

## Spiritual Practice: Inner-Healing Prayer

- Take a “needs mending” inventory.
  - Set aside time for several days or weeks to be in the presence of Jesus with your wounds. Gather a list of wounded places and tender relationships that need mending. Simply gather the list. Let it grow as other wounds come to mind. Leave it with God.
  - At another time, come to Go in a safe and quiet place where you can attend to the list in the presence of the great Physician. Breathe deeply. Inhale the closeness of Jesus. He is nearer than your own breath. Don't hurry. Wait in his presence.
  - When you are ready, set the list before the Lord and wait. What *one* item seems to have your attention? (Attend to one wound at a time. Don't move on to another wound until you sense that the time has come to do so.) Ask Jesus what he wants to tell you about the wound. Listen. What do you sense the Lord is saying to you?
  - Respond to Jesus. Trust Jesus to do what he needs to do. The fruit of healing may not be a big feeling of release at the time of prayer, but changed internal responses as time goes by. Over time you may notice that your internal responses to people and situations begin to shift. Talk to God about this.
  
- Seek out someone who is comfortable with healing prayer. Ask them if they would be willing to pray with and for your healing.
  - In preparation for this time ask yourself the following questions. Your answers may help reveal the roots to some of your woundedness:
    - What lies or vows have shaped my life?
    - Where am I unable to forgive another?
    - Where do I find it difficult to give and receive love?
    - Where am I unable to forgive myself?
  - Share your insights with your prayer partner. Open yourself to God and to receiving his healing touch.
  
- Read Lamentations 2-3. Allow Jeremiah's painful cry to become your own prayer. Write a lament of your own to God. What do you want to tell him about your pain? Where do you want to find him in your pain?
  
- Attend a healing-prayer service or a healing-prayer ministry.

## Reflection Questions

- How has healing prayer intersected with your life?
- What emotions surface in you when you pray for healing for others?
- Where might healing prayer address wounds in your own soul?
- What is it like for you to have someone pray for you?

Source: *Spiritual Disciplines Handbook* by Adele Calhoun