

HOLY SPIRIT EMPOWERED

*Inner
Healing*

Exodus 3

Inner healing:

God's process of freeing our inner being (heart, mind, and soul) from the baggage, wounds, and poisonous roots that keep it imprisoned.

Inner Being ESV:

eso anthropon vs. kardia

- Romans 7:22
- 2 Corinthians 4:16
- Ephesians 3:16

Exodus 3:1

One day Moses was tending the flock of his father-in-law, Jethro, the priest of Midian. He led the flock far into the wilderness and came to Sinai, the mountain of God.

Exodus 3:2

There the angel of the Lord appeared to him in a blazing fire from the middle of a bush. Moses stared in amazement. Though the bush was engulfed in flames, it didn't burn up.

Exodus 3:3

“This is amazing,” Moses said to himself. “Why isn’t that bush burning up? I must go see it.”

Exodus 3:4

When the Lord saw Moses coming to take a closer look, God called to him from the middle of the bush, “Moses! Moses!”

“Here I am!” Moses replied.

Exodus 3:5

“Do not come any closer,” the Lord warned. “Take off your sandals, for you are standing on holy ground.”

Exodus 3:6

**I am the God of your father —
the God of Abraham, the God of
Isaac, and the God of Jacob.”**

**When Moses heard this,
he covered his face because
he was afraid to look at God.**

Exodus 3:7

Then the Lord told him, “I have certainly seen the oppression of my people in Egypt. I have heard their cries of distress because of their harsh slave drivers. Yes, I am aware of their suffering.

Exodus 3:8a

**So I have come down to rescue
them from the power of the
Egyptians and lead them out of
Egypt into their own fertile and
spacious land.**

Exodus 3:8b

It is a land flowing with milk and honey—the land where the Canaanites, Hittites, Amorites, Perizzites, Hivites, and Jebusites now live.

Exodus 3:9

**Look! The cry of the people of
Israel has reached me,
and I have seen how harshly
the Egyptians abuse them.**

Exodus 3:10

Now go, for I am sending you to Pharaoh. You must lead my people Israel out of Egypt.”

Exodus 3:11

But Moses protested to God,
“Who am I to appear before
Pharaoh? Who am I to lead the
people of Israel out of Egypt?”

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Principle #1

Holy Spirit empowered inner healing requires genuine, intimate encounters with God and His perfect timing.

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Exodus 33:17

And the Lord said to Moses,
“This very thing that you have
spoken I will do, for you have
found favor in my sight, and I
know you by name.”

Exodus 33:18

Moses said, “Please show me
your glory.”

Exodus 33:19

And he said, “I will make all my goodness pass before you and will proclaim before you my name ‘The Lord.’ And I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy.

Principle #1

Holy Spirit empowered inner healing requires genuine, intimate encounters with God and His perfect timing.

Principle #2

Holy Spirit empowered inner healing is necessary because we all have baggage, wounds, and poisonous roots that continue to negatively impact our thoughts, behaviors, and relationships.

Moses' Past:

- **His people were slaves.**
- **He was born during a time of infanticide.**
- **He did not grow up with his family.**
- **He was raised by his people's oppressors.**

Moses' Past:

- He grew up watching the Egyptians mistreat his people.
- While trying to help his people he killed a man.
- His own people rejected him and his attempt to help them.

Moses' Past:

- He went from being a prince of Egypt to a fugitive of Egypt.
- He became a lowly shepherd.
- He spent 40 years tortured by his mistakes and his past.

Principle #2

Holy Spirit empowered inner healing is necessary because we all have baggage, wounds, and poisonous roots that continue to negatively impact our thoughts, behaviors, and relationships.

Principle #3

Holy Spirit empowered inner healing requires rejecting the lies we have come to believe about God, ourselves, and others and replacing them with God's truths.

Exodus 3:11 - Himself

**But Moses protested to God,
“Who am I to appear before
Pharaoh? Who am I to lead the
people of Israel out of Egypt?”**

Exodus 3:13 - God

But Moses protested, “If I go to the people of Israel and tell them, ‘The God of your ancestors has sent me to you,’ they will ask me, ‘What is his name?’ Then what should I tell them?”

Exodus 4:1 – Both

But Moses protested again, “What if they won’t believe me or listen to me? What if they say, ‘The Lord never appeared to you’?”

Exodus 4:10 - Himself

**But Moses pleaded with the Lord,
“O Lord, I’m not very good with
words. I never have been, and I’m
not now, even though you have
spoken to me. I get tongue-tied,
and my words get tangled.”**

Exodus 4:10 - Himself

But Moses again pleaded, “Lord, please! Send anyone else.”

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God's Truths:

- God told Abraham that the Israelites would be enslaved for 400 years but that He would rescue them. (*Gen 15:13*)
- God told him that He would punish the nation that enslaved them. (*14*)

God's Truths:

- God told Abraham that in the end the Israelites would come away with great wealth. *(14b)*
- God told Abraham that his descendants would return to the promised land. *(16)*

God's Truths:

- **God made a one-sided covenant with Abraham regarding all of the promises He made to Abraham that was wholly dependent on God keeping His promise. *(17-21)***

God's Truths:

- **The Israelites prospered despite their enslavement.**
- **Despite the Pharaoh's edict to kill all Hebrew male infants, Moses is alive.**

God's "I" Statements:

- v.7 "I have seen." and "I have heard." and "I am aware of their sufferings."
- v.8 "I will rescue them." and "I will lead them to the promised land."

God's "I" Statements:

- v.9 "I have seen how harshly the Egyptians abuse them."
- v.10 "I am sending you."
- v.12 "I will be with you."
and "I am the one who has sent you."

God's "I" Statements:

- v.14 "Tell them I AM has sent me to you."
- v.15 "Yahweh, the God of your ancestors—the God of Abraham, the God of Isaac, and the God of Jacob—has sent you to them."

God's "I" Statements:

- v.16 "I have been watching closely, I see how the Egyptians are treating my people."
- v.17 "I have promised to rescue you." and "I will lead you to a land flowing with milk and honey."

God's "I" Statements:

- v.19 "I know that the king of Egypt will not let you go unless a mighty hand forces him."
- v.20 "I will raise my hand and strike the Egyptians, performing all kinds of miracles among them."

God's "I" Statements:

- 4.v.12 "Now go! I will be with you as you speak, and I will instruct you in what to say."
- v.20 "I will raise my hand and strike the Egyptians, performing all kinds of miracles among them."

Principle #3

Holy Spirit empowered inner healing requires rejecting the lies we have come to believe about God, ourselves, and others and replacing them with God's truths.

Principle #4

Holy Spirit empowered inner healing frees us from the power of our past so that it no longer controls us or enslaves us.

The events of our lives that we thought were a total waste, forever lost, unspeakable, unforgivable, and unhealable go from being a toxic wasteland to becoming very fertile soil for God's honor, glory, and praise.

Moses was the One

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Principle #5

Holy Spirit empowered inner healing is what we must continuously experience if we want to embrace our Holy Spirit empowered destiny.

Principle #6

Holy Spirit empowered inner healing releases us to understand that the ways we have been broken are all expressions of our uniqueness, our anointing, and our blessedness in God's kingdom.

Principle #7

Holy Spirit empowered inner healing is not a one-time event but a continuous, eternal gift from the Father for you, for the Kingdom of God, and for others.

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