

Inner Healing & Deliverance Ministry

HooksFreedomMinistries.com

SESSION AND AFTERCARE INFO

REST

Thank you for trusting us to minister in the area of healing and deliverance with you! You may find that you are tired after an individual session. This is normal as you have processed a lot of emotional information. Give yourself grace and rest over the next few days!

DECLARE

For the next 30 days, speak the Biblical Declarations and the truths that God showed you during your session over yourself. We recommend you speak them out loud as there is power in the spoken word. This will help you renew your mind and form new healthy strongholds.

REVIEW

Please review the attached handout called "How to Keep Your Freedom". There are important verses and truths that will help you stay free!

GROW

Healing and deliverance is so very important to sanctification, but it is not the main goal. The point of healing and deliverance is to set you free from bondage and oppression, and heal any broken places in your soul, so that you can grow closer in your walk with God. Please do not consider this the "end" to anything, it is instead a big step in your discipleship journey! We recommend you pray and seek God on what to do next to be living in community with other believers, to serve, and to grow spiritually. Definitely be in prayer and in the word daily moving forward!

SEEK

Healing and deliverance can be radical (all at once) or it can be progressive. We hope that moving forward you become more confident praying to Holy Spirit on your own. God can reveal truths, possible open doors, and places that need healing to you directly. However, if you find yourself wanting further assistance, or feel stuck in any way, you are more than welcome to sign up for a future session. Like we stated above, it is often times progressive. Please reach out to us if you find yourself having questions or concerns after your session.

REBUKE

The enemy will likely try to convince you at some point after your session “that didn’t really work” or that he isn’t really gone... that is a normal attack and the best rebuke is to use the word of God and the things God revealed to you during your session. John 8:36 – “So if the Son sets you free, you will be free indeed”. Be quick to repent if you do find yourself agreeing with lies by asking Holy Spirit, “Holy Spirit, is there a lie I’m believing?” You can rebuke unbelief and doubt, and ask the Holy Spirit to come and fill you up as you seek God. (See attached handout “How to Keep Your Freedom” for more detail on this)

ADJUST (AS NEEDED)

Sometimes in a ministry session, God heals us of our walls of self-protection that were used to keep us safe. While they may have been a needed tool in the past, finding protection in our relationship with God is superior. After surrendering self-protectors, it is not unusual to have an adjustment period and even emotional discomfort while learning how to engage life without their protection. It is not unusual to have a new self-awareness of internal silence, feeling overwhelmed, or feeling unprepared even in familiar situations. If you are walking out a healing from self-protection, it is important to take it easy, get some rest, connect with God and to learn new, healthy tools. This could look like reading books, taking classes, and doing what you couldn’t previously do.

PRAISE!

We believe that as a result of healing and deliverance, you will feel freer to worship, pray, share the gospel, hear more clearly from God, and to understand the word deeper as you read it. We rejoice with you in this freedom! We recommend cultivating a grateful heart by making praise and thankfulness a daily habit and celebrating what Jesus Christ has done for you. We celebrate the testimonies of God and would love to hear from you about what God did through your ministry session. As you walk in freedom, we encourage you to give God the glory and to also share with others what He has done for you!