

# Spiritual and Emotional Healing Tools

Property of Rockey Jackson, August 22, 2019

## General Steps for Spiritual and Emotional Healing

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.

## Father Ladder

The Father Ladder tool shows the relationship between our family, our needs and the Trinity. 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.

<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

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 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 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. 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.

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. 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. 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. 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.” “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.” 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. 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?