to be done in peoples' minds, but it is done by renewing their minds to the Word of God, not by looking backwards, but forwards.

One of the books on inner healing takes up the issue of whether inner healing is scriptural and this is one of the most alarming statements I have read on this issue: *“...those who pre-judge this ministry could brand it as 'unscriptural'? To me, a practice or belief can be 'scriptural' if it's in harmony with the Spirit and with the teachings of Jesus. When a new action is introduced into the world by the Holy Spirit, there may be no specific Scripture to support the specific action. But there will be much in Scripture to support the Spirit and the result of the action.”*

When a new action is introduced into the world by the Holy Spirit, there may be no specific scripture to support it? That alarms me considerably. **You see, there is no new revelation. God is not doing a new thing today.** The new thing that God did was the new birth and the coming and the infilling of the Holy Ghost. The Word of God reveals to us those things that are yet to be fulfilled.

Do you realise that these statements are the same as those being made by Mormons, Jehovah's Witnesses, Christian Science and all the other cults. Let's judge things by the Word of God. If we have no scriptural basis for beliefs, then I am sorry, but those beliefs are too far out for us to accept. The book I have just quoted from refers to the *“gift of inner healing”*. There is no gift of inner healing mentioned in the Bible. If you have been or are involved with inner healing be very careful. The devil is a deceiver and something that sounds good isn't always good Jesus said, **“... you shall know the truth, and the truth shall make you free,”** (John 8:32).