



Hebrews 4:12 (KJV)

For the word of God is quick, and powerful, and sharper
than any twoedged sword, piercing even to the dividing
asunder of soul and spirit, and of the joints and marrow,
and is a discerner of the thoughts of the intentions
of the heart.

HEALING FROM THE INSIDE OUT

*Understanding Spiritual Healing, Emotional Healing, and God's
Restoration of the Whole Person*

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Scripture references are from the Holy Bible, New International Version® (NIV®), unless otherwise noted.

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Healing from the Inside Out

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HEALING FROM THE INSIDE OUT

Conference Teaching Notes

CONFERENCE SESSION ONE

UNDERSTANDING THE WHOLE PERSON

Spirit, Soul, and Body

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Conference Session One - Understanding the Whole Person

Session Purpose

Before we can talk responsibly about healing, we must understand what we mean by the inner person. This session introduces a biblical spirit-soul-body framework while keeping Christ, Scripture, and the whole person together. The goal is not to force every human experience into a rigid category, but to help participants recognize whether a struggle is primarily spiritual, emotional, physical, relational, or a combination of these.

90-Minute Timing Guide

Segment	Time
Opening and session framing	5 minutes
Teaching Section 1	15 minutes
Teaching Section 2	15 minutes
Teaching Section 3	15 minutes
Teaching Section 4	15 minutes
Guided reflection / response	10 minutes
Prayer and ministry	15 minutes

Teaching Sections

- Created as a Whole Person: Spirit, Soul, and Body
- Understanding the Soul: Mind, Will, and Emotions
- Understanding the Human Spirit and the Holy Spirit
- When One Wound Reaches the Whole Person

Session Covenant Notes

- Use the spirit-soul-body framework as a teaching tool, not as a weapon for judging people.
- Do not tell a hurting person that every emotional struggle is caused by sin, weak faith, or demonic activity.
- Do not confuse the **human spirit with the Holy Spirit**. The Holy Spirit is God; our human spirit is created by God.
- Respect the mystery of Scripture. The Bible sometimes uses the words soul and spirit with overlap while still speaking of the whole person.
- Allow people to receive truth without pressuring them to disclose private wounds publicly.
- Keep the focus on grace, truth, safety, and restoration in Christ.

Conference Session One - Understanding the Whole Person

Teaching Section 1: Created as a Whole Person: Spirit, Soul, and Body

Speaker Notes

- Suggested pace: about 15 minutes for this teaching section.
- Begin with creation, not brokenness. People understand healing better when they first understand that they were created intentionally by God.
- Explain that Genesis 2:7 describes God giving life to humanity. Avoid saying that our human spirit is literally a piece of God; we are created by God and dependent on Him.
- Acknowledge that Christians have described the inner person in different ways. For this conference, use spirit, soul, and body as a practical biblical framework.
- Emphasize wholeness: God cares about spiritual life, thoughts, emotions, choices, relationships, and the body.
- Do not force those words into rigid technical boxes.
- For this conference, use a simple working framework.

Read

Foundational Scripture (NIV): Genesis 2:7

Key phrase: *“the breath of life”*

Supporting Scriptures: 1 Thessalonians 5:23; Hebrews 4:12; 2 Corinthians 4:16

Big Idea

God created human beings as whole persons. Healing is not merely changing behavior on the outside; God works in the inner person and brings His truth into every part of life.

Teach

Start with creation - not brokenness.

Genesis: a body formed from dust; life received from God.

Human life is both physical and inward.

We are more than flesh and bone.

Scripture gives us language for spirit, soul, and body.

Body - **physical life.**

Soul - **mind, will, emotions, memories, and responses.**

Human spirit - **the inward dimension that responds to God.**

Holy Spirit - **God Himself, present and active in the believer.**

One wounded area can affect another.

Physical exhaustion can affect emotions.

Emotional pain can influence choices.

Sin can wound relationships and distress the conscience.

Spiritual despair can reshape how we see the future.

Healing from the inside out is not a quick formula.

God may work through prayer, repentance, forgiveness, Scripture, wise relationships, counseling, medical care, rest, boundaries, and time.

The goal: bring the whole person under the loving rule of Jesus Christ.

- Body - our physical life, habits, senses, and actions
- Soul - our mind, will, emotions, memories, and personal responses
- **Human spirit** - the inward dimension of life that responds to God
- **Holy Spirit** - God present and active in the believer
- *Whole-person healing* - God bringing truth, grace, order, and restoration into every area of life

Ask

Quietly ask the Lord:

- Have I been trying to fix only outward behavior while ignoring what is happening inside?
- Where do I most need God's truth right now - spiritually, emotionally, physically, or relationally?
- Am I willing to let God examine the whole person rather than only the part I am comfortable discussing?

Do not use these questions to examine someone else.

Ask only, 'Lord, what are You saying to me?'

(Pause.)

Illustration

A house may look strong from the road while termites are weakening the beams inside. Painting the walls can improve the appearance, but it cannot repair hidden structural damage. In the same way, outward change matters, but lasting healing often requires God to address what is happening beneath the surface.

Uganda Application

In many Ugandan communities, people carry spiritual faith, family responsibility, economic pressure, grief, physical hardship, and community expectations at the same time. Ministry should not reduce every struggle to one cause. A person may need prayer and discipleship while also needing food, medical care, safety, wise counsel, or time to grieve.

Key Statements

- God created us as whole persons.
- What happens inside us eventually affects how we live outside.
- Not every wound has the same source, and not every wound requires the same response.
- The Holy Spirit is God; the human spirit is created by God.
- Healing from the inside out begins with bringing the whole person into the light of Christ.

Personal Response (ASK)

What area of my life have I been ignoring?

What would it look like to invite God into that area?

What is one healthy step I can take this week?

Transition

Now that we have a framework for the whole person, we can look more closely at the soul - the mind, the will, and the emotions - where many of our everyday wounds are experienced.

Conference Session One - Understanding the Whole Person

Teaching Section 2: Understanding the Soul: Mind, Will, and Emotions

Speaker Notes

- Suggested pace: about 15 minutes for this teaching section.
- Use simple language. This section should help people name what is happening inside them without making them feel defective or ashamed.
- Do not present emotions as enemies. **Emotions can be painful, inaccurate, or overwhelming**, but they are also part of human experience and can reveal what needs attention.
- Explain that the **will is the capability of choosing**. **A person can feel one thing and still choose a faithful action.**
- Keep the audience from confusing a feeling with an identity. **“I feel rejected”** is not the same statement as **“I am rejected.”**

Read

Foundational Scripture (NIV): Psalm 42:5

Key phrase: *“Why, my soul, are you downcast?”*

Supporting Scriptures: Romans 12:2; Proverbs 4:23; Philippians 4:8; Mark 14:34-36

Big Idea

The soul is where we think, choose, remember, desire, and feel. Emotional healing includes learning to recognize what is happening within us and bringing our mind, will, and emotions under the truth and grace of God.

Teach

The soul helps us describe what is happening inside.

Mind – **IT - Interprets life.**

The mind asks: **“What does this mean?”**

It forms beliefs about God, ourselves, others, and the future.

Will - makes choices.

The will decides what we do with **what we think and feel**.

It can surrender, resist, forgive, seek help, tell the truth, set a boundary, **or repeat a destructive pattern**.

Emotions - register our experience.

Joy. Fear. Anger. Grief. Shame. Affection. Disappointment. Loneliness. Hope.

Emotions are real - *but they are **not** always reliable interpreters of reality.*

Jesus felt deeply.

He wept. He grieved. He showed compassion.

In Gethsemane: **honest sorrow** - **and faithful obedience**.

Emotional maturity **is not** the absence of feeling.

It is feeling honestly without letting every feeling become the master.

Watch the cycle: event -> interpretation -> emotion -> choice -> habit.

Healing may require God to interrupt that cycle at more than one point.

Scripture calls us to renew the mind, guard the heart, **choose obedience**, and bring the inner life before God.

- **Mind** - What am I believing?
- Will - What am I choosing?
- **Emotions** - What am I feeling?
- **Memory** - What am I carrying from the past?
- **Desire** - What am I longing for or afraid of losing?

Ask

Quietly ask the Lord:

- What thought repeats in my mind when I am hurt?
- What emotion do I find hardest to handle?
- What choice do I make when that emotion becomes strong?
- Have I turned a painful feeling into a permanent identity?

Do not use these questions to examine someone else. Ask only, 'Lord, what are You saying to me?'

(Pause.)

Illustration

Imagine three people in a canoe. One person sees the direction, one holds the paddle, and one feels every wave. If the one who feels the waves is allowed to control the entire canoe, fear can send it in circles. A **Healthy life** requires awareness, wise direction, and disciplined action working together.

Uganda Application

Public strength is highly valued in many communities, especially among leaders, men, women, parents, and pastors. **People may hide grief, fear, or shame** because they believe acknowledging emotion is weakness. **Biblical strength is not pretending that pain does not exist. It is bringing pain before God and choosing faithful responses.**

Key Statements

- Feelings are real, but feelings are not always facts.
- You can feel rejected without being worthless.
- You can feel afraid and still choose courage.
- You can feel angry and still refuse violence.
- Healing includes what we believe, what we feel, and what we choose.

Personal Response

What am I thinking?

What am I feeling?

What choice would honor Christ in this situation?

Transition

The soul describes much of our inner emotional experience. But Scripture also speaks about the human spirit and the Holy Spirit. We need to distinguish them carefully before we talk about spiritual healing.

Conference Session One - Understanding the Whole Person

Teaching Section 3: Understanding the Human Spirit and the Holy Spirit

Speaker Notes

- Suggested pace: about 15 minutes for this teaching section.
- **This is a theological clarification section.** Speak slowly and keep the distinction simple.
- **Say clearly:** the Holy Spirit is God. **Our human spirit is not the Holy Spirit** and is not a fragment of God.
- Use Romans 8:16 because it places “the Spirit” and “our spirit” in the same verse and distinguishes them.
- Avoid suggesting that every inner impression **is the voice of the Holy Spirit**. The Spirit does not contradict Scripture or the character of Christ.

Read

Foundational Scripture (NIV): Romans 8:16

Key phrase: *“the Spirit himself testifies with our spirit”*

Supporting Scriptures: John 3:5-8; 1 Corinthians 2:11-12; Galatians 5:16-25; Ezekiel 36:26-27

Big Idea

Spiritual healing concerns our relationship and responsiveness to God. The Holy Spirit is God at work in us; our human spirit is the inward dimension of our created life that responds to Him.

Teach

Romans 8:16 gives the distinction.

"The Spirit" testifies with "our spirit."

Holy Spirit - the divine Person.

Human spirit - created by God.

Spiritual healing is not discovering a divine spark inside us.

It is restoration to God through Christ.

It is learning to live responsively to the Holy Spirit.

Sin can disrupt spiritual fellowship.

Guilt can trouble the conscience.

Bitterness can harden the heart.

Unbelief can resist truth.

Shame can make us hide from God.

The Holy Spirit convicts without destroying hope.

He points to Christ, produces fruit, assures belonging, strengthens prayer, and leads into truth and obedience.

Conviction - **specific**; & moves us toward repentance and grace.

Condemnation - **vague**, is crushing, & brings hopelessness.

A believer can be spiritually alive in Christ and still need emotional healing.

Salvation does not instantly erase every painful memory, learned reaction, fear, or relationship pattern.

Emotional calm by itself is not the same as reconciliation with God.

Emotional wellness and spiritual reconciliation are connected - but not identical.

- **Human spirit** - **created by God and responsive to God**
- Holy Spirit - **God Himself, not merely a feeling or force**
- **Conviction** - specific truth that calls us toward repentance and grace
- Condemnation - **crushing accusation that offers no path toward hope**
- **Spiritual growth** – Is ongoing responsiveness to the Holy Spirit through faith and obedience

Ask

Quietly ask the Lord:

- **Am I confusing strong emotion with the voice of God? (REPEAT)**
- Is there a specific area where the Holy Spirit is calling me **to repentance** or obedience?
- Do you believe God's conviction leads me toward restoration rather than hopelessness?
- Am I testing spiritual impressions by Scripture?

Do not use these questions to examine someone else. Ask only, 'Lord, what are You saying to me?'

(Pause.)

Illustration

A radio can receive a signal only when it is tuned properly, but the radio does not create the signal. In the same way, our human spirit does not create God or become God. The Holy Spirit is God, and we learn to respond to His truth rather than inventing our own spiritual message.

Uganda Application

In settings where dreams, ancestral fears, spiritual claims, or prophetic words carry strong influence, **teach believers** to test every spiritual message by Scripture and the character of Jesus Christ. **Respect people's experiences**, but do not allow fear, manipulation, or **superstition to replace biblical discernment**.

Key Statements

- The Holy Spirit is God; our spirit is human.
- **Not every strong inner feeling is the voice of God.**
- Conviction leads toward repentance and grace.
- **Condemnation** says there is no hope; the Gospel says there is grace in Christ.
- Spiritual healing restores our relationship and responsiveness to God.

Personal Response

Where do I need clearer spiritual discernment?

What is the Holy Spirit calling me to obey?

What accusation do I need to compare with the truth of the Gospel?

Transition

We can now see that spiritual life and emotional life are distinct but connected. The next teaching shows how one wound can move through the mind, emotions, choices, relationships, and even our view of God.

Conference Session One - Understanding the Whole Person

Teaching Section 4: When One Wound Reaches the Whole Person

Speaker Notes

- Suggested pace: about 15 minutes for this teaching section.
- Use a concrete example. The audience should see how a wound can begin emotionally and eventually influence spiritual beliefs and outward behavior. **(Emotional Affects)**
- Do not tell people that all later problems are caused by one childhood event. Use examples as illustrations, not diagnoses.
- **Make room for complexity:** poverty, violence, grief, illness, betrayal, and sin can interact in the same story.
- End with hope. The purpose of identifying the pattern is not to blame the past but to open the present to God's healing.

Read

Foundational Scripture (NIV): Proverbs 4:23

Key phrase: *"everything you do flows from it"*

Supporting Scriptures: Psalm 34:18; Ephesians 4:26-27; Romans 12:17-21; 3 John 2

Big Idea

A wound in one area can affect the whole person. Emotional pain can influence spiritual beliefs, relationships, behavior, and even physical wellbeing. **Healing requires truth about what happened and wisdom about what it has produced.**

Teach

Picture a child whose father abandons the family.

Original wound: loss, confusion, fear, rejection.

Possible belief: "People I love always leave."

Possible emotion: **anxiety.**

Possible choice: do not trust anyone deeply.

Later, Christians call God "Father."

Instead of comfort, that word may awaken fear.

An emotional wound **has now** influenced a spiritual perception.

The person may know the doctrine: "**God is faithful.**"

Yet the wound whispers: "Do not trust Him too much."

Healing must reach both truth and experience.

The same pattern can follow betrayal, abuse, humiliation, grief, war, poverty, financial collapse, family rejection, or spiritual manipulation.

Do not shame the wounded person.

Do not ask: "Why are you still struggling?"

Ask instead: "**What did this wound teach you to believe?** and how did you feel, respond?"

Healing may include lament, truth-telling, forgiveness, boundaries, renewed thinking, safe relationships, repentance where needed, and patient experience of God's faithfulness.

Goal: the wound no longer has **final authority** over identity, decisions, or our picture of God.

- Event - What happened?
- Interpretation - What did I begin to believe?
- Emotion - What did I begin to feel repeatedly?
- Choice - How did I begin to protect myself or react?
- Spiritual effect - How did this shape my view of God?
- Outward effect - How has it affected relationships, habits, or the body?

Ask

Quietly ask the Lord:

- What painful event still shapes the way I interpret present situations?
- What did that experience teach me to believe about myself or others?
- Has an emotional wound affected the way I see God?
- What would it mean to let God speak truth into that story?

Do not use these questions to examine someone else. **Ask only, 'Lord, what are You saying to me?'**

(Pause.)

Illustration

A tree may be struck by a machete in one place, but the injury can affect the flow of life through the whole trunk. The visible cut is local, but the effect can spread. Human wounds can work the same way. One painful event can influence thought, emotion, behavior, relationships, and faith.

Uganda Application

Loss, displacement, family separation, school interruption, financial hardship, domestic violence, and public shame can all shape a person's inner life. Churches can become places of healing when they refuse gossip, protect confidentiality, reject victim-blaming, and connect people with wise pastoral, medical, legal, or counseling help when needed.

Key Statements

- One wound can affect more than one part of life.
- A correct doctrine can coexist with a wounded emotional response.
- Understanding the pattern is not the same as blaming the past.
- God's truth can enter the places where pain created false conclusions.
- Healing begins when the wound no longer has final authority over identity and direction.

Personal Response

What happened to me that still influences me today?

What belief grew out of that experience?

What truth from God do I need to receive in that place?

Transition

Session One has helped us identify what may be happening inside. Session Two will move from understanding the wounded soul to practical pathways of healing in the mind, emotions, and will.

Conference Session One - Understanding the Whole Person

Session One - Guided Reflection and Ministry

Speaker Notes

- Suggested pace: about 25 minutes for this teaching section.
- Give participants about 10 minutes to write or pray quietly before corporate prayer.
- Do not require public testimony. Invite, do not pressure.
- If a participant discloses abuse, danger, suicidal thinking, or serious medical concerns, move from general ministry to appropriate pastoral and professional support.

Personal Response

The part of this session that helped me understand myself more clearly:

One wound or pattern I need to bring before God:

One false belief I need to examine:

One person or source of wise help I may need to involve:

Closing Prayer

Father, thank You for creating us with care and purpose. Shine Your light into the places within us that we do not understand. Give us courage to face truth without shame, wisdom to recognize what is spiritual, emotional, physical, or relational, and grace to seek the help we need. Teach us to hear Your Word above every lie and to bring our whole lives under the lordship of Jesus Christ. Amen.



Hebrews 4:12 (KJV)

For the word of God is quick, and powerful, and sharper
than any twoedged sword, piercing even to the dividing
asunder of soul and spirit, and of the joints and marrow,
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HEALING FROM THE INSIDE OUT

Conference Teaching Notes

CONFERENCE SESSION TWO

HEALING THE WOUNDED SOUL

Mind, Will, and Emotions

Keith R. Reinhardt

Author

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Conference Session Two - Healing the Wounded Soul

Session Purpose

This session focuses on emotional healing. Participants will examine how painful experiences can become memories, beliefs, emotional patterns, and choices. The purpose is not to erase the past or force people to feel better quickly. The purpose is to bring the wounded soul into truth, grace, forgiveness, wise boundaries, and renewed choices.

90-Minute Timing Guide

Segment	Time
Opening and session framing	5 minutes
Teaching Section 1	15 minutes
Teaching Section 2	15 minutes
Teaching Section 3	15 minutes
Teaching Section 4	15 minutes
Guided reflection / response	10 minutes
Prayer and ministry	15 minutes

Teaching Sections

- Wounds Leave Memories
- Renewing the Mind: Replacing Lies with Truth
- Healing the Emotions: Feeling Without Being Ruled
- Healing the Will: Forgiveness, Choices, and Boundaries

Session Covenant

- Emotional pain is not proof of weak faith.
- Forgiveness must never be used to pressure someone back into danger.
- Confidentiality matters. Do not turn a person's story into public teaching material without permission.
- Healing may be gradual. Do not promise instant emotional relief as proof that prayer worked.
- Encourage professional counseling or medical care when it is appropriate and available.
- Keep every response centered in Christ, Scripture, truth, and safe community.

Conference Session Two - Healing the Wounded Soul

Teaching Section 1: Wounds Leave Memories

Speaker Notes

- Suggested pace: about 15 minutes for this teaching section.
- Distinguish between remembering and remaining controlled by a memory.
- Do not teach that healing means forgetting. Some memories remain; what can change is their power, meaning, and emotional control.
- Allow grief to be grief. Not every painful memory needs to be “fixed” in one meeting.
- Use Psalm 147:3 to emphasize God’s nearness to the brokenhearted.

Read

Foundational Scripture (NIV): Psalm 147:3

Key phrase: *“He heals the brokenhearted”*

Supporting Scriptures: Psalm 34:18; Psalm 13:1-6; Lamentations 3:19-24; John 11:33-36

Big Idea

The event may be over while the pain remains. Emotional healing does not require us to deny the past; it helps us remember truthfully without allowing yesterday to control every response today.

Teach

Memory is one of God's gifts.

It helps us learn, love, remember, recognize danger, and tell our story.

But painful memories can keep fear, shame, anger, or grief active.

The event may be old - while the body and emotions react as though danger is present now.

Triggers can be a smell, place, name, date, voice, or conflict.

Healing does not mean pretending the event was small.

Healing does not call evil good.

Healing does not require forgetting someone who died or acting as though betrayal never happened.

Biblical lament **gives permission** to tell the truth about pain.

The Psalms hold questions, tears, confusion, and hope before God.

Jesus did not shame grieving people.

At Lazarus's tomb, He entered the sorrow - even knowing resurrection was coming.

The goal is not forgetfulness.

The goal is for the memory to become part of the story without ruling the present identity.

We can remember and still heal.

We can grieve and still hope.

We can name what happened and still believe it is not the final word over our future.

- Triggers can awaken old emotional responses.
- **Lament is a biblical form of faith, not unbelief.**
- Healing does not mean calling injustice acceptable.
- **Remembering is different from reliving.**
- Hope does not erase grief; **it gives grief somewhere to go.**

Ask

Quietly ask the Lord:

- **What memory still produces a strong reaction in me?**
- **Have I tried to silence grief instead of bringing it before God?**
- What part of my story have I never been able to name honestly?
- **Who is a safe person with whom I can process this if I need help?**

Do not use these questions to examine someone else. Ask only, 'Lord, what are You saying to me?'

(Pause.)

Illustration

A healed scar still tells you where the wound was, **but it is no longer an open wound.**

Emotional healing can be similar. The story remains true, but the wound no longer bleeds every time the memory is touched.

Uganda Application

Communities that have experienced grief, landslides, displacement, poverty, family separation, violence, or repeated loss may carry collective as well as individual grief.

Churches can make room for lament, remembrance, and prayer without demanding that people hide sorrow behind spiritual language.

Key Statements

- Healing does not require forgetting.
- Grief is not the enemy of faith.
- Pain can be named without becoming our identity.
- Jesus meets us in sorrow as well as victory.
- **The memory may remain while its control over the present begins to change.** **KEY**

Personal Response

What memory needs to be brought honestly before God?

What emotion rises when I remember it?

What would healing look like if it did not require forgetting?

Transition

Memories often carry conclusions. The next teaching asks what we began to believe because of what happened to us.

Conference Session Two - Healing the Wounded Soul

Teaching Section 2: Renewing the Mind: Replacing Lies with Truth

Speaker Notes

- Suggested pace: about 15 minutes for this teaching section.
- **This is not positive thinking.** Make the contrast clear: biblical renewal replaces false conclusions with truth grounded in God's Word and reality.
- Do not imply that every negative thought is sinful. Some thoughts are accurate warnings; others are distortions produced by fear, shame, or repeated messages.
- Invite participants to identify one repeated belief rather than trying to solve every thought pattern at once.
- Use the "event - lie - truth - new response" pattern.

Read

Foundational Scripture (NIV): Romans 12:2

Key phrase: *"be transformed by the renewing of your mind"*

Supporting Scriptures: 2 Corinthians 10:5; Philippians 4:8; John 8:31-32; Ephesians 4:22-24

Big Idea

Painful experiences often produce powerful conclusions. Healing of the mind occurs as false beliefs are exposed and replaced by truth that is practiced repeatedly.

Teach

A wound tells us what happened.

A lie tells us what we must believe because it happened.

God's truth tells us who we are and how we can respond.

Rejection may say: "Nobody will ever want me."

Failure may say: **"I will never succeed."**

Abuse may say: "I have no value."

Betrayal may say: "No one can ever be trusted."

Shame may say: **"If people knew the real me, they would reject me."**

Some beliefs were spoken by others.

Some formed silently in our own minds.

Some were strengthened by repetition.

Romans 12:2: transformation is connected to renewing the mind.

Do not automatically obey every thought.

Examine it.

Ask: What happened?

What did I conclude?

Is that conclusion fully true?

What does God's Word say that is more true and more complete?

Truth does not deny the event.

Betrayal example: "That person betrayed me - **but betrayal does not determine my worth, and not every person is the same.**"

New thinking must become new practice.

If God has given me dignity, I stop cooperating with relationships that require humiliation as normal.

Renewal is repeated work.

Old thoughts may return.

Each return is another opportunity to practice truth.

- Event - What happened?
- **Lie or conclusion** - What did I begin to believe?
- **Truth** - What do Scripture and reality say?
- **Practice** - What new action agrees with the truth?

Ask

Quietly ask the Lord:

- What sentence do I repeat to myself when I am afraid or ashamed?
- Where did I learn that belief?
- Is it completely true?
- **What truth from Scripture challenges it?**
- **What action this week would agree with the truth instead of the lie?**

Do not use these questions to examine someone else. Ask only, 'Lord, what are You saying to me?'

(Pause.)

Illustration

A footpath becomes clearer every time people walk the same route. Thoughts can work the same way. **The more often a belief is repeated, the easier it is for the mind to travel that path automatically.** Renewal begins to form a new path through repeated truth and faithful practice. **(Barbra Explains Science side)**

Uganda Application

Words from parents, teachers, spouses, pastors, elders, employers, and community leaders can **carry great weight**. Statements such as “you are useless,” “a woman cannot,” “a man must never cry,” or “your family will always fail” **can become deeply rooted.** **The Gospel gives believers permission to reject any message that contradicts God’s truth and human dignity.**

Key Statements

- The wound tells me what happened; **it does not get to name who I am.**
- **Renewing the mind is more than positive thinking.**
- Not every thought deserves obedience.
- **Truth must be believed and practiced.**
- **Old mental paths change through repeated truth and faithful choices.**

Personal Response

The lie or conclusion I have believed:

The truth that challenges it:

The action that will agree with the truth this week:

Transition

What we believe influences what we feel. The next teaching helps us understand emotions without either worshiping them or suppressing them.

Conference Session Two - Healing the Wounded Soul

Teaching Section 3: Healing the Emotions: Feeling Without Being Ruled

Speaker Notes

- Suggested pace: about 15 minutes for this teaching section.
- **Normalize emotions without romanticizing them.** Emotions are signals, not sovereign rulers.
- Give special care around anger. Anger can reveal injustice or hurt, but it does not justify violence, threats, or humiliation.
- Use Jesus' emotional life to show that sorrow and spiritual maturity can coexist.
- Distinguish "I feel..." from "I am...". This is one of the most memorable points in the conference.

Read

Foundational Scripture (NIV): Ephesians 4:26

Key phrase: *"In your anger do not sin"*

Supporting Scriptures: Psalm 56:8; John 11:35; Mark 14:34; Philippians 4:6-7

Big Idea

Emotional healing does not mean becoming emotionless. It means learning to recognize feelings, bring them to God, and choose responses that are governed by truth, love, and self-control.

Teach

Emotions give information.

Fear may signal danger.

Grief may reveal love and loss.

Anger may reveal injustice, frustration, or hurt.

Shame may point to guilt, humiliation, or a false belief about identity.

Old wounds can shape present emotions.

A disagreement can feel like abandonment.

Correction can feel like humiliation.

A delay can feel like rejection.

Listen to emotions - but do not automatically obey them.

Ask: What am I feeling?

What is this feeling a response to?

What is true right now?

What response honors Christ?

Spiritual maturity is not emotional numbness.

Jesus wept. Jesus grieved. Jesus showed compassion.

In Gethsemane: deep distress - and **surrender to the Father.**

Anger deserves special care.

Anger can move toward courage and justice - **or toward violence, revenge, contempt, and bitterness and victim mentality.**

An emotion is not an identity.

"I feel rejected" is not the same as "I am rejected."

"I feel afraid" is not the same as "I am a coward."

Healing includes naming feelings, calming the body, seeking truth, communicating safely, and **choosing behavior** that does not injure others.

Often the wisest response is prayer.

Sometimes it is sleep, food, stepping away from conflict, counseling, a pastor, prescribed medication, or moving to safety.

God can care for us through ordinary means as well as extraordinary moments.

- Name the feeling.
- Notice what triggered it.
- Test the interpretation.
- Calm before reacting.
- Choose a response that agrees with truth and love.
- **Seek help when the emotion is overwhelming or persistent.**

Ask

Quietly ask the Lord:

- Which emotion is hardest for me to name?

- What usually triggers it?
- What do I tend to do when it becomes strong?
- Do my responses protect people or wound people?
- What would a truthful and self-controlled response look like?

Do not use these questions to examine someone else. Ask only, 'Lord, what are You saying to me?'

(Pause.)

Illustration

A cooking fire is useful when it is contained. It gives heat and prepares food. But the same fire can destroy a home when it spreads without restraint. **Emotions also carry energy.** The goal is not to eliminate the fire but to steward it wisely.

Uganda Application

People may be taught that a strong man never cries, that a respectful woman never expresses anger, or that a Christian must always look joyful. These expectations can produce hidden pain. Biblical maturity allows honest emotion while rejecting violence, humiliation, **destructive silence**, and **revenge**.

Key Statements

- Emotions are signals, not masters. *****
- **Feeling something does not make it sinful**; -*what we do with the feeling matters.
- Anger never gives permission for violence.
- Grief and faith can exist together.
- “I feel rejected” is not the same as “I am rejected.”

Personal Response

What emotion I need to name honestly:

What truth I need to remember when it rises:

What response do I want to practice instead:

Transition

Emotions influence our choices, but they do not have to make our choices. The final teaching in this session **focuses on the will**: forgiveness, boundaries, obedience, and the decisions that move healing forward.

Conference Session Two - Healing the Wounded Soul

Teaching Section 4: Healing the Will: Forgiveness, Choices, and Boundaries

Speaker Notes

- Suggested pace: about 15 minutes for this teaching section.
- **Distinguish forgiveness, reconciliation, and trust.** They are related but not identical.
- Never teach **forgiveness as permission** for continued abuse. **Safety boundaries can be biblical and necessary.**
- Explain that **forgiveness may begin as an act of the will** before emotions change.
- Avoid: (**NOT**) every relationship can be restored. Reconciliation requires truth, repentance, and appropriate safety. Boundaries

Read

Foundational Scripture (NIV): Colossians 3:13

Key phrase: *“forgive as the Lord forgave you”*

Supporting Scriptures: Romans 12:18-21; Matthew 18:21-35; Proverbs 4:23; Galatians 6:1-5

Big Idea

Healing often requires a choice before it becomes a feeling. **The will participates in healing when we choose** truth, release revenge, establish wise boundaries, seek help, and practice obedience.

Teach

Forgiveness is one of the most misunderstood words in healing.

Forgiveness does not mean the offense did not matter.

It does not call evil good.

It does not erase consequences.

It does not require immediate trust.

Forgiveness releases personal vengeance to God.

It says: **"Revenge will not become the purpose of my life."**

That choice can begin while grief and anger are still present.

Reconciliation is different.

Reconciliation **means rebuilding a relationship** –s .

It requires truth, willingness, and - after serious harm - evidence of repentance and changed behavior.

Trust is different again.

Trust is rebuilt through consistent faithfulness over time.

A person can forgive and still require distance, accountability, legal protection, pastoral oversight, counseling, or other boundaries.

The will also chooses obedience.

We may not feel ready to tell the truth, ask for help, leave a destructive environment, end an affair, apologize, attend counseling, or change a habit.

Healing moves forward through the next faithful step.

Boundaries are not always rejection.

A boundary can protect what is good from what is destructive.

Jesus sometimes withdrew from crowds.

Paul escaped danger.

Proverbs repeatedly warns us away from harmful paths.

The will cannot instantly control every emotion.

But it can decide what action follows the emotion.

When the will agrees with truth, new habits begin to form.

Over time, the soul learns it does not have to live only from fear, revenge, or self-protection.

- Forgiveness - releasing revenge to God
- Reconciliation - rebuilding relationship where truth and safety allow
- Trust - confidence rebuilt through consistent faithful behavior
- Boundary - a limit that protects life, dignity, responsibility, and truth
- Obedience - **choosing the next faithful action even when feelings lag behind**

Ask

Quietly ask the Lord:

- Is there revenge I am still carrying?

- Have I confused forgiveness with immediate trust?
- Do I need a boundary that protects safety or dignity?
- **What faithful choice have I delayed because I was waiting to feel ready?**
- Who can help me make that choice wisely?

Do not use these questions to examine someone else. Ask only, 'Lord, what are You saying to me?'

(Pause.)

Illustration

A gate around a garden is not built because the farmer hates people or animals. It is built because something valuable is growing inside. Healthy boundaries work the same way. They protect what God is cultivating and prevent repeated destruction.

Uganda Application

Extended family obligations, clan expectations, financial dependence, church authority, and community pressure can make boundaries difficult. **Teach believers to honor elders and relationships while refusing commands that require sin, conceal abuse, exploit money, or place vulnerable people in danger.**

Key Statements

- Forgiveness is not the same as trust.
- Reconciliation cannot be forced where there is no truth or safety.
- A boundary can be an act of wisdom, **not hatred.**
- You may choose obedience before your emotions catch up.
- **Healing moves forward through faithful choices repeated over time.**

Personal Response

What choice do I know I need to make:

What boundary or support may I need:

What person do I need to forgive, confront safely, or release to God:

Transition

Session Two has focused on the wounded soul. Session Three will now move to spiritual healing: reconciliation with God, a renewed view of the Father, life in the Holy Spirit, and the integration of healing throughout the whole person.

Conference Session Two - Healing the Wounded Soul

Session Two - Guided Reflection and Ministry

Speaker Notes

- Suggested pace: about 25 minutes for this teaching section.
- Give participants space to identify one wound, one belief, one emotion, and one choice rather than trying to resolve an entire life story in public.
- If forgiveness is part of the prayer time, state clearly that forgiveness does not require returning to danger or abandoning legal and pastoral accountability.
- Invite trusted ministry leaders to pray quietly and respectfully. Avoid spectacle, pressure, or public disclosure.

Personal Response

What memory or wound I am bringing before God:

What belief do I need to replace with truth:

What emotion do I need to handle differently:

What choice or boundary represents my next faithful step:

Closing Prayer

Lord Jesus, meet us in the places where our souls have been wounded. Give us courage to remember truthfully, wisdom to reject lies, freedom to feel without being ruled by our feelings, and grace to make faithful choices. Teach us to forgive without excusing evil, to establish wise boundaries without hatred, and to seek help without shame. Renew our minds and lead us in the path of peace. Amen.



Hebrews 4:12 (KJV)

For the word of God is quick, and powerful, and sharper
than any twoedged sword, piercing even to the dividing
asunder of soul and spirit, and of the joints and marrow,
and is a discernor of the thoughts of the intentions
of the heart.

HEALING FROM THE INSIDE OUT

Conference Teaching Notes

CONFERENCE SESSION THREE

SPIRITUAL HEALING AND WHOLENESS

Restoring Fellowship With God and Living From the Inside Out

Keith R. Reinhardt

Author

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Conference Session Three - Spiritual Healing and Wholeness

Session Purpose

This session **focuses on spiritual healing**: reconciliation with God through Jesus Christ, freedom from condemnation, a restored view of God, life in the Holy Spirit, and the integration of spiritual and emotional healing. Participants (YOU) are called not merely to feel better, but to live in grace, truth, holiness, love, and ongoing dependence on God.

90-Minute Timing Guide

Segment	Time
Opening and session framing	5 minutes
Teaching Section 1	15 minutes
Teaching Section 2	15 minutes
Teaching Section 3	15 minutes
Teaching Section 4	15 minutes
Guided reflection / response	10 minutes
Prayer and ministry	15 minutes

Teaching Sections

- Reconciled to God: **Grace, Repentance, and Forgiveness**
- **When Emotional Wounds Distort Our View of God**
- The Holy Spirit Restores, **Assures, and Leads**
- **Living Healed: From the Inside Out**

Session Covenant

- **Keep the Gospel central. Spiritual healing is not self-improvement; it begins with God's grace in Jesus Christ.**
- Repentance should be specific and hopeful, not manipulative or humiliating.
- Distinguish conviction from condemnation.
- **Do not promise that spiritual growth removes every emotional symptom immediately.**
- **Do not use spiritual language to dismiss medical, psychological, or safety needs.**
- End with a call to ongoing discipleship, community, and faithful practice.

Conference Session Three - Spiritual Healing and Wholeness

Teaching Section 1: Reconciled to God: Grace, Repentance, and Forgiveness

Speaker Notes

- Suggested pace: about 15 minutes for this teaching section.
- Begin with grace before repentance. Repentance is a response to God's mercy, not a payment for it.
- If unbelievers are present, make the Gospel invitation clear without pressuring or manipulating.
- Differentiate guilt that comes from actual wrongdoing from shame that says the person is beyond grace.
- Use Wesleyan language naturally: grace awakens, forgives, restores, and empowers holy living.

Read

Foundational Scripture (NIV): Romans 5:1

Key phrase: *"we have peace with God through our Lord Jesus Christ"*

Supporting Scriptures: Ephesians 2:4-10; 1 John 1:9; Romans 8:1; 2 Corinthians 5:17-21

Big Idea

The deepest spiritual healing is reconciliation with God. Through Jesus Christ, grace meets us in sin, calls us to repentance, forgives us, and restores us to fellowship with God.

Teach

We do not only suffer wounds - we also commit sin.

Emotional healing must never erase personal responsibility.

The Gospel tells both truths.

We have been wounded by others.

We have also wounded others.

We need compassion and repentance.

We need healing and forgiveness.

Grace comes first.

God does not wait for us to repair ourselves before He moves toward us.

In Christ, God acts to reconcile sinners to Himself.

Repentance is not self-hatred.

Repentance is a change of mind and direction. A purposeful action to God's mercy

Name the sin honestly.

Turn from it.

Receive grace.

Begin a new pattern of obedience.

Confession should become specific.

"I lied."

"I used anger to control."

"I was unfaithful."

"I withheld forgiveness."

"I abused authority."

Specific confession opens the door to specific repentance.

Romans 8:1: no condemnation for those who are in Christ Jesus.

Sin is still taken seriously - but it is addressed within the hope of grace, not hopeless rejection.

Spiritual healing includes restored fellowship, a cleansed conscience, renewed obedience, and identity grounded in Christ rather than our worst failure.

Grace does more than forgive the past.

Grace teaches us to live differently in the present.

- **Grace** - God moves toward us before we can repair ourselves
- **Repentance** - turning from sin toward God
- **Confession** - naming wrong honestly and specifically
- Forgiveness - receiving cleansing and release through Christ
- **Restored fellowship** - living openly and responsively before God

Ask

Quietly ask the Lord:

- Am I using my wounds to excuse something I need to repent of?
- Is there a specific sin I need to confess?
- Do I believe God's grace is greater than my shame?
- What change would demonstrate genuine repentance?

Do not use these questions to examine someone else. Ask only, 'Lord, what are You saying to me?'

(Pause.)

Illustration

A person who falls into deep mud does not become clean by explaining how the mud got there. The explanation may matter, but cleansing is still needed. In the same way, understanding our wounds is **valuable**, but grace also invites us to confess the ways we **ourselves have sinned** and to receive cleansing in Christ.

Uganda Application

In communities where public reputation and family honor carry great weight, people may hide sin to avoid shame. Churches must become places where truth is taken seriously, and grace is genuinely available. Leaders should never use confession to humiliate people or protect one class of people while exposing another.

Key Statements

- We can be wounded and still be responsible for our own choices.
- Grace comes before our ability to repair ourselves.
- **Repentance is not self-hatred; it is a turn toward God.**
- Confession should be specific.
- **There is no condemnation for those who are in Christ Jesus.**

Personal Response

What sin or pattern do I need to bring into the light:

What grace do I need to receive:

What concrete change should follow repentance:

- **Emotion** = internal response. Your heart is changing. Your nervous system is responding. Hormones may be released. Muscles are preparing. Attention is shifting.
- **Feeling** = conscious experience of that response
- **Action** = what you actually do

You could say, “**Emotions create an urge or readiness to act, but they are not the action itself.**”

Transition

Reconciliation with God changes our standing before Him, **but emotional wounds can still distort the way we experience Him.** The next teaching examines the picture of God we carry inside.

Conference Session Three - Spiritual Healing and Wholeness

Teaching Section 2: When Emotional Wounds Distort Our View of God

Speaker Notes

- Suggested pace: about 15 minutes for this teaching section.
- This section can be deeply personal. **Use compassion and avoid simplistic statements** such as “just trust God more.”
- Explain that people **can believe correct doctrine intellectually while still carrying emotional expectations shaped by painful relationships.**
- Use father-**wound examples carefully**; not every participant has the same family story.
- Emphasize that **God reveals His character supremely in Jesus Christ**, not in the failures of human authority figures.

Read

Foundational Scripture (NIV): Psalm 27:10

Key phrase: “*the Lord will receive me*”

Supporting Scriptures: John 14:8-9; Hebrews 13:5-6; Romans 8:31-39; Luke 15:11-24

Big Idea

We often interpret God through the relationships that formed us. Emotional wounds can distort our expectations of God, but Jesus reveals what the Father is truly like.

- **Scripture** — the primary authority.
- **Tradition** — what the Church has taught through history.
- **Reason** — using the mind to understand and apply truth.
- **Experience** — how faith is lived and confirmed in real life.

Teach

Pain can distort the picture of God we carry inside.

Abandonment by a parent: “God will leave too.”

Controlling authority: “Submission to God means manipulation.”

Harsh punishment: “God is waiting for me to make a mistake.”

Unanswered prayer: “God does not care.”

Spiritual abuse: the abuser's voice becomes confused with God's voice.

These reactions are not always deliberate rebellion.

Sometimes they are emotional patterns formed through painful experience.

Healing requires separating God's character from the failures of people who claimed to represent Him.

Human fathers fail.

Pastors fail.

Spouses fail.

Churches fail.

God is not defined by their failure.

Jesus is the clearest revelation of the Father.

To know God's heart, look at Jesus.

His truth. Compassion. **Holiness.** Mercy. **Courage.** Sacrifice. **Faithfulness.**

Bring the distorted picture into the light.

Honest prayer: "I know You are faithful, but I realize I expect You to abandon me."

That honesty can become the beginning of deeper trust.

Trust is often rebuilt through repeated experiences of God's faithfulness.

Scripture. Prayer. **Christian community.** Answered and unanswered prayer held in hope.

Long obedience with Christ.

Spiritual healing does not mean every question gets answered.

It means our unanswered questions are held within a growing relationship with the God revealed in Jesus.

- Abandonment can distort our view of God's faithfulness.
- Control can distort our view of God's authority.
- Harsh punishment can distort our view of God's discipline.
- Spiritual abuse can distort our ability to hear biblical authority safely.
- Jesus is the clearest revelation of the Father's character.

Ask

Quietly ask the Lord:

- What kind of God do I emotionally expect when I fail?
- Does my picture of God resemble Jesus or a wounded human relationship?
- Where do I expect God to abandon, punish, ignore, or manipulate me?
- What truth about God's character do I need to relearn through Christ?

Do not use these questions to examine someone else. Ask only, 'Lord, what are You saying to me?'

(Pause.)

Illustration

If someone gives you a distorted mirror, your face may look twisted even though your face has not changed. Painful relationships can become distorted mirrors through which we see God. Healing does not require changing God; it requires replacing the mirror with the true picture revealed in Jesus Christ.

Uganda Application

Pastors, parents, elders, prophets, and ministry leaders **carry great responsibility** because people may attach God's name to the way they are treated. **Spiritual authority** must never be used to demand money, silence reports of abuse, control private decisions, or threaten people with curses. **Jesus reveals authority that serves, tells truth, protects the vulnerable, and gives itself in love.**

Key Statements

- Human failure does not define God's character.
- Correct theology can coexist with wounded expectations.
- Jesus is the clearest picture of the Father.
- God's authority is holy, truthful, and loving - not manipulative.
- **Trust can be rebuilt through repeated experiences of God's faithfulness.**

Personal Response

What distorted picture of God do I need to surrender:

What truth about God do I see in Jesus:

What is one practice that can help me relearn trust in God:

Transition

As our view of God is restored, we become more able to recognize the work of the Holy Spirit - not merely as a moment of emotion, but as the Joy of the Lord, God's ongoing presence, assurance, conviction, fruit, and guidance.

Conference Session Three - Spiritual Healing and Wholeness

Teaching Section 3: The Holy Spirit Restores, Assures, and Leads

Speaker Notes

- Suggested pace: about 15 minutes for this teaching section.
- **Keep this grounded in Scripture and character, not only manifestations or feelings.**
- **Emphasize fruit over show.** A powerful experience should produce greater love, holiness, truth, and obedience.
- Distinguish the Spirit's assurance from emotional certainty. **A believer may feel anxious and still belong to God.**
- Encourage prayer for the Spirit's filling and guidance while keeping Jesus central.

Read

Foundational Scripture (NIV): Galatians 5:22-23

Key phrase: *"the fruit of the Spirit"*

Supporting Scriptures: Romans 8:14-16, 26-27; John 14:26; Ephesians 5:18; Ezekiel 36:26-27

Big Idea

The Holy Spirit does more than give a momentary spiritual experience. He assures, convicts, teaches, strengthens prayer, forms Christlike character, and empowers believers to live from the inside out.

Teach

The Holy Spirit is more than an emotional sensation.

Strong emotion in worship may be meaningful - but emotion alone is not the biblical test.

Look for truth, love, holiness, obedience, and the fruit of the Spirit.

Romans 8: the Spirit bears witness that believers are God's children.

That assurance is deeper than mood.

Feelings rise and fall. But God's promise remains.

The Spirit helps us in weakness **through prayer.**

We do not need perfect words for God to meet us.

John 14: The Spirit reminds believers of Jesus' words.

Spiritual guidance will not contradict Scripture **or lead away from the character of Christ.**

Galatians 5 shows the pattern of inner transformation.

Love. Joy. Peace. Forbearance. Kindness. Goodness. Faithfulness. Gentleness. Self-control.

Notice self-control.

Claims of spiritual power that produce violence, sexual exploitation, greed, intimidation, or pride contradict the character the Spirit forms.

The Holy Spirit can support healing in the soul: the mind, will, and emotions

He may bring truth to mind, strengthen forgiveness, **expose bitterness,** **give courage to seek help,** **or cultivate peace during a difficult process.**

The goal is not to chase a feeling.

The goal is to walk with the Spirit day after day.

- **Assurance** - the Spirit testifies that we belong to God
- Conviction - the Spirit exposes sin and leads toward repentance
- **Truth** - the Spirit points us to Jesus and Scripture
- **Prayer** - the Spirit helps us in weakness
- Fruit - the Spirit forms Christlike character
- **Power** - **the Spirit enables faithful witness and obedience**

Ask

Quietly ask the Lord:

- Am I measuring the Spirit's work only by how strongly I feel something?
- Is the fruit of the Spirit becoming more visible in my relationships?
- Where is the Spirit calling me toward truth, repentance, or courage?
- Do my spiritual experiences make me more like Christ?

Do not use these questions to examine someone else. Ask only, 'Lord, what are You saying to me?'

(Pause.)

Illustration

Rain is not judged only by the sound it makes on a roof. Its value is seen in the fruit that grows afterward. Spiritual experiences can be meaningful, but the enduring evidence of the Holy Spirit's work is the fruit that appears in character, relationships, obedience, and love.

Uganda Application

Churches may differ in worship style and spiritual expression. The common biblical standard is not volume, emotion, title, or public display. Leaders and believers should ask whether spiritual activity is producing Christlike fruit, truthful teaching, **sexual integrity**, financial honesty, compassion, humility, **and protection of the vulnerable**.

Key Statements

- The Holy Spirit is more than a feeling.
- The Spirit's work produces the character of Christ.
- Assurance rests in God's promise, not only our mood.
- Power without fruit is not spiritual maturity.
- **Walk with the Spirit day after day.**

Personal Response

What fruit of the Spirit am I most in need of God to develop in me:

What area do I need the Spirit's courage or conviction:

What spiritual practice do I want to strengthen this month:

Transition

The Spirit forms Christ within us so that healing becomes visible in daily life. The final teaching gathers the entire conference into one pattern: receive grace, renew the inner life, practice truth, and live differently from the inside out.

Conference Session Three - Spiritual Healing and Wholeness

Teaching Section 4: Living Healed: From the Inside Out

Speaker Notes

- Suggested pace: about 15 minutes for this teaching section.
- **This is the integration and commissioning teaching. Bring back the whole-person diagram and the main statements from all three sessions.**
- **Do not** present healing as a finished state in which a believer never struggles again. Use the language of ongoing growth, sanctification, practice, and community.
- **Give concrete next steps** so the conference does not end only with emotion.
- End in hope: **God is faithful to continue His work.**

Philippians 1:6 "Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Read

Foundational Scripture (NIV): 1 Thessalonians 5:23

Key phrase: "*spirit, soul and body*"

Supporting Scriptures: Philippians 1:6; Romans 12:1-2; Colossians 3:12-17; James 5:16

Big Idea

Healing from the inside out **is the ongoing work of God's grace** as we receive spiritual life, renew the soul, practice faithful choices, care for the body, and live in truthful community.

Teach

Bring the whole conference back together.

Body, soul, and spirit are distinguishable for teaching, but they are not disconnected lives. What happens in one area can influence the others.

Emotional healing reaches the mind, will, **emotions, memories, and relationships.**

Spiritual healing **centers on reconciliation with God**, restored fellowship, truth, repentance, **and** responsiveness to the Holy Spirit.

Healing is not denial.

We do not erase the past.

We do not call injustice acceptable.

We do not pretend strong emotion is unbelief.

Being wounded does not remove responsibility for the ways we wound others.

Grace comforts the injured and calls the sinner to repentance - sometimes both in the same person.

Living healed means practicing truth repeatedly.

Scripture. Prayer. Worship. Confession. Forgiveness. Boundaries.

Counseling. Medical care. Sleep. Exercise. **Healthy relationships**. Church community. Service.

Old triggers can return.

A painful memory can become strong again.

That does not automatically mean all progress is lost.

It may be an invitation to use the tools and truth God has already been teaching us.

Community matters.

Healing sustained in secrecy is difficult.

We need safe people who can pray, challenge, listen, and help without gossip or control.

Philippians 1:6 - God continues the work He begins.

Our hope is not that we will never struggle.

Our hope is that grace is at work and we can keep responding faithfully.

Final question: not only, "Do I feel healed today?"

Ask instead: "**Am I becoming more** truthful, free, loving, obedient, whole, and like Christ?"

- Spirit - remain reconciled and responsive to God
- Mind - renew what you believe
- Emotions - name what you feel without being ruled by it
- Will - choose the next faithful step
- Body - honor limits, safety, rest, and practical care
- Relationships - practice truth, forgiveness, boundaries, and community

Ask

Quietly ask the Lord:

- What has God shown me about my inner life during this conference?
- What is one truth I need to practice repeatedly?
- **What relationship needs repentance, forgiveness, a boundary, or wise help?**
- What daily practice will help me continue healing from the inside out?
- Who will walk with me after this conference?

Do not use these questions to examine someone else. Ask only, 'Lord, what are You saying to me?'

(Pause.)

Illustration

A river is shaped over time by the direction of its flow. One rainstorm can make a difference, but lasting channels are formed through repeated movement. A conference can become an important moment, but lasting healing grows as grace, truth, obedience, and healthy community continue to flow through everyday life.

Uganda Application

The strongest churches are not communities where nobody admits pain. They are communities where people can tell the truth, repent without humiliation, seek help without being shamed, protect the vulnerable, practice forgiveness wisely, reject spiritual manipulation, and grow together in Christ.

Key Statements

- Healing is a process, not a performance.
- **Grace comforts the wounded and calls the sinner to repentance.**
- Old feelings can return without erasing real growth.
- **Healing becomes visible in truth, love, self-control, and faithful choices.**
- **God is faithful to continue the work He begins.**

Personal Response

What truth I am taking home from this conference:

What practice will I begin or strengthen:

Who will I ask to walk with me:

The prayer I am bringing before God:

Transition

We have reached the end of the teaching, but not the end of the work. The final commissioning is an opportunity to bring spirit, soul, body, relationships, and future choices before God and commit ourselves to living healed from the inside out.

Conference Session Three - Spiritual Healing and Wholeness

Session Three - Guided Reflection and Ministry

Speaker Notes

- Suggested pace: about 25 minutes for this teaching section.
- Use the final ministry time for prayer, confession, assurance, and commitment. Keep it Christ-centered and calm.
- Invite people to respond privately first. Public response can be offered, but nobody should be pressured to reveal trauma or sin in detail.
- Encourage participants to identify a next step after the conference: pastoral care, counseling, medical help, reconciliation where safe, a boundary, a support person, or a daily spiritual practice.

Personal Response

What area do I most need continued healing:

What truth about God I am choosing to trust:

What is the next faithful step I will take:

What person or community will help me continue:

Closing Prayer

Holy Spirit, continue Your work in us. Assure us that we belong to God through Jesus Christ. Convict us where we need repentance, comfort us where we are wounded, renew our minds with truth, and form in us the character of Christ. Give us courage to seek wise help, **grace to forgive**, wisdom to establish healthy boundaries, and strength to walk faithfully day by day. May our healing become visible in love, holiness, truth, and service. Amen.



Hebrews 4:12 (KJV)

For the word of God is quick, and powerful, and sharper
than any twoedged sword, piercing even to the dividing
asunder of soul and spirit, and of the joints and marrow,
and is a discernor of the thoughts of the intentions
of the heart.

HEALING FROM THE INSIDE OUT

Conference Teaching Notes

Final Conference Commissioning

Spirit. Soul. Body. Grace. Truth. Wholeness.

Keith R. Reinhardt

Author

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Final Conference Commissioning

Conference Commitment

- We will bring our whole lives before God - spirit, soul, body, relationships, and choices.
- We will not confuse emotional pain with spiritual failure.
- We will not use spiritual language to silence grief, excuse abuse, or avoid appropriate help.
- We will receive the grace of God and respond with honest repentance where we have sinned.
- We will renew our minds by testing repeated beliefs against Scripture and truth.
- We will name emotions honestly without allowing them to rule our behavior.
- We will practice forgiveness without calling evil good or abandoning wise boundaries.
- We will distinguish forgiveness, reconciliation, and trust.
- We will test spiritual impressions by Scripture and the character of Jesus Christ.
- We will seek the fruit of the Holy Spirit, not merely spiritual appearance or emotion.
- We will protect confidentiality, dignity, and the vulnerable.
- We will seek pastoral, relational, counseling, medical, or legal help when wisdom requires it.
- We will refuse shame as a substitute for conviction and refuse excuses as a substitute for repentance.
- We will keep walking with Christ when healing is gradual.
- By the grace of God, we will live healed from the inside out.

Personal Response

One wound I will continue bringing before God:

One lie I am replacing with truth:

One emotion I will learn to handle differently:

One act of repentance or obedience I will take:

One boundary or support I need:

One spiritual practice I will strengthen:

One person I will ask to walk with me:

Closing Prayer

Father, thank You for meeting us in truth and grace. Thank You that You care about the whole person and that no part of our lives is hidden from You. Through Jesus Christ, restore our fellowship with You. Through the Holy Spirit, renew our minds, strengthen our wills, heal our wounded emotions, and form in us the character of Christ. Give us wisdom to forgive, courage to establish healthy boundaries, humility to repent, and freedom to seek help when we need it. Protect the vulnerable, expose what is false, and make our churches places of truth, safety, grace, and restoration. Continue Your work in us until our lives increasingly reflect Jesus from the inside out. In His name, amen.