

INNER HEALING GLOSSARY

1. **COMPLEX.** Something is thought of as complex when it is not simple, and is so involved or complicated that it appears complicated and confusing to us.
2. **INTRICATE.** One large whole made up of many individual, but interrelated parts. What God does is simple, but intricate. It is not complex.
3. **CONFESS.** Literally means “**to agree with God**” that whatever **He is saying to you is right**. This involves the negative confessions of sin and wrong reactions, as well as the positive confessions of and agreement with God’s Word in any given area. It requires hearing what God is saying in the matter and coming into agreement with Him. It should always precede trying to forgive someone who has deeply hurt us. With deep hurt, confession and forgiveness should be considered inseparable.
4. **FORGIVE.** To release all negative attitudes towards another for our sake, as well as theirs. We do not have to feel like it emotionally to do so. Do it because it is right and beneficial for both us and others to do so. It is an act of our will and a step of faith on our part, just as it was with Jesus. In areas of deep hurt it will often involve a process of dealing with one’s reactions layer by layer as the Spirit reveals them. It should be done only after hearing God in the process of confession/agreement with Him in the matter.
5. **LOAD-BEARING HURTS.** These are the most significant emotional hurts in one’s life. They are the ones that must be discerned and healed for the internal stress to be released and to pull down one’s internal house of hurts.
6. **PARTITION HURTS.** These are the less significant emotional hurts in our lives. It is not usually crucial for these to be healed in the inner healing process.
7. **REJECTION.** Any experience where one perceives that he/she did not receive the love, acceptance, affirmation or approval which he/she needed, in the way it was needed, when it was needed, and from whom it was needed. It may be either real or imagined and is usually a combination of the two. It is the tap-root of all emotional hurt related to people.
8. **RESPONSE.** To respond to an irritating situation means two things, we are not more upset than the situation warrants and we are able to deal with that upset in a proper manner.
9. **REACTION.** A reaction is the opposite of a response. We are more upset than the situation justifies and we have much more difficulty dealing with it. Usually we end up repressing or stuffing our feelings and not dealing with them. Their sudden eruption often leaves us shaken, confused and feeling guilty or ashamed.
10. **SOUL.** One of three areas of man’s being, along with our spirit and body. Basically, it is the mind area and is composed of five aspects: thoughts, will, memory, imagination, and emotions.
11. **CONFUSION.** To be confused, bewildered or perplexed. To mistake one thing for another. Spiritually and emotionally it is **the reversal of two objects or ideas**, i.e. seeing black as white, day as night, wrong as right.
12. **WICKEDNESS.** It has the same root word as candle **wick** and **wicker** furniture, and at its core means “**twistedness**”. Thus, anything which twists us away from God’s will and purpose for us, such as abuse, is wicked. A young child in his/her formative years can be deeply and chronically damaged by such twisting.