

# Letting God Heal Your Past

“He heals the brokenhearted and binds up their wounds.”

—Psalm 143:7

**T**heophostics...maybe you've begun to hear the term? Perhaps not knowing just what it is, you've held a certain amount of healthy skepticism, mixed in with a dose of curiosity. Over 10 years ago, Dr. Edward M. Smith coined the name “Theophostics” as a way to describe a new way God began to lead him in his pastoral counseling practice.

Although it was new to him, Dr. Smith realized this form of prayer was nothing new for the Lord. God had been healing people of all forms of physical, spiritual and emotional difficulties for centuries in this very same way. As only the Lord can do, He began to heal people who came to Dr. Smith in absolutely amazing ways, often in a fraction of the time that traditional counseling had required. Not so surprising, since God is the Great Counselor!

Dr. Smith also began to understand that since it was the Lord who was doing the healing, and the main conduit of the healing was prayer, almost anyone could minister to others in this way. He felt the Lord wanted him to lead others in this ministry of inner-healing prayer. Since then, thousands of people have learned to help others through Theophostic ministry. CEFC Care Ministries has been training Theophostic Facilitators and Prayer Partners since 1999.

There's nothing magical about Theophostics. At its most basic roots, it's nothing more than asking the Lord to heal the hurts and pains of our lives with the touch of His Spirit. While each and every one of us experiences some degree of “wounded-

## THE FINGER OF GOD



**J**ust as the soil of the earth lies dormant and asleep, buried under the fresh white glistening snow, so did my mind and emotions lay frozen under the pain and cares of this world—locked away deep within the dark corners of my soul. **J**ust as the noonday sun came and melted the snow away, the finger of God touched my frozen heart and emotions; with His finger He unlocked the key to my heart.

**W**ith the fire of the Holy Spirit's truth and light, the walls came melting down. **J**ust as the soil of the ground needs to be tilled and turned up, so did my heart and emotions.

**G**od dug up the hard ground of my heart and watered it with His tears. **H**e shed His light of truth on my heart to kill all the weeds and lies and denial that were choking the life out of me. **G**od sowed His seeds with His tears of love and compassion and watched them grow under His care. **H**e said, “This is good.”

**A**s the tender shoot sprang forth with new life, the roots went deep and the plants were healed. **T**hey brought forth much produce for all to be nourished and healed by...

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ness” in life, most of that pain is generally due to unresolved experiences from our childhood. Even if we grow and mature into our adult years, chances are that the experiences we had as a child have laid the groundwork for how we will respond to difficulties today.

Has your reaction to something ever seemed blown out of proportion for the circumstances at hand? Or perhaps you find yourself struggling with the same behaviors or patterns of sin over and over, wanting to let go of them, but seeming powerless to do so. These are signs that an experience or childhood difficulty formed a rut in your life that causes you to almost automatically respond in that unwanted way. Until you let Jesus take you back to that place of difficulty and speak truth to you about it, you may continue to struggle. In Theophostic prayer, the Lord powerfully manifests His healing power into people's painful memories so that the lies that grew out of them no longer have the power to control or deceive.

To find healing in such cases of unresolved emotional issues, consider Theophostic Ministry. Contact Care Ministries at **763-971-5123** to learn more about this incredible avenue of healing from the Lord. You may also be inter-

ested in learning how to help others find healing by becoming a facilitator.

You can take part in *Theophostic Basic Training* at the Crystal Free Church. Contact Care Ministries for registration information. For a wonderful introduction to the Theophostic Ministry, order the November 9, 2003 message tape by Dr. Ed Smith.

An important part of Theophostic training involves finding personal freedom from the lies and deceptions of the enemy. The most helpful Theophostic Facilitators tend to be those who have discovered their own brokenness and allowed the Lord to bring healing. Nancy is one of many who has been trained as a Theophostics Facilitator and found healing in the process. She penned her reaction to God's kindness in “The Finger of God” (*above*) which speaks of her personal experience in finding His healing as she learned to help others find freedom.