

Chapter 17

It Is A Journey

Walking Out Your New Life Inside-Out!

Inner Healing is not a one-time event. It is ongoing and dynamic. It is a totally new way of living, and it needs to be walked out daily, for the rest of your life! You must continue on your journey of Inner Healing moment by moment.

All that I have talked about in this book is irrelevant if you do not continue on the path of Inner Healing. You cannot go back to business as usual. Your old way has led you into a place of hurt and bondage, as evidenced by the presence of the bad fruit and the pain in your life. The "new and living way"

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of Jesus leads you to healing and freedom. This journey is not optional. It must revolutionize your daily life for the rest of your days on the earth. This doesn't mean just a minor change or improvement to your old way of doing life. It is a journey, and not a destination. Your sanctification process will not be completed until you go to be with Jesus.

Moment By Moment

In your daily experience, you need to live in the moment. You are not in control, and so you do not know ahead of time when you may have need of the blood and the cross. Therefore you need always to be listening to your Treasure Inside (praying without ceasing).¹ When the Lord wants you to deal with a problem, you will know it by the negative emotion you will be feeling.

Listen Inside

1

1 Thessalonians 5:17.

Of course, if you aren't listening to your Treasure Inside, you may miss the signal. Since the Lord is actively in charge of your walk, He will indeed tell you when there is a problem. If the Lord isn't telling you of trouble (if there are no negative emotions coming up), just enjoy life. But when you feel a negative emotion, you need to pay attention. It may be an old root that the Lord is bringing up, or it may be a new root that you have just planted, or it may be both. You can only know if you are listening to the messages coming up from your Treasure Inside.

You can only succeed by living from the inside-out (Treasure Inside-to-Head).

You can't do it living from the outside-in (Head-to-Treasure Inside), as has been your old way, and which is the way the world lives. Your intellect and willpower are impotent in this area of life.

You Are Not Alone – God Is Actively Directing Your Life

Be comforted to know that what is happening to you is not a random event, or just fate. God is actively directing your healing process, and indeed your whole life. Since you are experiencing your current struggle because God brought you to that place, He will let you know when there is a problem inside, He will help you find it, and He will show you how to pray.² When you feel a negative emotion, your first response will now be, "Lord, what are you telling me right now?" Since He dwells inside you, He will speak to you through your Treasure Inside.

Your Mistakes

2

See Endnote #17-1 for Scriptures on God leading you.

Do not be discouraged when you make a mistake. You will judge again and this will plant a new bitter root. This will continue to happen because you will never lose your tendency to automatically react to perceived wounding with bitterness, judgment, and blame. You may not be listening inside all the time, and so you will miss signals that tell you when you have done this. This sinning will happen so automatically that it will happen before you know it. Because it is so automatic you won't even know it has happened unless you are listening to your Treasure Inside.

This sinning will happen so automatically that it will happen before you know it.

But you can always clean up that mess through His provision for sin.

Since the Lord is committed to you, if you don't hear the first message, He will be faithful to continue to speak to you over and over, more and more loudly, until you finally hear His message. Once you see that you have again sinned, you can always clean up the mess through His provision for sin. It can all be fixed, no matter how badly you fail.

You can expect to miss more of the signals in the beginning, because you are not used to living this way. In addition, you may still have some barriers to hearing your Treasure Inside (The Wall may not be all gone); and part of God's plan will be to remove this Wall. As The Wall comes down, you will find it easier and easier to hear His voice.

Because the Lord is in charge and He has the only cure, your striving will not work. You must always beware of the trap that we all so easily fall into - the trap of striving with your own willpower (and thus your own strength). Because your "God-wannabe" has this strong tendency to do it yourself, you will sometimes find yourself living in that old way. However, whenever you do find yourself striving, God will show this to you, and you can be forgiven again (because it is sin).

One of the major clues that you have not been doing well in your walk is your diminished ability to hear the Lord, or hear your own Treasure Inside. He hasn't left, but rather you have allowed The Wall to be rebuilt by multiple failures to "leave no negative

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multiple failures to "leave no negative

emotion unexamined." But God is faithful, and He will not allow you to remain in that state. He will arrange events and circumstances in your life in such a way that you will again have the opportunity to be set free. You can count on Him.

The Various Consequences Of Not Continuously Walking It Out

On the other hand, if you again start living on “automatic pilot” (your old way that is easy and comfortable and familiar to you), or you are too busy to spend the time necessary to deal with your roots as they come up, or you let anything interfere with your walk, life will not go well for you.

- You will assuredly plant new roots of bitterness.
- Because of your old practiced ways of seeing life, you will undoubtedly re-plant some of the old roots that you have previously removed (Hebrews 12:15).³
- You will continue to reap from the old roots that have yet to be revealed to you by the Lord.
- In addition, God will turn up the pressure. He will make sure that life does not go well for you so that you will return to your walk of sanctification. He will do this because your sanctification is the primary goal He has for your life, and it is in your best interest.

If you fall back into your old ways, especially if you are resistant to the Lord’s pressure, you may be worse off than before your healing. It won’t be because your earlier healing did not work. Rather, it will be because you have destroyed the previous healing by again sinning in the same old familiar way.⁴

³ **Hebrews 12:15:** *looking diligently lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled.*

⁴ **2 Peter 2:17-22,** Peter, referring to some false teachers, *These are wells without water, clouds carried by a tempest, to whom the gloom of darkness is reserved forever. For when they speak great swelling words of emptiness, they allure through the lusts of the flesh, through licentiousness, the ones who have actually escaped from those who live in error. While they promise them liberty, they themselves are slaves of corruption; for by whom a person is overcome, by him also he is brought into bondage. For if, after they have escaped the pollution of the world through the knowledge of the Lord and Savior Jesus Christ, they are again entangled in them and overcome, the latter end is worse for them than the beginning. For it would have been better for them not to have known the way of righteousness than having known it, to*

I have seen this consequence befall people. A few years ago I had a client who had come from another state for an intensive week of counseling. He had a very significant encounter with the Lord, and his life changed. I received correspondence from his wife about how different he now was. However, several months later I received a telephone call from him, and he said, "The healing didn't work. I am just like I used to be." I asked him if he had been spending time with the Lord, if he had been listening to his negative emotions and spending time with his Treasure Inside, and if he had been dealing with his bitter roots. He said, "No, I have been too busy for that." This client had made a common mistake. He thought that his healing was a one-time event, like having his appendix taken out.

Rewards For Continuing

If you do live in the new way, you will most assuredly be changed from glory to glory into the image of Jesus.⁵ As your healing proceeds, you will find more and more joy in yourself, and less and less pain. You will find your relationship with the Lord and with other people becoming more and more intimate and real. In short, you will be blessed by the Lord in all your ways, because you are obeying Him and allowing Him to truly be your Lord. Feeling good is not a goal of your healing, but it is a reward that accompanies it.

A wonderful result of your continued walk of healing is that you will find yourself behaving like Jesus in more and more ways. The old bondages will be falling away one by one, and you will find yourself doing

Feeling good is not a goal of your healing, but it is a reward that accompanies it.

the good that you have always wanted to do. You will find yourself effortlessly acting in these new ways, because the new good roots will be producing good fruit. A bird doesn't have to try to fly, and a fish doesn't have to try to swim. They just do it, because that is their nature. If a fish tries to fly, it will have very limited success. Gravity never

turn from the holy commandment delivered to them. But it has happened to them according to the true proverb: "A dog returns to his own vomit," and, "A sow, having washed, to her wallowing in the mire."

⁵ **2 Corinthians 3:18:** *But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.*

"forgets" to operate. Gravity never forgets to operate because God made it to operate in a certain way. It doesn't have lapses and fail to work, because it is just being what God made it to be. When you are changed into His image in an area of your life, you will then effortlessly operate in that new way, because God will be making it happen. You won't have to "try."

Then truly your yoke will have become easy and your burden light.⁶

Persistence Is Required

Persistence is essential. When you make a mistake, it can be fixed. Jesus said,

“Keep on asking and it will be given you; keep on seeking and you will find; keep on knocking (reverently) and the door will be opened to you. For every one who keeps on asking receives, and he who keeps on seeking finds, and to him who keeps on knocking it will be opened” (Matthew 7:7-8, Amplified Bible).

As the Amplified Bible here reveals, the Greek verbs in this passage denote continuous action. You will at times become discouraged, and you may wonder why the battle continues, and perhaps wonder if it is worth it.⁷ At that moment it may seem too hard. But God knows this, and He will not let you be tested beyond that which you are able.⁸ As He said, *And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart* (Galatians 6:9). He is there with you in these battles, and He is going to use the hard times to bring forth gold in your life.

Aids In Your New Journey

⁶ **Matthew 11:29-30**, *Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.*

⁷ **Galatians 6:7-9**, *Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.*

⁸ **1 Corinthians 10:13**, *No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.*

It is very difficult, but perhaps not impossible, to continue successfully in your walk without community. Although the center of your healing is a personal relationship between you and Jesus, that isn't the whole story. You need continued support and encouragement, and you need others to pray for you at various times in your walk of Inner Healing. God has intended for you to live in community, not in isolation; and He rewards you for doing this.⁹ You also need to receive love from other people.

I am a firm advocate of the “intensive week” model of counseling (where the people receiving counseling spend five days devoted to their healing on a full-time basis). I have seen major miracles, and have found it to be much more powerful than an hour or two weekly or every other week. However, there can be a major weakness in this model, if there is no follow-up. Often, after their intensive week the people go back to the city where they live, and they have no support there. They have nobody who knows about Inner Healing, and so they are isolated. This is a vulnerable and dangerous place to be, because without support it is easier to slowly slip back into their old ways without realizing it. Also, the intensive week can give people the impression, as was the case with the client I just mentioned, that their healing consists of a powerful healing time after which they can return to life as usual.

There is also a weakness in altar ministry and weekend seminars on Inner Healing when there is no future provision made for helping a person to walk out their healing journey. Without the continued walk, they can lose everything they have gained. What is worse, the person may become convinced that Inner Healing doesn't work, and thus permanently give up their walk of sanctification.

Billy Graham recognized this need that people have for ongoing help. Whenever he would plan a crusade in a city, he would ask local churches to mobilize and commit to following up with the people who had just made a decision for Christ. As a result of this mentoring, the percentage of people who continued in their walk with Jesus was much higher than with most other evangelists.

The Importance Of Other People

⁹ **Galatians 6:1-2**, *Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ.*

Connecting with others who are also walking out their healing is therefore very important for you, and so I strongly encourage you to seek out resources for support. The following are some ways to access a community:

- Follow-up telephone counseling with the counselor.
- Be active in a church that has made provisions for Inner Healing.
- Establish a group of people who are on the same walk.
- Have available at least one other person (of the same sex) who is following Jesus, and who is safe. Even if this other individual doesn't understand Jesus' healing ways, the other person's presence will facilitate a living encounter with Jesus in the time of prayer (*"For where two or three are gathered in My name, I am there in the midst of them"* Matthew 18:20).

As you begin to understand the importance of community, be sure to diligently seek out the resources that may be available to you. This may require you to do some persistent seeking. Depending upon where you live, finding a supportive community may be a challenge. Ask God to direct this, to bring across your path those resources He has in mind for you, because He knows your situation and is committed to you.

Don't Throw Out Your Brains

Your brains are not excess baggage. God gave them to you for a purpose. If you will remember, in Chapter 9 ("There is Buried Treasure"), I listed gifts, or attributes, that God has given to you to live your life. Some of these were placed in your "Treasure Inside," and some of these gifts were placed in your "Head." Your "Head" is not bad or unimportant, it just isn't God, and it isn't the only tool you have available to you. In the past we all have tended to try to rely completely on our Head and to discount our Treasure Inside. It is also an error to rely completely on your Treasure Inside and to discount your Head. You need all the gifts, as they are all "tools" that God has given you to live your life. The trick is to use the right "tool" for the right job. Your Head deals with the natural world and relies on your intellect. Your Treasure Inside deals with what is going on inside you, with relationships, and with the spiritual realm.

You need to use the correct "tool" for the job you face, or you will run into problems. A bulldozer is for moving dirt, and the Space Shuttle is for flying. If you try to fly a bulldozer by dropping it out of an aircraft, or use a Space Shuttle to move dirt (which is exactly what everybody

hopes won't happen), the results are not what was hoped for. The damage or ineffectiveness of using the wrong "tool" that you possess in your own self can be just as extreme as these examples.¹⁰

You therefore need to listen both to your Head and your Treasure Inside (heart), recognizing what each "toolbox" is for. When dealing with an issue in the natural world, if your Treasure Inside tells you to do something that is contrary to reason, you need to be very careful and to ask the Lord for confirmation before you act contrary to your conscious reasoning. This is especially essential if your decision regards an important issue with significant impact on your life. For instance, if there is something you want to buy, but you know you can't afford it, you need to proceed slowly with the decision. I have found that God is never displeased when I ask Him for confirmation regarding something I think He told me. He knows that the reason I am asking for confirmation is not because I don't want to obey Him, but rather it is because I don't always hear Him clearly. He is pleased that I want to know for sure what He is saying to me before I act.

On the other hand, in dealing with non-rational issues, if your Head tells you something contrary to what you are sensing in your Treasure Inside, you likewise need to be very careful about overriding what you are sensing from your Treasure Inside. For example, if your son is struggling with a relationship at school, he may not tell you about it (so your Head doesn't know about it). But if you can sense what is going on inside him (listen to your Treasure Inside), you will know he is struggling. You can then ask him if he is having a problem, and he will feel blessed because you understand him. Not only will he feel important, but then you may be able to help him deal with the problem.

Con men rely on a smooth exterior. They can easily deceive people who live in their Head. However, your Treasure Inside will sense the deceit in their heart, and will warn you. You will be getting conflicting messages from your Head and from your Treasure Inside. This is a warning to listen inside.

Of course, when your Head and your Treasure Inside are saying the same thing, this is an indication that you are probably accurately perceiving what is actually occurring.

How Can I Know How To Live In This New Way?

10

See Endnotes #17-2 & #17-3 for more details of what can happen if we use the wrong "tool".

If you have not been listening to your Treasure Inside and living from the inside out, then a logical question is, "How can I truly change my way of living?" After all, we all have long established, habitual ways of dealing with life; and they have become automatic to us. These old ways are probably not working very well, or you wouldn't be reading this book. In fact, there are several questions that people have about the new way of living, such as:

- How can I truly make peace with myself and come to love myself?
- How can I hear the voice of God so He can lead me in my healing?
- How can I take down the wall inside me?
- This healing thing is so complicated. How can I possibly get it right?
- How can I keep from losing the healing I have already attained?
- How can I know that the Lord has healed a bitter root?
- How do I know when there is a deeper root behind what just happened that triggered my reaction?
- How can I know when I should be done praying?
- How can I possibly "count it all joy when I encounter various trials?"

Answer: Listen To Every Negative Emotion

Listening to every negative emotion is a powerful and straightforward practice that can provide the answers to these questions, and get you out of your old rut. The Lord wants to lead you in your healing. He knows the path you need to follow, and will use your negative emotions as a way of directing you. Therefore He puts you into situations that are divinely ordained to bring up the next issue He wants to work on. He will tell you about it by the negative feeling that comes up. It is like a dentist poking around in your mouth. When he touches a sore spot, you know it. Therefore, you can "count it all joy," because the pain is going to lead to healing. **See Pages 186-188** for a suggested practice to follow to listen to your negative emotions.

A Miraculous Journey

You can't figure out how you should be healed. It is too complicated; but Jesus knows - and wants to lead you! Through this process you will be changed into the image of Jesus, step-by-step.

God will lead you on your healing walk through your emotions

See Pages 186-188 for directions.

Listening to every negative emotion, recognizing I have judged, forgiving and being forgiven, is in fact the **giving up the Lordship of my life, moment by moment**, to the Lord Jesus. It causes me to become aware of my need for The Savior many times a day. This is a very good thing, and draws me closer to Him.

Most of us are very adept at listening to our Head. To begin with, you will be new at listening to your Treasure Inside, so you need the conditions to be optimum in order for you to hear. As in any new activity there is a learning curve. However, as you practice living your life in this new way, it will become easier and more natural.

As you enter into this practice of listening inside, it is important that you realize that your Treasure Inside yearns to talk to you, and for you to hear him or her. So you are not trying to get your Treasure Inside to do something he or she is reluctant to do. Of course, keep in mind that if your Wall, or fragments of your Wall still exist, the communication will sometimes not be completely clear.

Summary

If you make the mistake of thinking that your healing is a one-time event, and that you do not need to change your way of living, then you will not be successful in being healed. You cannot go back to your old way of living and expect life to be different than it was before. If you do go back to your old ways, you will find yourself again stuck.¹¹ It will seem to

**The Key:
Moment by moment live the rest of your life from the inside-out.**

¹¹ See Endnote #17-4 to see how the wrong perspective can keep us from healing.

you that your healing didn't work and that God failed you. However, your healing is a journey, not a destination. There is no quick fix.

Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage (Galatians 5:1).

On the other hand, if you continue, moment by moment, diligently listening to your Treasure Inside and cooperating with what the Lord is doing, you will continue to be healed and blessed by the Lord.