

## After Care (How to Keep Your Healing)

The goal of inner healing and deliverance ministry isn't release from the influences of darkness alone—it is also restoration of the seeker's soul and body to spiritual wholeness so that they may once again be the person God intends for them to be. If the seeker does nothing after the healing experience, his situation may be worse than before. (See Matt 12:43-45, Luke 11:24-26) The following are suggestions to be followed once the major prayer time is completed. **Give a copy to every person who comes for prayer.**

1. **Check and recheck:** Ask the Lord three times to reveal any additional darkness that may be present or open doors that need to be closed and healed. Ask each person in the prayer group if they feel that the healing is complete.
2. **Check with the seeker:** Ask the seeker how they feel and if their chest or heart area feels light and unburdened; they already know how it feels when there is darkness present. They will frequently sense or know when the darkness has left.
3. **Fill with the Holy Spirit:** Pray now for the seeker's complete filling with the Holy Spirit. Anoint their head with oil. They are to treat their body as the temple of the Holy Spirit. Dedicate each section of the body to Christ (Rom. 6:12-13).
4. **Physical recuperation:** Explain to the seeker that they will need physical recuperation. They may, for instance, sleep for 12 hours or more. They may be dehydrated and hungry and need extra liquids and food.
5. **Bruises and pain:** If the seeker has "manifested," they may awaken the next day with little memory of the experience but with external bruises and internal pain from where they had been held during the manifestation.
6. **Scripture memory program:** Colossians 3:16 admonishes us, "*Let the word of Christ dwell in you richly ....*" Suggest that the seeker begin a scripture memory program and serious Bible study, particularly if they had open gates of lust, perversion, addiction, and other forms of carnality present in their life's experience. Colossians 2:6-7 counsels, "*As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and stablished in the faith....*" Feast regularly upon God's Word and promises.
7. **Bible doctrine:** Romans 12:2 explains, "*And be not conformed to this world: but be ye transformed by the renewing of your mind....*" The truth revealed in God's Word is essential to the transformation process. If there was rebellion, witchcraft, heresy, or participation in false religions evidenced in their life, recommend a dose of strong orthodox Bible doctrine, which is invaluable for healthy growth and development, provision, and protection.
8. **Focus on the positive:** The seeker's testimony of healing should focus on the positive aspects of coming into the light of Jesus, not on the details of leaving the darkness.
9. **Hearing correctly:** Educate the seeker about the need to distinguish the difference between "hearing the voice of darkness trying to influence them from outside their body" versus "feeling the presence of darkness from within." **They are free, but the darkness will attempt to deceive and convince them that they have not received a healing.** The two voices may sound similar and the seeker may not be able to easily

distinguish the difference. The seeker may begin to believe the **lie** that they are not healed after all. Explain to them that **the voice of darkness will diminish in volume over time.**

Share the following with the seeker: The Lord has blessed you and healed you. You have had **major spiritual surgery.** The Lord has poured out his light upon you. He has done His part and now you must do yours. Without being alert and on guard, it is extremely easy to fall back into old habits and thought patterns, to be tempted in your associations with old friends and old routines, and to let the assurance of the healing you have received “drift away.” **Beware that the forces of darkness will try very hard (for awhile) to get back into the comfortable home they previously inhabited.** They will try to convince you that you were not really healed and that you were not truly forgiven, although you were—when you first asked. **Stand firm** on this promise: *“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness”* (1 John 1:9).

It should not be expected that when the Holy Spirit blesses you with an inner healing, that the healing experience is finished, that there is no added need for **maintenance.** It is dangerous to think or assume that “after care” is not required. Remember, Jesus cautioned: *“Behold, thou art made whole: sin no more, lest a worse thing come unto thee”* (John 5:14). Read Luke 11:24-26, which speaks of what can happen after the Lord cleans your spiritual “house” **if** you don’t replace the areas that have been cleansed with godly light, summoning Jesus into your heart and spirit, rather than leaving that house empty (for the darkness to return). There are several things you must do in order to keep your healing and to move upward in your walk with Jesus.

**Healing is a process,** not a destination or a once-and-for-all experience. If a person returns to habitual practices of sin, or to any of the forbidden practices or demonic objects which they have renounced, they can once again lose their freedom and become subject to the influences of darkness and bondage, often in a manner far worse than before. Don Basham writes, “Getting rid of the negatives in our life is but half the struggle: **each subtraction must be followed immediately by an addition.**” The following recommendations will assist you in keeping the healing God has given you:

1. **“Go, and sin no more”** (John 8:11): Being repentant means that we have sorrow for wrongdoing and a desire to live in the Lord’s righteousness; **we choose** to stop doing what we understand is wrong before God and **we choose to do that which is right in His sight.** As Colossians 3:2 advises, *“Set your affection on things above, not on things on the earth.”* We take a new path and we remember our former sins (and way of life) no more (as Paul also determined in Phil. 3:13-14). We remember and value the fact that God has forgiven us. We become, *“Rooted and built up in him, and established in the faith ...”* (as counseled in Col. 2:7).
2. **Keep short accounts of sin:** We are to be obedient and not sin, but if we do sin, we need to bring that sin immediately before the Lord in confession and repentance. Even if you stumble, don’t stay down; get right back up and continue to walk in the Lord (1 John 1:5, 9 and 2:1). Following Christ means choosing to be obedient to His teachings.

3. **Share your testimony of healing:** Sharing your testimony of healing will help your faith grow and will keep you focused on Jesus; you will be a blessing and witness to others.
4. **Be aware of your thought life:** The battle between good and evil begins in the mind. You do not have to accept evil or wrong thoughts. *“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God”* (Rom. 12:2).  
If the onslaught of evil thoughts continues to be a problem, it is better to say, “God, I don’t want this thought,” than it is to rebuke the devil and give him any attention. Remember, *“Resist the devil, and he will flee from you”* (Jas. 4:7). Just because a delivery man (Satan) brings a package to the door (of your mind) with your name on it, doesn’t mean you have to accept it. Keep your eyes and ears open for all the sneaky (little and big) traps the devil will be leaving around for you. Then cast *“all your care upon him....”* (1 Pet. 5:7), your Heavenly Father, and He will immediately answer to give you victory.
5. **Fill your mind and spirit with positive thoughts of Jesus:** Philippians 2:5 admonishes us, *“Let this mind be in you, which was also in Christ Jesus....”* In prayer, gratefully confess the positive areas in which you have received freedom. Listen to nurturing Christian music and hymns. Be reminded, *“Finally, brethren, whatsoever things are true, whatsoever things are honest, ... just, ... pure, ... lovely, ... of good report; if there be any virtue, and if there be any praise, **think on these things**”* (Phil. 4:8).
6. **Pray every day:** Prayer is the best defense against darkness. At all times, maintain open communication with God. Allow for quiet time (to *“be still”*) to listen for His voice (John 15:7, 1 Cor. 14:14, 1 Thes. 5:17).
7. **Read the Bible and daily devotionals:** The good spirit in you needs daily spiritual nourishment. If you don’t feed your spirit appropriately, it will get sick. If you were physically sick but were not hungry for physical food, a doctor would force-feed you, if necessary, to save your life. Although you may not be hungry for spiritual food, you must also “force-feed” yourself with nourishing spiritual food in order to save your spiritual life. Read the encouraging testimonies of others and the uplifting biographies of the lives of former heroes of the faith; engage in activities that build up and stimulate positive growth and development.
8. **Praise the Lord in all circumstances:** *“Rejoice in the Lord always, again I say rejoice.”* Embody the law of gratitude (Phil. 4:6-7). The words of our mouth invite either Jesus or darkness. Refrain from complaining, murmuring, muttering, grumbling, finding fault, or making judgments, all of which sow seeds of darkness. Paul recommends and informs us: *“In every thing give thanks: for this is the will of God in Christ Jesus concerning you”* (1 Thes. 5:18).

9. **Learn to stand firm (by faith) on the promises of Jesus Christ:** Read and study the Bible to discover what His promises are—**appropriate and proclaim them** as your own.
10. **Find a church fellowship and become involved:** Attend regularly. Develop or join a support group that will hold you accountable and will pray with and for you. Beware of thinking that you don't need others and can make it on your own.
11. **Participate in the sacraments as often as possible:** In preparation for Communion, follow the scriptural admonition to **examine yourself** (1 Cor. 11:27-32). If you falter, confess and repent, then go to the Communion table in celebration. Call for the elders when you are sick: *“Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord”* (Jas. 5:14).
12. **Find a Christian spiritual mentor:** Ask an experienced mentor to guide you (as a spiritual director) in your spiritual walk and submit to their leadership and counsel.
13. **Seek to be filled with the Holy Spirit:** Yield to the Holy Spirit. You have heard Him speak to you as you received healing. He will speak to you again on a regular basis if you ask and prepare.
14. **Discover your spiritual gifts and your place of service within the body:** Ask the Holy Spirit to guide you and to empower you, shaping you for effective service. Then commit to serve.
15. **“Put on the whole armor of God” every day:** As an added covering, clothe yourself with the armor spoken of in Eph. 6:10-18.
16. **Commit all your thoughts, desires, and plans to the Lord Jesus:** If you do, He will guide you continuously and you will be humbled by the generous and blessed things He reveals to you and does for you. He has promised to make you like a watered garden and a constant spring of water. In trusting Him, depending upon Him, and acknowledging Him in all things, He shall *“direct thy paths”* (Prov. 3:5-6).
17. **Walk in forgiveness as a lifestyle:** Quick forgiveness is important.
18. **Make restitution if you should:** If you cheated some, repay him. If you should apologize to someone do so. If you need to ask forgiveness, ask it.

## Resources

1. Bob Larson, *Larson's Book of Spiritual Warfare* (Thomas Nelson, 1999): 455-61. ISBN 0-7852-6985-1.