

PREPARING FOR YOUR *Inner Healing*



Our Inner Healing Ministry is committed to help you grow in your spiritual walk with the Lord. We will help you to identify any wounds and lies that you may be believing and assist you in the healing process. Please understand that this process is not a one-time fix. However, expect to have an encounter with Father God, Jesus and the Holy Spirit. Our mission is to provide hope, healing and freedom in your session that will embolden, equip, and empower you in your true identity in Christ.

Prayer and Fasting

We recommend that you come to the Inner Healing Session with prayer and fasting 1-3 days prior to your session. The sacrifice of praying and fasting will help you to surrender your will and prepare your heart to be willing to partner with the Holy Spirit during the Inner Healing Session. According to the Word of God, you can expect breakthrough - Mark 9:29 NKJV *So He (Jesus) said to them, "This kind can come out by nothing but prayer and fasting.*

There are various fasts to consider: a Daniel Fast (fruits and vegetables), Liquid Fast (only liquids) or a Complete Fast (only water). However, if you have any medical limitations, please consult your physician prior to doing any fasting. If you are unable to do a food fast for any reason, consider fasting something else that is a sacrifice, for instance, social media, TV, etc.

Expectations for the Inner Healing Session

We require your session to be confirmed 3 days prior to your scheduled appointment. Please email info@threecordmarriage.com to confirm, cancel or reschedule. If there is no confirmation received 3 days before your session, it will be released.

- You should come to your session with prayer/fasting
- You should come with a willing and surrendered heart
- You should come expecting to be set free and healed
- You should expect the session to be approximately 2 – 2 ½ hours
- There is a possibility to have multiple Inner Healing sessions

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Pray this prayer

Father God, I give you permission to search me and know my heart; try me O God and know my anxieties and see if there is any wicked way in me and lead me in the way everlasting. I surrender my will over to Your will. I am willing to walk through forgiving and repenting to receive Your healing and freedom in my life. (*Psalm 139:23-24*)

Holy Spirit, you search all things, yes, the deep things of God. Reveal to me those things that have been freely given to me by Father God. (*1 Corinthians 2:10*)

According to Scripture in *Luke 4:18-19*, Jesus says _____, "I have been sent by Father God to preach the Gospel to you daughter/son, to heal your broken heart, to proclaim liberty to your life and recovery of sight where you were spiritually blind".

Jesus, I give you permission to set at liberty all the areas of my soul, to proclaim the acceptable year of the Lord over me. Thank You, my God, my Lord. In Jesus name. Amen.

Three Cord Marriage is a 501(C)(3) Non-Profit Organization. Donations are tax-deductible and allow us to fulfill our mission to EMBOLDEN, EQUIP, and EMPOWER couples to strengthen their marriage, defend their family, and transform the community as they experience true unity and live into their marriage's designed purpose.

