



Touchstone Counselling - IHP

Basic Principles of Inner Healing Prayer

- 1. Our present situation is rarely the true cause of our ongoing emotional pain.** Our present circumstances stir up false beliefs we learned during past life events. When we receive truth in place of the lie based-thinking held in our memories, we can walk in peace.
- 2. People can hold two or more opposing beliefs at the same time.** Our beliefs are based on what we have learned from *cognitive knowledge* acquired in the present and through *experiential knowledge* acquired from emotions felt during past experiences.
- 3. Feelings are important indicators of our true beliefs.** It is important to discover if our beliefs run contrary to the Lord's truth and find release from the lies producing our negative emotions.
- 4. If I believe a lie, the consequences will be much the same as if it were true.** Our experiential beliefs dictate our emotional responses in any given moment, and thus affect our behavior. In emotionally charged situations, our experiential knowledge tends to override our logical truth.
- 5. To be free of the lies we believe, we must own them rather than deny them.** As long as lies remain embedded in our minds, they will continue to cause pain every time we are in situations similar to when the lies were originally planted.
- 6. Sinful behavior is often a vain attempt to manage our emotional pain.** When our false thinking is divinely replaced with experiential truth, our painful emotions transform into perfect peace, and as a result, the temptation to sin becomes much less powerful.
- 7. Performance-based spirituality is not true spirituality.** True spirituality is experiencing a relationship with God and acting appropriately in any present moment in response to His truth.
- 8. When we receive truth from God in memories where we harbored lie-based thoughts, we can walk in effortless victory in these areas.** Resisting temptation is necessary for each of us to live godly lives. However, there is a victory that is effortless in the places where the Word of Christ dwells, where the Spirit of truth rules, and where we can rest in Him.
- 9. An encounter with the presence of Jesus through the Holy Spirit can free us from the lies we believe.** When we try to live in victory through self-effort and hard work, we will eventually fail.
- 10. We are in emotional bondage due to two basic factors: Belief and Choice.** Nothing can keep us from moving toward freedom except our own choices that are based on our beliefs.
- 11. The written Word of God is the standard for validating what occurs in ministry.** The ministry facilitator should be well-equipped in "rightly handling the Word of truth" in order to identify during ministry what is and is not consistent with the Bible.
- 12. Lie-based pain can only be removed as lies are replaced with truth; whereas the only remedy for sin is the cross of Jesus Christ.** There is no remedy for sin apart from repentance and confession.
- 13. Forgiveness is a key to transformation and healing of past pain.** Just as you have been forgiven and received forgiveness to walk in new life, there must be a releasing of the past pains that others have caused.