

Date:

**Podcast Worksheet**  
**Deep Level Healing: Unlocking the Human Potential**

**Scriptural Texts:**

John 8:34; I John 4:4; 5:19

**Main Points:**

1. Deep level healing is the process of healing anything inside a person that is keeping them from loving God, loving others, and loving themselves. Deep Level Healing includes healing the mind, the emotions, the spirit, the identity, painful memories, and the relationship with God. It is the prayer process led by the Holy Spirit that heals feelings of betrayal, resentment, abandonment, rejection, guilt, shame, fear, condemnation, and grief.
2. The process of inner healing prayer includes: #1) Identifying the past unresolved issues, #2) Inviting Jesus to come into the memory, event, or situation, and bring his truth, power, light, love, and healing, and #3) Listening to and obeying anything Jesus says.
3. Most people are being harassed by Satan at some level, and don't know he's doing it.
4. Freedom from bondage and oppression comes from Jesus only.
5. Deep level healing is a good tool for deep emotional pain, mental struggles, relationship blockage, physical illness, spiritual issues, and demonic interference.
6. Everything that has ever happened to us has been imprinted on our brain, body, and emotions.

**Questions:**

1. Consider some of the deeper emotional wounds in Main Point #1. Which of these do you struggle with? What painful events have caused you to have these feelings?
  
2. Are there things that bring repeated mental struggle or torment to your mind? Do you find yourself going back to the same thoughts? If so, describe.
  
3. Is there a possibility that Satan is making your life harder than it needs to be? Are you aware of any spiritual blockage, dark thoughts, fear, rage, or false thinking? If so, describe.

**Prayer of Response:**

Lord God, I want to be set free from anything holding me back from being the person you made me to be or living the life you created me to live. If there is some inner healing work that needs to be done, please show me, and lead me in the direction where I can receive the help and support I need to do this. Give me the courage to face everything and the perseverance to not give up. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

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