

## What is Inner Healing prayer?

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Inner Healing prayer is the healing of a person's mind, spirit, emotions and painful memories through prayerful encounters with Jesus.

Often, we push down or avoid our past, in hopes that we can go on with our lives. Time alone cannot heal.

Inner healing is the process in prayer where the Lord heals the brokenhearted, proclaims freedom to the captives and releases prisoners from darkness. (Isaiah 61:1).

It is Jesus who frees us from the chains that bind us: fear, anxiety, depression, guilt, shame, abuse, trauma, rejection, depression, sorrow, and unforgiveness, feelings of inferiority or condemnation.

After this ministry of prayer, most people experience more freedom and joy in their walk with the Lord.

## What are people saying who have experienced Inner Healing?

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*"An inner healing session sets you before Jesus himself through the Holy Spirit. In prayer to Him, you face your past hurts and emotional responses, methodically, with faithful ones guiding you, you forgive each one who hurt you and Jesus transforms your soul and person to commit to serve Him."*

*"It's hard to describe what an incredible process this is and how I feel like a load has been taken off my shoulders. The only negative is that I wish I had done this year's ago. This ministry is truly a blessing from God."*

*"Inner Healing has radically changed how I view myself, God and others. I now know God is good and I can receive his amazing gift of love through Jesus. I now embrace the Holy Spirit and walk in wholeness with an ability to receive God's love and truly love others."*

*"Inner Healing helped me uncover the lies I believe about myself, and established the authority of God's Word and truth over my heart."*

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**Would you like to receive more joy and peace in your life? Do you feel stuck in your spiritual growth? Do you feel that God does not love you because of your past? Have you experienced a major trauma in your life that is still painful?**

Connect with the Inner Healing Team:

- Fill out the online questionnaire.  
*(Give us 5 working days to review your questionnaire before contacting you to book an appointment.)*
- Or contact Mary Hellman in Trinity's office (714.505.6254 x102, [mary@tupcsa.org](mailto:mary@tupcsa.org)).



The **SPIRIT OF THE SOVEREIGN LORD** is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and *release from darkness for the prisoners. . . . Isaiah 61:1*