

# Spiritual and Emotional Healing Toolbox

Property of Rockey Jackson, August 22, 2019

This toolbox is for anyone who has ever thought: “I wish I could help that person with their spiritual wound or emotional pain.” That's what these tools are for. They are simple ways to bring God and the person together through interactive prayer to heal their wounds and take away their pain. Please don't become intimidated by the number of tools in the toolbox. Many would like to have just one simple tool, so let me recommend the following tool and share it with everyone as an example before I even give my disclaimer.

## Emotional Healing Tool

An EMT who goes by the nom de plume of Praying Medic needed a tool that he could use to help people during a ten minute ambulance ride. Raised a Catholic, he saw so much hypocrisy in the church that he became an atheist who was antagonistic toward Christians. God, however, had other plans for him, brought him to salvation, and called him to the healing ministry. Praying for physical healing was working well, but he also wanted to help people heal in their soul and spirit. So Praying Medic and his wife prayed and refined everything they had learned about the subject into a simple three step process. Praying Medic has shared this process in his little book “Emotional Healing In 3 Easy Steps,” It is available at Amazon. The book is about the size of a short story and I think I read it in about twenty minutes. Here are the three steps as Praying Medic shared them:

“Healing painful emotions usually requires you to go back to events in your life where you can feel an emotion that is troubling you.

1. Identify the painful emotion associated with a particular event
  - a) If the emotion is sinful, ask God to forgive you and receive His forgiveness. Say that you believe His blood has taken away the penalty and consequences of your sin. If it is not sinful, go to the next step.
2. Tell Him you want the emotion removed from your soul.
3. Ask Him to heal the wound in your soul caused by the emotion.
  - a) Tell Him you receive His healing.
  - b) If the emotion is there because you believed a lie about that situation, ask Jesus to show you the truth about it.
  - c) An optional step that is to ask Him to give you something positive to replace the negative emotion that He is removing. If you ask Him to take away sadness, you might ask Him to give you joy. If you ask Him to take away anger, you might ask Him to give you peace.

“When you're done with this, bring the memory of the painful event to your mind again. If the emotion was healed, you should not be able to feel that emotion any longer, but there may be a different negative emotion that you can feel. Determine what negative emotion is strongest and do the same thing with it that you did with the first emotion ... repeat this process until you can bring the event to your memory and you feel no negative emotions. This process can be used on any memories that are associated with negative emotions. When you no longer feel any negative emotions while recalling an event, you are healed.”

It is amazing how much healing comes to a person when they are no longer tortured with painful emotions every time they remember a particular event. Do you think you could lead someone through these three easy steps? I believe that you could do it too. The remaining tools in this toolbox are just as easy to use. Some will stop here, happy with this one tool. They may come back later when they say: “My tool works great for emotions, but I wish I could help with more things. I wonder what other tools are in that toolbox?” For all the rest of you, let's look at the remaining tools and talk about how they are used.

## **Disclaimer**

I am not a mental healthcare professional. I'm not a professional minister or counselor. I hold no degrees or certifications. I'm a servant of Jesus Christ who has a heart for seeing people healed, whole and free. I'm an analyst and an organizer by nature, training and experience. My background includes: growing up on a ranch, being an ambulance driver/attendant while in college during the very beginning of the Emergency Medical Technician (EMT) specialty, working as an Intelligence Analyst in the Air Force for two enlistments and a thirty-four year career as a Systems Engineer for an aerospace company. I retired in 2018. I've also done just about everything a volunteer can do in a church including pulpit supply and once I was a part-time interim pastor for a small country church.

Through the years I've taken various courses, attended many seminars, studied many audio/video presentations and read any number of books and articles on various aspects of healing, counseling and deliverance. If you are reading this, then I expect you have an interest in this subject that is somewhat like my own. During the last thirty-five years, pioneer researchers have developed many simple tools that anyone can use to facilitate (between God and an individual) spiritual and emotional healing. Others have followed after them and further refined the tools. Most of the tools in this toolbox were learned from the Sozo ministry of Bethel Church in Redding, California (see: [bethelsozo.com](http://bethelsozo.com)). I've shamelessly borrowed figures and text from the Sozo materials. I've reorganized some and modified others to my liking without noting, in most cases, either quotes or changes. I didn't create this for academic credit or financial gain, so I pray that you will forgive my lack of rigor. If you choose to use these tools, please do not make reference to Bethel or Sozo unless you are officially associated with them. The emotional healing tool was learned from the book “Emotional Healing in 3 Easy Steps” by Praying Medic (see: [prayingmedic.com](http://prayingmedic.com)). Several of the tools were originally developed by Dr. Aiko Hormann (see: [draikoofficial.com](http://draikoofficial.com)). I will identify the source for each tool so anyone can learn about it from the experts.

Just as you don't have to understand internal combustion engines, braking or electrical systems to drive a car. Neither do you need to have any special knowledge to use the tools in this toolbox. The tools are powerful, but will not break someone. They will either work and do some good or they will do nothing. With these tools it is possible to bring healing in minutes to spiritual and emotional wounds that would have taken years of counseling to heal in time gone by, if they could have been healed at all.

I began this toolbox by making notes and lists of steps that made it less intimidating for me to learn the use of the tools. Then God told me that I wasn't doing this just for myself, but for others too. So I had to make it something more than just notes and this toolbox is the result. You are welcome to take anything you like from this toolbox, make it your own and put it in your toolbox. I am not responsible for results or mistakes. Use these tools at your own risk. Actually, you should lighten up, play with the

tools and learn how the Lord wants you to use them to facilitate spiritual and emotional healing for others.

I hope that I have put enough into this toolbox so that the adventurous may experiment with the tools, learning by trial and error to bring individuals to God for spiritual and emotional healing. For others, I hope that they will see the benefit of the tools, take the Sozo course and read Praying Medic's book to prepare themselves to pray for others. For the timid who would never consider doing this themselves, I hope that they will be aware of the tools and be ready to recommend a Sozo trained person to others who could use the help. Bethel Sozo has an international network of trained and associated people willing to pray for others. See the network on their website, there is most likely someone close to where you live. For professional counselors or therapists who might read this and think the tools may be useful to them, I expect that they will research them further before adding them to their practice.

## **Introduction**

This “Spiritual and Emotional Healing Toolbox” is a collection of tools that facilitate God healing spiritual wounds and traumatic memories in individual's lives. Life happens to everyone. Everyone gets hurt now and then. We no longer have to be bound by the wounds and negative emotions of our past. We can be healed and live in the freedom our Heavenly Father desires us to have.

These tools will work for anyone and do not require what is thought of as counseling. You don't have to allow yourself to be slimed with all the gory details. You are not going to heal the person or tell them what they should do. The person knows and God knows the details. By guided prayer and listening to the Lord the tools facilitate God's healing for the individual. As the facilitator you have simply learned to use the tools and direct the prayers. Going back to another transportation analogy: you didn't design the truck; you didn't manufacture the truck; you are just driving the truck to deliver the goods.

Some professional counselors and therapists have learned these tools and incorporated them into their practices. Professionals have licenses or certifications and other things that limit their liability. If you're thinking of hanging out a shingle, then you should consider your liability too. However, if you are just casually leading others in interactive prayer that allows God to heal them then you are probably okay, but it is something you should consider before jumping in too deep. The Bethel Sozo course includes the paperwork they use to limit their liability.

I was intimidated by the number of tools and the correct method to use each one. So I made some notes on each tool and a list of steps to use each one. That took a great load off my memory and lowered my anxiety level as I started to use the tools. There is nothing sacred about the steps. I believe that they are in a logical order and would commonly be used that way. However, they are being used to facilitate the healing of individuals and emotions that are rarely logical. Don't worry about jumping from tool to tool and doing things out of order. You can always go back and clean things up or do them over. There is no foul and no harm done. As you gain experience, it should be natural to lessen reliance on the steps and to rely more and more on the leading of the Holy Spirit.

These tools have a very broad range of application. If an issue is acknowledged and the person wants healing, then a single tool may bring healing to that issue in five or ten minutes. The toolkit can also be used to discover many issues that could take a session of one to three hours or even multiple sessions to completely work through and heal. The good news is that each tool is very easy to use and most issues,

dealt with one at a time, are just as easy to heal as the single issue that took just a few minutes to resolve. Don't be overwhelmed. Remember the proverb: "How do you eat an elephant? One bite at a time." Don't worry about quitting before getting everything healed. They have usually lived with these issues for years, living with them a while longer usually won't be a problem. (Suicidal people would be a noted exception, but you really should get them professional help.) If the situation, time or the individual only allows for the healing of a single issue, then heal the single issue. Many will choose to begin by only healing single issues. Don't despise small beginnings. A positive change at a single point will often make people desirous to seek out further help.

In Matthew 7:3-5 and Luke 6:41,42 Jesus tells us to take the plank out of our own eye before we attempt to take the speck out of another person's eye. It is a good idea to go through this process ourselves so we are cleaned up before we begin. We also gain a perspective of what the other person is going through when we set in the other chair. Taking the plank out of our own eye also extends to what the Sozo ministry refers to as Colored Lenses. The next section is quoted from the Sozo workbook.

### **Colored Lenses**

"We see life through what we call colored lenses. Some people call them paradigms or mindsets. What is the truth? If we can't believe certain Scriptures, then possibly we are reading them through our colored lenses.

"The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing. Zephaniah 3:17

"This verse can show people that they are wearing a colored lens. Example: An angry father who was loud all the time will make it hard for someone to believe that God quietly loves us. So you would say, "I see life through a loud angry lens, and I give that to you. What do you have for me in return?"

"If we are going to respond in a godly way in every situation, we are going to need to be free from these lenses. Ways of discerning the lenses:

1. Holy Spirit speaking directly to you pointing out that these belief systems are ungodly.
2. Reading the Word and discerning through Scripture how these beliefs are contrary to His promises.
3. Relationships where you see that not everyone thinks like you do.
4. Pay attention to your responses to situations.

"Example of a prayer to remove colored lenses:

"Holy Spirit, show me the lenses I see life, situations and people through. (Pause) I repent for filtering relationships through these lenses, for viewing others through them, and making judgments that are false. I hand you every false judgment that I have made in filtering my life through these wounds, and I forgive myself for being deceived by wearing these lenses.

"(Prophetically take off the glasses) and say, "I hand you these colored lenses. What do you have in exchange for me?" (Pause) He will hand you something or tell you what the exchange is. "I thank you, Jesus, that I am going to see differently now and it is going to be good."

“Be released to have awe and wonder with your vision.”

## **Getting Started**

The best way to begin is however the Lord leads you. If you have a small group of like minded people who want to learn how to use these tools, then break into teams of 2 to 4 people and practice on one another. You know how your house gets cluttered over time? Our lives get cluttered in the same way. We can almost always use a cleanup. Keep it light, have fun and learn by trial and error. You may have a friend or relative who knows they need some spiritual and emotional healing who would be glad to let you learn while praying for them. It's even possible to use the tools on yourself. Then again, God may just throw you in the water and say: “Remember that tool you read about? It would heal the problem this person just shared. Ask if you can pray with them.” Don't jump on them. Be low key with something like: “Can I pray with you? I've learned this way to pray. It might do some good. Would you like me to try?”

Whether praying for a single issue or starting a session, it is always good to begin with an invitation for God to come, lead what is done and heal the person. It can be as simple as “Come Holy Spirit,” but let it be whatever invitational prayer works for you. Ask the person what you can do for them. Use the tools to bring healing, if possible, to their stated issues. After they see how the process has worked, if there is still time and you are willing, you can offer to use another tool to see if there are other issues in their lives that could be healed. If they are willing, then you can choose one of the discovery tools to continue. With the help of the discovery tool, ask probing questions to reveal wounds or pain. It is a bit like playing the game Battleship. Many questions will miss, but some questions will hit the mark. The more experience you gain and the more you are led by the Holy Spirit, the easier it will be to find the issues that need the Lord's healing. End the session with a prayer for Father God to seal what was done, the Holy Spirit to fill any empty places and Jesus to lead in any new healthy ways of dealing with situations that may be needed.

There may always be three voices in our heads: our own voice, the Lord and the Devil. Many think that they only hear their own thoughts. They don't discern the Lord's or the Devil's voice. Assure them that we all hear God's voice all of the time, but we have been taught to think of it as our own thoughts. Let them know that when we ask God a question the first thing that comes to us is usually God's answer. Even if it is their own thought, it will still give you useful information. Tell them to not clear their mind or stop their thoughts. After you lead them to ask God a question in prayer or you ask yourself, then ask them something like: “What do you hear, see, sense or feel?” Give them time to answer. If someone hears more than three voices, then there is probably some level of demonization or multiple personalities. I will make some comments about them at the end, but the tools in this toolbox were not created to deal with those issues.

If the Lord leads you to lay hands on someone for prayer, it is always a good idea to ask permission first. Respect their wishes! Many believe that the soul of a person is centered in their gut. Researchers have proven that there are more nerve endings in the gut than there are in the brain. They even call the gut our primitive brain. Think about it and it gives a whole new meaning to a gut feeling. Many who pray for a soul issue like to lay a hand on the person's stomach. If you are led to do that, it is safest to ask the person to put their own hand on their stomach and then to only touch their hand.

It is safest for men pray with men and women to pray for women, but the leading of the Lord trumps all of our general rules. The next safest would be for a mixed team to pray for an individual. A person of the same sex as the person being prayed for, who is not usually part of the prayer team, might be willing to set in as an extra intercessor. If that is not possible, then you might consider where you are going to pray. A public place would be better than a private place. A quiet corner or a very busy atmosphere where you would be ignored might work. Ask the Lord and consider everyone's safety and privacy.

When there is a prayer team of two or more, one person is the leader who makes all decisions and does all the talking. The second person is an assistant who intercedes and may whisper or give written observations and suggestions to the leader with the understanding that the leader can ignore them. If there are more than two on the prayer team, then the rest are observers and intercessors only. If a two person team becomes very comfortable with each other, then it is permissible for them to tag team as the situation dictates so each is best utilized. However, it is crucial for everyone in the room to know that the leadership role has been passed and who the new leader is.

It is always best to follow the leading of the Holy Spirit when praying for others. It is possible to conduct an entire prayer session using only the gifts of prophecy and word of knowledge. That, however, puts a lot of emphasis on the facilitator of the session. It is best for the emphasis to be upon the individual's needs and the Lord's healing for those needs. Just make a mental or written note and see if what you heard, felt, or saw isn't dealt with as the prayer session progresses. Often you will find yourself nodding inside and saying: "Yes, I heard the Lord say that." If you find yourself at a place where you don't know what to do next, pray: "Lord what do you want us to do next?" Don't follow that with: "Thus sayeth the Lord ..." Be low key and say something like: "I'm sensing, hearing or seeing \_\_\_\_\_ . Does that mean anything to you?"

The individual may shut down the prayer session anytime they want to. If issues have not been dealt with you can explain the consequences of stopping at that point, but ultimately you must respect their decision. You may shut the session down because you are out of time. Just say something like: "I don't have anymore time today. Can we get together again?" Try to be aware of the time available before getting into an issue. Don't go past the time of either the individual's or your endurance. If a prayer session gets into areas where you are not comfortable, don't be afraid to shut it down. They have lived with their issues for some time and continuing to live with them a while longer should not be a great problem. Take the responsibility yourself and say something like. "This is going beyond my knowledge and experience. There are people who know more than I do and successfully minister in these areas. May I give you a recommendation?" If the individual has received significant spiritual healing, it is quite possible that they will no longer have some defensive and protective mechanisms that have governed their behavior. They may feel disoriented and not know how to handle some situations until they learn healthy new ways to respond. You can help them by knowing some counseling and other specialized ministries in your area that you are comfortable to recommend.

After a prayer session it is a good idea to brush yourself off spiritually so you don't take any slime away with you. Wherever you pray (especially if it is your home), consider spiritually cleansing the place when you are done. This is just a simple prayer telling anything that was released during the prayer session to go wherever Jesus wants it to go. Ask the Lord to have angels search for anything that may be trying to hide and evict it. Whatever the Lord leads you to pray and whatever your normal cleansing prayer is that's fine. If you go on a ministry trip, tell your local spirits that they cannot go

with you and before returning home, tell the spirits where you ministered that they may not follow you home.

## **Roles of the Trinity in Spiritual and Emotional Healing**

Anytime we try to describe God we are bound to fall short. Our job in spiritual and emotional healing is to act as a facilitator between God and the person who needs the healing. We are technicians who have learned about the tools and are willing to use them to bring God and the person together in a productive, healing way. So here are some major roles the Father, Jesus and Holy Spirit play in the healing process:

Father – Protects, provides, gives perspective and wisdom

Jesus – Healer, takes griefs and sorrows, deliverer, disarms defenses, and destroys strongholds

Holy Spirit – Leads us, guides us, nurtures us and brings to remembrance forgotten things.

## **What Things Are the Tools Used For?**

The tools in this toolbox are very useful to help individuals with the following four types of issues: forgiveness, emotions that need healing, spiritual wounds and replacing lies with the truth. Below are short descriptions of each.

### **Forgiveness**

Anytime we are dealing with spiritual or emotional healing, forgiveness will be foundational to the entire process. First, we need to be forgiven for our own sins. This was done when we received Jesus as our Lord and Savior. If we have disobeyed the Lord after our initial salvation, then we reopen a door for Satan to bedevil us because sin is under a curse. We close this door by repenting and asking our heavenly Father to forgive us. It says in 1 John 1:9, “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” Some call that verse the Christian's bar of soap. Second, we need to forgive others. One scripture where the spiritual law of forgiving to be forgiven is stated is Matthew 6:14-15: “For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.” How many times have we prayed this line from the Lord's Prayer, “forgive us our sins as we forgive others” without really realizing what we are asking?

The law of forgiving to be forgiven is emphasized in Matthew 18:21-35 the Parable of the Unmerciful Servant:

“Then Peter came to Him and said, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?” Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven.

“Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. The servant therefore fell down before him, saying, “Master, have patience with me, and I will pay you all.” Then the

master of that servant was moved with compassion, released him, and forgave him the debt.

“But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took him by the throat, saying, “Pay me what you owe!” So his fellow servant fell down at his feet and begged him, saying, “Have patience with me, and I will pay you all.” And he would not, but went and threw him into prison till he should pay the debt. So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done. Then his master, after he had called him, said to him, “You wicked servant! I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you?” And his master was angry, and delivered him to the torturers until he should pay all that was due to him. “So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.””

We see here that Father God actually puts us in prison and has us tortured until we forgive others. What are the torturers? They are usually the negative emotions we felt when the event occurred. Each time we remember the event, it triggers the same negative emotions. We don't want to forgive the other person, we want to curse them. It is like drinking poison in hopes that the other person will die. We don't have the key to this jail cell, Father God does. When we forgive others, our heavenly Father grants us a pardon and lets us out of the prison of unforgiveness. Forgiveness is not an emotion, it is a decision. When we forgive, our emotions can be healed. However, the order isn't important and sometimes it may be necessary to receive emotional healing and remove the pain so the ones who caused the pain can be forgiven. Sometimes the wound must be healed first too. God knows the end from the beginning and he cares more that we take the steps than he does about the order in which we take them.

## **Emotions**

Most of us have a love/hate relationship with our emotions. We usually love the positive emotions like joy and love. We don't like our negative emotions like anger and bitterness. Some of our emotions protect us like fear along with the fight or flight response. Sometimes our emotions get wounded and need to be healed. Usually this is associated with a spiritual wound, a traumatic experience or a time when we felt betrayed or let down by a significant other. Whenever a negative emotion is tormenting us, ruling us or otherwise causing us pain, then we need to get it healed.

## **Wounds**

Spiritual wounds may be caused by almost anything: traumatic events, betrayals or even false teaching. Whenever anything keeps us from seeing God correctly, interferes with our relationship with God or keeps us from becoming all that God wants us to be, it may be thought of as a spiritual wound. We can pick up a spiritual wound at any time in our lives. Many times they occur when we are very young. It is said that our personalities are formed beginning while we are still in the womb and continues until we are seven or eight years old. Anytime we don't know how to react in a healthy way to spiritual wounds and traumatic events we may create defensive mechanisms, protective walls or strongholds to protect our wounds and pain. When these are replaced with healthy responses, we are healed. Most people begin to retain conscious memories at about two years old. So things that happened before that time must be revealed by the Lord as the person will have no memory to go on.

## Lies

Many things can cause us to believe something that isn't true. Spiritual wounds and traumatic events may make us believe that God will not protect or provide for us. The way our parents, siblings or other significant people in our lives treat us may give us a wrong picture of what God is truly like. Sins and worldly pleasures may convince us that they protect us and or provide for our needs. The Lord Jesus Christ is the way, the "TRUTH" and the life. Everything that is true is part of Jesus. A lie is healed when it is replaced with God's truth.

## General Steps for Spiritual and Emotional Healing

A wound, painful emotion or lie must be identified before it can be healed. The person may come to you with one or more wounds or memories that they want God to heal. That makes things easy. If they come to you for general help, then one of the discovery tools may be used to discover a wound, a traumatic memory or a lie the person has believed. Also, the Lord may identify an issue with a word of knowledge. Once an issue is identified that needs to be healed, use the general steps below and the situation specific tools to: give and obtain forgiveness, heal emotions, heal wounds and trade lies for the truth.

Note: The steps from the Emotional Healing Tool have been incorporated into these general steps. Not all steps are necessary for every particular issue. Also, the order may be rearranged as necessary.

1. Forgive others, repent and receive the Father's forgiveness. (Note: Emotions and wounds may require healing before the person may be able to repent or forgive.)
  - a. If another person or group caused the wound or pain, forgive them. (It may also be necessary for the individual to forgive themselves or God.)
  - b. If sin was involved in the event, ask God to forgive you and receive God's forgiveness.
2. Allow Jesus to heal painful emotions. (Note: If there is a block, the Wall tool, the Presenting Jesus tool or another situation specific tool may need to be used first. If it is not obvious, this question may be asked: "Father, what is hindering us and what do we need to do first?")
  - a. Identify a painful emotion identified with the event.
  - b. If the emotion was sinful, repent and ask to be forgiven.
  - c. Ask Jesus to take the painful emotion from you.
  - d. Ask Jesus what he will give you in return.
  - e. Repeat until no more painful emotions are present.
3. Let Jesus heal the wound. (Note: If there is a block, the Wall tool, the Presenting Jesus tool or another situation specific tool may need to be used first. If it is not obvious, this question may be asked: "Father, what is hindering us and what do we need to do first?")
  - a. Identify the wound caused by the event and or painful emotion.

- b. Ask Jesus to heal the wound in your spirit and/or soul caused by the event or painful emotion.
- c. Tell Jesus that you receive his healing.
- d. Check if healed. If not, use the Presenting Jesus Tool.

4. Have Jesus replace lies with truth.

- a. Ask Jesus what lie the wounding and/or painful emotions made you believe.
- b. Ask Jesus to show you the truth.
- c. Ask if they believe the truth Jesus shows them. If not, use the Presenting Jesus Tool.

## **The Tools**

There are two types of tools in this toolbox. The first three are discovery tools and the other six are situation specific tools. Below there is an introduction for each tool and a list of steps (or reference to the general steps) that can be followed when first using the tool. As you become accustomed to each tool it will become more and more natural to follow the improvisations as the Holy Spirit leads you. Many will want to start slow and many individuals will want only one or two issues dealt with. When you and other people find out how easy, gentle and effective the tools are, then using the discovery tools and the situation specific tools as needed will generally provide a pretty complete cleanup for anyone.

## **Father Ladder**

This tool was developed by the Sozo ministry from a teaching given by a staff minister at Bethel Church.

The Father Ladder tool shows the relationship between our family, our needs and the Trinity. Siblings and friends were put together because some don't have any siblings and to some their friends may be more important than their siblings. Whatever family unit(s) a person was a part of as a child had tremendous influence on their life. Wounds and lies may have been picked up from things that may seem to be insignificant now. There are obvious wounding events like verbal, physical or sexual abuse. A death, accident, sickness or other traumatic event may leave painful wounds. Then there are less obvious things like personality clashes between parents and children. Differences in love languages and communication styles can also leave scars. The tendency is to carry the effects of the wounds and lies we believed over to the corresponding member of the Godhead.

Probing questions may be asked about either the members of the Godhead or members of the family. When a wound or a lie is discovered, use the "General Steps for Spiritual and Emotional Healing" to forgive the correct family member; heal the emotions; heal the wound; renounce the lie that the corresponding member of the Trinity will treat the individual as the family member did; then ask the correct member of the Godhead what the truth is. Not every step is needed with each issue. If you skip a step and then you or the person realizes that it is indeed needed, then go back and do the step. That is not a problem.

<u>FATHER GOD</u>	<u>BODY</u> Identity/Value Protection Provision	<u>FATHER</u>
<u>JESUS</u>	<u>SOUL</u> Communication Companionship	<u>SIBLINGS/FRIENDS</u>
<u>HOLY SPIRIT</u>	<u>SPIRIT</u> Comfort Nurture Teach	<u>MOTHER</u>

### The Four Doors

This tool was refined to its current state by the Sozo ministry at Bethel Church. The original tool was “10 Steps For Praying For Deliverance” developed by Pablo Botari of Argentina.

The Four Doors tool reminds us that the enemy has a legal right to bedevil us if we have unrepented sin in our lives. The four categories of sin that make up the four doors are: fear, hatred, sexual sin and occult/witchcraft. The tool is used to find out where sin has given access to the enemy. The lists of sins in each category are not exhaustive. The person's problems and struggles may help to determine if a door is open even if they don't think they have a sin to confess in that area.

<b>Fear</b>	<b>Hatred</b>	<b>Sexual Sin</b>	<b>Occult/Witchcraft</b>
Worry Unbelief Need to Control Anxiety Isolation Apathy Drugs/alcohol	Bitterness Envy Gossiping Slander Anger Self-Hatred (low self worth)	Adultery Pornography Fornication Lewdness Molestation Rape	Astrology Fortune Telling Tarot Cards Seances/Ouija Board Manipulation Participation in Covens Casting curses Witchcraft Practices

Steps: (Note: the “General Steps for Spiritual and Emotional Healing” may be used in addition to the steps listed below.)

1. Is the door open?
2. First time opened?

3. Forgive person(s) who opened the door.
4. What is the lie believed in keeping the door open?
5. Renounce the lie.
6. What is the truth?
7. Declare the truth.
8. Ask Jesus to help close the door. Once closed, (final step) ask Jesus to seal the door with His blood.

If there is resistance to closing the door, then:

9. Break any soul ties that occurred (these will be common with sexual sin and the occult).
10. Break any generational ties that seem to be hindering the closing of the door.

### **Freedom Tool**

The Freedom Tool gives God permission to heal the issues, known and unknown, that He wants to heal. This tool was given to me by the Lord when I had gone through known issues, the Father Ladder and the Four Doors with someone but their troubling actions were still unaffected. We didn't know how to proceed. Maybe if I'd had more experience this tool wouldn't have been needed. As the Lord began giving me the tool I felt the need to construct a script and write out the prayer so I wouldn't be dependent on my memory. I began just thinking of the person I was praying with, but the Lord directed me to make it specific enough to be useful and generic enough so it could be used with anyone. The first part sets the atmosphere, the prayer gives authority and the final questions allow God to choose the issues to be healed. Trust God. He knows what the person is ready to deal with. The final questions do not need to be asked in any specific order. Don't ask any questions you don't want to and feel free to add any questions as you like.

The Script:

I am going to read a scripture and ask some questions that are hopefully rhetorical in nature. This scripture is read and the questions are asked to clearly state the information before heaven and earth.

Luke 11:9-13 (NKJV): 9 "So I say to you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 10 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. 11 If a son asks for bread from any father among you, will he give him a stone? Or if *he asks* for a fish, will he give him a serpent instead of a fish? 12 Or if he asks for an egg, will he offer him a scorpion? 13 If you then, being evil, know how to give good gifts to your children, how much more will *your* heavenly Father give the Holy Spirit to those who ask Him!"

1. Do you trust God?
2. Do you believe that God would do anything to harm you?
3. Are you willing to let God bring forth anything from your life that needs to be spiritually or emotionally healed?

4. Then pray this prayer: (It would be good to print the prayer so they can read it.)

Almighty God my heavenly Father, I give you permission to spiritually and emotionally heal any wound or memory in my life that is bothering me, hindering me or keeping me from becoming all you want me to be. I desire to be spiritually and emotionally healed so I can live in complete freedom and become all that you want me to be. I surrender completely to your will and I do not hold anything back from you Father.

My Lord Jesus Christ, I bring all of my wounds, all of my pain, all of my sorrow and all of my strongholds to leave at the foot of your cross. Jesus, disarm all of my defenses that I have used to protect my wounds, pain and sorrow. I ask, my Lord, that you heal all of my wounds, take away all of my pain, bear all of my sorrow and tear down all of my strongholds.

Holy Spirit, I give you permission to bring out into the open any wounding in my life that has been hidden and to shine your light on the memory of any traumatic event from my past that has been held captive in darkness. Holy Spirit, set free each memory that my heavenly Father wants healed and bring each to my conscious memory in turn as they are to be healed by Jesus.

Lord Jesus, as my advocate I ask that you present this petition to my Father in the courts of heaven:

Father, as my holy Judge, I ask for a decree to be made in my favor that every memory of every traumatic or wounding event that you want to have healed in me be set free by the Holy Spirit for Jesus to heal. Remove all authority the enemies of my soul have had to hold me in bondage to these memories and events. Give me a restraining order to keep any agent of your enemy from interfering in any way with the process of my healing.

Father, what is your decree?

5. Father, is there a memory you want to heal hidden in a compartment or strong box of some type?

- a. What is the compartment or strong box?
- b. Use the tools to deal with the compartment or open the strong box that contains the memory and heal the wound.
- c. Repeat until all are healed.

6. Father, is there a memory you want to heal that is repressed or blocked?

- a. What is causing the memory to be repressed or blocked?
- b. Use the tools to deal with the repressed or blocked memory and heal the wound.
- c. Repeat until all are healed.

7. Father, are there any generational curses or generational learned behaviors you would like to reveal at this time?
  - a. What is the generational curse or generational learned behavior.
  - b. Use the tools to deal with the generational issue.
  - c. Repeat until all are healed.
  
8. Father, is there any other wound or memory that is bothering me, hindering me or keeping me from becoming all that you want me to be?
  - a. Use the tools to heal the wound or memory.
  - b. Repeat until all are healed.

## **The Wall**

The Wall tool is used anytime a person has a wall or other barrier that has been built to protect their wounds and pain. It is true that the wall stops things from causing pain by disturbing our wound, but it also stops God and others from coming close to us. This tool was originally developed by Dr. Aiko Hormann. I learned it from the Sozo Ministry of Bethel Church.

Whenever progress seems to be hindered, you can ask: “Do you sense a wall, door or other barrier?” If the answer is yes, there are two methods for removing the wall (sometimes both methods or a combination may be used):

1. Finding Jesus or Father God, discovering why the walls are there, releasing forgiveness then commanding the wall down (with a clap).
2. Finding Jesus or Father God, asking them what tool to use to take down the wall. Use the tool to remove the wall.

Steps: (Note: These are suggested steps. Every step may not be needed every time.)

- a. Is there a wall I have used to protect myself?
- b. Is it safe for the wall to come down?
- c. If “yes,” ask Father God to send angels to protect you as the wall comes down.
- d. Show me the wall.
- e. Give me a tool to tear down the wall.
- f. As we pray, tear down the wall.
- g. What do you see now that the wall is gone?
- h. If parts of the wall remain, “Who do I need to forgive?”

## **Presenting Jesus**

The Presenting Jesus tool takes a person back to a specific memory to allow Jesus to identify the lie that was believed and to replace it with the truth. This is an old tool that was used in the Inner Healing movement. I was introduced to a version of it in the early 1970s. This is how the tool is used by the Sozo Ministry of Bethel Church.

1. Jesus, show me where you were, (in the memory). If Jesus is there, continue with step two. If not, do the following:
  - a. I forgive my family members for not protecting me.
  - b. I renounce the lie that Jesus wasn't there for me.
  - c. Jesus, show me where you were.
2. What was the lie I believed? (Renounce it.)
3. What is the truth, Jesus? (Declare the truth.)

### **Breaking Soul Ties**

This tool is often used in conjunction with the Four Doors tool. It is the method used by the Sozo Ministry of Bethel Church to break unhealthy soul ties.

We naturally have many healthy soul ties. Most are with our family members and significant others. Some of these may become toxic over time. People also tend to make some unhealthy soul ties over the course of their lives. Many come from sexual sin. Whenever a person has sexual intercourse with another person they become one flesh and a soul tie is created. If it was not between a husband and a wife, then the soul tie is unhealthy and needs to be broken. Soul ties with former spouses should also be broken. Occult vows and rituals create unhealthy soul ties. Vows to an organization may create soul ties to the other members. I think it may be possible to have something akin to a soul tie if there is an unhealthy loyalty to a group or even one's nation. All of our unhealthy soul ties need to be renounced. The following script may be used to break soul ties. Let the person know that the other side of a soul tie will probably be aware that something has happened and will most likely try to reestablish the soul tie.

Tell the person they are going to repeat after you or print this out so they can read it. Repeat for each unhealthy or toxic soul tie:

“I break all soul ties with \_\_\_\_\_  
and I sever all influence from \_\_\_\_\_.  
I give back to \_\_\_\_\_ the things that are his/hers.  
I take back the things that are mine  
and I wash them in the blood of Jesus.”

### **Generational Issues**

This tool is the Bethel Sozo method to deal with generational influences. I learned it from the advanced Sozo course. During a prayer session you may become aware of a generational curse, generational spirit(s) or generational learned behavior. These are usually found while asking probing questions with the discovery tools. The individual may say: “That has always been in my family.” To them, it is normal and not a problem. You can share with them that they don't have to continue to live that way or pass it on to succeeding generations. Here are the steps to release the person from generational issues:

1. Discern the lies the individual believes.
2. Forgive the family members and ancestors for joining their beliefs to these lies.
3. Ask God to forgive you for any agreement or participation you have made or had with your family and any spirits that might be attached to these beliefs and/or behaviors.
4. Command any spirits attached to these beliefs and/or behaviors to leave.
5. Ask God for His replacement and truths.
6. If they are still struggling to believe that they can be free, simply ask Father God if Jesus' blood really covered the family's sins.

### **Divine Editing**

The Divine Editing tool heals thought patterns established as normal to the brain. The tool was originally developed by Dr. Aiko Hormann and I learned it from the advanced Sozo course. Quoting from the workbook: ““Divine editing” edits out concepts of life contained in the reticular formation (a place at the back of the head where it connects with the back/spine) and exchanges them for new godly mindsets. According to Aiko Hormann, a Christian brain scientist, the reticular formation stores childhood memories starting from the time of birth until 5 years old.” “After years of practice, we have learned that this tool extends to patterns not just learned in childhood but also habits that we ourselves have established over the years. Therefore we have found this tool to be very effective for people stuck in addictions, generational abuse patterns, and hopelessness, as well as early accepted mindsets.” Many would call these strongholds. Here are the steps:

1. Place hand where the head and neck join.
2. Ask the Holy Spirit to come and “edit out” (clap) what has been stored there that the person believed was normal.
3. Ask the Holy Spirit to replace all false beliefs with the mind of Christ.

### **Triggering (PTSD)**

This tool heals past memories that are still triggered by current events. The Triggering tool was originally developed by Dr. Aiko Hormann and I learned it from the advanced Sozo course. Quoting from the workbook: “PTS or “triggers” are traumatic memories from the past that become triggered by events in the present. This tool is used to find out where Jesus, Father God or the Holy Spirit was during these traumatic events. Healing occurs when the person sees where the Godhead was and what the Godhead was really doing during the memory or event.”

If someone triggers they may lash out unexpectedly, sob hysterically or shut down completely.

1. Speak their name and tell them they will be okay.
2. Ask if you can touch their shoulder.

3. Tell them you are going to clap.
4. Invite the Holy Spirit to come and to sever (clap) pain from the memory they are in and to take out all harm and to begin to nurture them.
5. Wait for the individual to calm down.
  - a. If God removes them from the memory or their screen goes blank, then ask God where he would like to go before healing this memory.
  - b. If they saw God come into the memory and do something for them or they saw the memory as if watching it happen to someone else, then process it like the Presenting Jesus Tool. Ask:
    1. Where did you see God?
    2. What did God do?
    3. What did God want you to know?
    4. How does that make you feel?

### **Problems Beyond the Scope of the Toolbox**

The scope of this toolbox only goes so far. If you deal with enough people you are bound to come upon demonized people, shattered personalities and victims of Satanic Ritual Abuse (SRA). The good news is that these issues are no longer any more difficult to heal than the other issues the tools were created to heal. The bad news is that the complexity and slime factor increases dramatically. Fewer people want to be involved in these situations.

Please don't make any of these people feel like they are unclean or untouchable. They need compassion and healing, not rejection. Try to leave them with hope and a positive feeling. Simply say something like: "This is beyond my knowledge and experience. There are others who can help you. May I make a recommendation?" At this point it would be very good to already know ministries or mental health professionals in your area who successfully minister to the demonized, shattered and SRA victims.

I have participated in deliverance ministry, but I have not prayed with either the shattered or victims of SRA. I have listened to some tell their stories and I have had at least an introduction into the subjects. The following is provided for information only and I may make some wrong statements. I'm not an expert. Do not attempt to deal with these issues without the proper training to do so!

### **Demonization**

Demonization may be anywhere on the spectrum from a temptation all the way to the complete submersion of the person as in the case of the Gadarene Demoniac. If the demon is only troubling and has no control a simple prayer to rebuke the demon and leave the person alone may be enough. Many will do that as a normal course of prayer when it comes up with an issue. If the demon has some level of control, like an uncontrollable habit or sin (or worse), then the tools above may be used to deal with the issues that gave a legal right to the demon to take its level of control. After the legal right has been removed the person may tell the demon to go. Another way to remove the demon is to invite Father God or Jesus into the situation and command the demon to go with God. It's not necessary to get the name or even the function of the demon. I don't like wrestling with or ministering to demons. I prefer to

minister to people. That's why I use the tools to take away the legal right: deal with issues of forgiveness, heal the emotions, heal the wounds and replace lies with truth. If the demon resists leaving, then I look for other issues that may still be providing a legal right for the demon to stay.

### **Shattered Personalities**

If you don't have the proper training and licensing, then you cannot diagnose multiple personalities. That doesn't mean that you won't encounter people who have shattered personalities. They may display in many different ways. They may disconnect from reality. They may change from persona to persona. They may not seem to get healed because one part was healed but other parts were not. It is easy to integrate parts of a shattered personality if they are willing to meet Father God or Jesus and then willing to leave with God. Before ever attempting this you should learn much more than I have shared. If during a session the individual sees a little child or they say that they are watching as if what is happening is happening to someone else, then you might be led to ask if the child or other person would like to meet Father God or Jesus. If they like Father God or Jesus you might ask if they want to leave with Father God or Jesus. If they do, it will very likely resolve the issue. Parts do not need to be mentioned and you may never know if the person had a shattered personality or not. In the advanced Sozo course they share the Shabar ministry from Bethel Church in Redding California. The Shabar ministry is known for healing shattered people.

### **Satanic Ritual Abuse (SRA)**

As the title suggests, these people are the victims of abuse that occurs during Satanic rituals. The yuk factor goes way up and most of us don't even want to know about it. We would hope that it never happened, but it does. SRA victims will combine demonization and shattered personalities with psychological programming. For the most part, the programming may be ignored and the other issues can be healed as stated above. However, the complexity of overlapping issues can be very daunting to deal with. Only a few will have what it takes to deal with these issues. If God calls you to minister to the victims of SRA then He knows that you have what it takes and will give you the strength and power necessary. It will be up to you to learn and prepare yourself.