

# TIMOTHY TOMLINSON MINISTRIES

## Self Inner Healing Worksheet

1. Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will direct your paths. (Proverbs 3:5-6) Stand in faith that the Lord will come through for you for your healing, depending on him alone.
2. Pay careful attention to your emotions (**emotional overreaction, emotional shutdown, memories from your past that have pain associated with it**, if you just feel **anxious, depressed, stressed or any emotion that doesn't lift you up**).
3. When you have an elevated emotion, take notice of events that are **triggering the emotion**.
4. Afterward, determine if the event (**on a scale of 1 to 10**) warrants this high of an emotion, or if you are over-reacting.
5. If you determine that you're over-reacting, **the Holy Spirit is telling you that there is a wound that still needs to be healed**.
6. Remember as many details of the event as possible...place, people, words, and sensory details.
7. When you get home or to a quiet, peaceful place, take yourself (in your mind) back to the event that triggered the over-reaction. **Ask the Holy Spirit to help bring back remembrance** (John 14:26) of this event. Use the event details in your memory to trigger that adverse emotion. **REALLY GO THERE** in your mind and let the emotions come up again.
8. Say out-loud, **"I Divide Soul and spirit according to Hebrews 4:12 and command the demonic spirit to detach and leave in Jesus name"**.
9. At this point, out-loud ask, **"Jesus please come and heal this part of me, Now"** (Mark 11:24). If having problems hearing Jesus then go to step 12 or 13. If forgiveness is needed go to step 10. If not, go to step 14.
10. If forgiveness is needed, out-loud say, **"I forgive \_\_\_\_\_ for what they did to me"** (Matthew 6:12). Continue to step 10.
11. Say Out-loud and ask, **"Jesus please come and speak and minister to me"** (John 10:27). Go to step 14.
12. (If not able to get to heal the wound then say out-loud) **I take the sword of the spirit (Ephesians 6:17) and pierce and cut off the enemy's stronghold over my spiritual ears in Jesus name. Demon detach and leave in Jesus name.**
13. (If still having trouble then say out-loud) **Jesus please send forth angels to put these demons down so that I may get freedom (Daniel 10:13).**
14. Jesus will come and either **"take the emotion or heal the wound by speaking to you"** (Psalm 107:20)". When you feel the emotion lift or hear His Words, the wound is healed.
15. After you feel the emotion lift or hear His Words say out-loud, **"I command you demonic spirit to go to the Pit in Jesus name"** (Luke 8:31).
16. Say out-loud, **"Thank you Jesus for coming and healing me and binding up my wounds (Psalm 147:3). Lord please come now; fill me with the Holy Spirit (Acts 4:31) where all the darkness was, bring healing and truth**

**to all the lies that the enemy has told me. Lord thank you for bringing me the peace of God, which transcends all understanding, it will guard my heart and my mind in Christ Jesus.” (Philippians 4:7)**

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