



12 Steps to Inner Healing

1. **ACKNOWLEDGE YOUR CIRCUMSTANCES ARE BIGGER THAN WHAT YOU CAN HANDLE** - Bringing hurts into the light of day can help you begin to understand their impact. *Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully]. 1 Peter 5:7 AMP*
2. **SURRENDER TO GOD** - You've exhausted every physical, emotional, and mental means and are choosing to give everything you have over God. Obtain a scripture or written quote that helps sustain/encourage/empower your choice. *Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. Matthew 6:33 NLT*
3. **ACCEPTANCE AND ACCOUNTABILITY OF MY ROLE IN MY CIRCUMSTANCES** - Everything begins somewhere, so why not let the change you want to see begin with you. *I am going to do something new. It is already happening. Don't you recognize it? I will clear a way in the desert. I will make rivers on dry land. Isaiah 43:19 GW*
4. **GET INTO THE WORD OF GOD AND MEDITATE ON IT** - Learn about life as God intended and deepen your understanding of his guidelines for living. Proverbs is a great book to learn what God says about everyday living. His Word is the absolute standard by which everything is measured. Intentionally practice sitting in stillness, silence and solitude so you can reflect on what God is saying. *Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. Joshua 1:8 CEV*
5. **SURROUND YOURSELF WITH PEOPLE WHO HAVE SIMILAR CIRCUMSTANCES AND WILL HOLD YOU ACCOUNTABLE TO YOUR CHOICE OF SURRENDER AND CHANGE** - Build a solid, consistent, trustworthy community for support and understanding. *Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Ecclesiastes 4:9-10 NLT*

NOW IT'S TIME TO DO THE WORK

6. **REFLECT AND IDENTIFY** - It's now time to reflect and identify recurring individual and family patterns that need to change. Create dedicated time to seek God and ask Him to help reveal the deep things inside that are buried and not readily known to you. ***He reveals deeply hidden things. He knows what is in the dark, and light lives with him. Daniel 2:22 GW***

7. **JOURNAL** - Pick up a pen and notebook and write whatever God is revealing/showing you. Perfect sentences aren't needed. Correct grammar doesn't matter. You could be writing only single words at a time. There is no right or wrong to journaling. ***Investigate my life, O God, find out everything about me; cross-examine and test me, get a clear picture of what I'm about; See for yourself whether I've done anything wrong - then guide me on the road to eternal life. Psalm 139: 23-24 MSG***

8. **GET UNDERSTANDING AND CLARITY OF WHAT GOD HAS REVEALED** - Do a self assessment. Be careful not to allow condemnation to settle in. Be willing to forgive yourself and allow God to wash you in His love and grace. God will reveal as we can deal. All you have to do is show up and say yes to the process. See God's revealing as a sign of His love. ***The Lord corrects everyone he loves, just as parents correct their favorite child. Proverbs 3:12 CEV***

9. **IDENTIFY 1 REVEALED EMOTION/BEHAVIOR** - Remember a moment where you experienced this emotion/behavior and journal about the story you told yourself in that moment. What belief system did you create from that experience? How is that belief system showing up in your life today? ***The heart is hopelessly dark and deceitful, a puzzle that no one can figure out. But I, God, search the heart and examine the mind. I get to the heart of the human. I get to the root of things. I treat them as they really are, not as they pretend to be. Jeremiah 17:9-10 MSG***

10. **ALIGN YOUR OLD BELIEF SYSTEM TO THE WORD OF GOD** - His Word is the truth and the standard to live by. This is how you change the narrative of your belief system. This is the beginning of releasing guilt, shame, anger and a host of other illegitimate emotions that don't belong in your life anymore. ***Don't be like the people of this world, but let God change the way you think. Then you will know how to do everything that is good and pleasing to him. Romans 12:2 CEV***

11. **FORGIVE YOURSELF** - Often this is one of the hardest things to do. Comfort comes in knowing Jesus' death and resurrection covers us too. Forgiveness is the beginning of breaking the chains of internal bondage. ***If we [freely] admit that we have sinned and confess our sins, He is faithful and just [true to His own nature and promises], and will forgive our sins and cleanse us continually from all unrighteousness [our wrongdoing, everything not in conformity with His will and purpose]. 1 John 1:9 AMP***

12. **MAKE AMENDS** - Clear your heart and conscious. If necessary, apologize to those you have adversely impacted from big to small. Forgiveness of others is also critical and it frees us to love ourselves and allow the love of Jesus to flow through us. ***Be kind and helpful to one another, tender-hearted [compassionate, understanding], forgiving one another [readily and freely], just as God in Christ also forgave you. Ephesians 4:32 AMP***

This is an ongoing process of God peeling back the layers of your soul to allow inner healing. **A journey to healing is a path walked by FAITH in Christ, to gain true FREEDOM, and experience abundant LIFE.**