

Inner Healing VII:
Praying Healing Through the Stages of Life

Bev Robinson

INTRODUCTION

This is my seventh and final article on Inner Healing. The first thing I want to do is say that I agree with you in prayer as you pray through the stages of Life that I lead you through at the conclusion of this article. On your behalf, I ask the Lord for a significant breakthrough that will be freeing and life changing.

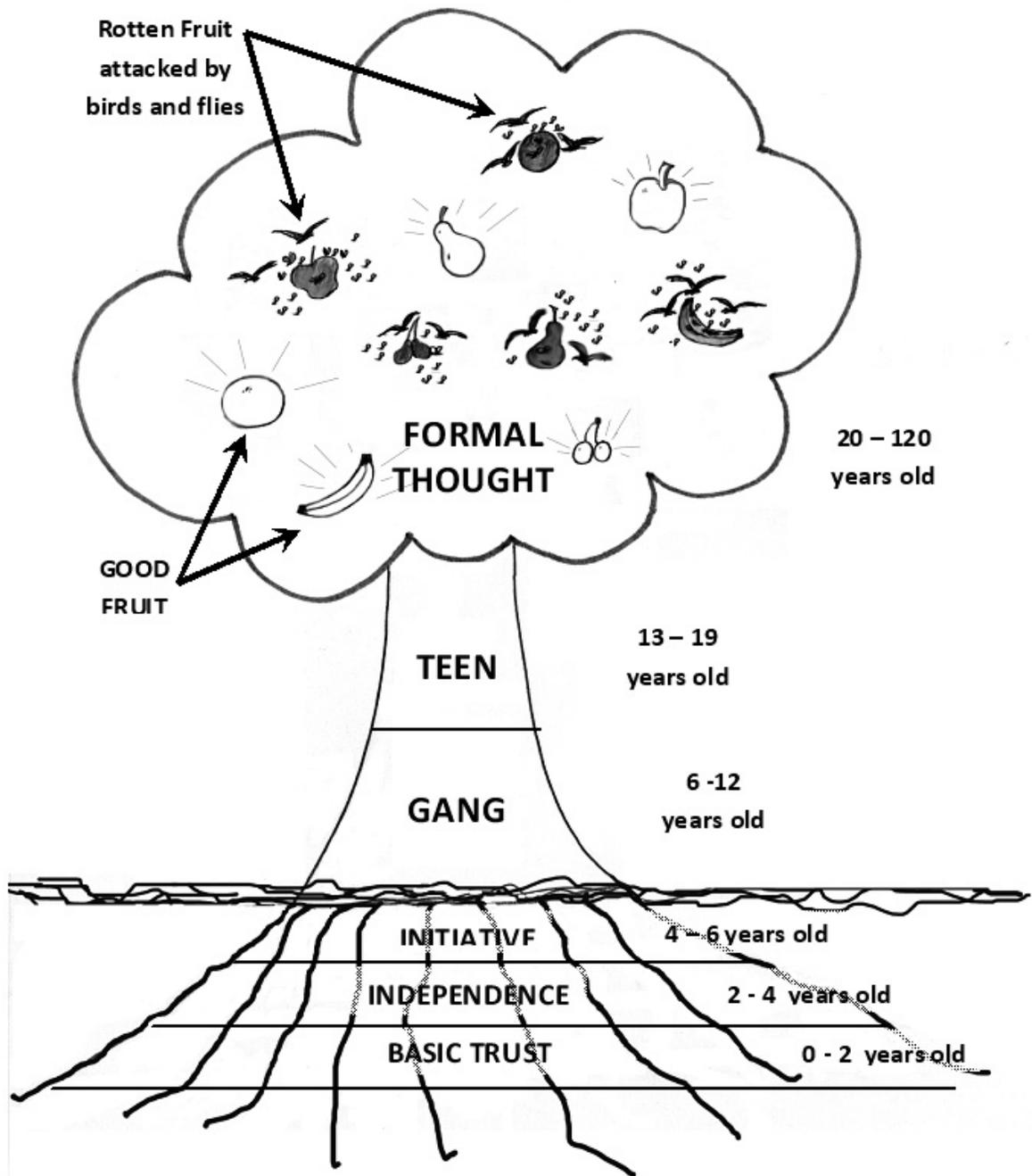
In Scripture we are compared to a tree:

Psalms 1:1-3 (NASB) “ How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers!² But his delight is in the law of the LORD, And in His law he meditates day and night.³ He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.”

I desire for you to prosper and be like this tree. The Scripture says that we will prosper if we delight in what the Lord says, and if we think about what the Lord says day and night. But I have found that some people have a hard time letting the past go and walking in prosperity of the soul. Forgiveness and healing has to first take place. I have written on how to forgive in Article II on our website, [“Introduction to Inner Healing – Learning to Forgive.”](#)

I once taught on Inner Healing at a conference where I met a pastor’s wife, who was also a clinical psychologist. She made a statement that if you were repeatedly wounded or severely wounded in life, you still behave as if you were that age in this area of your life, until you are healed. I absolutely agree with her.

The following is a diagram of a tree that shows the divisions of life. Most of these stages came from the book titled “The Christian Family,” written by John and Paula Sandford. With insight from God I have added my own interpretations and drawn a tree to describe life’s stages. People have told me that this really helps them to understand the stages of life.



In the last article, "[Inner Healing VI – Producing Good and Bad Fruit](#)," I wrote about an analogy between the birds and the flies attacking the rotten fruit and how God delivered me from a spirit or family curse of divorce. That curse was a result of my judgments against my parent's repeated decisions of choosing

divorce. Between them they divorced partners 7 times. To me one of the easiest things to do is to pray for deliverance. Jesus through His death and resurrection has given us authority over the devil and made a public show of him. The devil is defeated, so when we bind and cast him away he has to be gone. The hardest part is to get rid of the ground that gave him rights in the first place, but it can be done. Jesus said He came to destroy the works of the devil (1 John 3:8).

In the previous article I dealt with the birds and flies in the top of the tree where Formal Thought takes place in adulthood. Now let's look at the rest of the tree. The most important part of individual learning is the first six years, where the personality is formed the most. The root system formed in the first six years gives strength or weakness to the rest of life.

BASIC TRUST (0-2 YEARS)

A baby comes into the world and cannot care for itself. He or she has to totally rely on someone else's care. If that loving care has been denied even partly, it directly affects how the child will be able to relate to others in a trusting way. This is a very important part of our life, when we are learning to completely trust God and open our heart to others.

INDEPENDENCE (2-4 YEARS)

This is the time the child is learning independence. This age is where we label children "The Terrible Twos" because the child says "No" to everything. If corrected too harshly or with not enough healthy correction, the child will develop relationship issues that will show up later in life. As a teenager or adult, you will have a hard time being able to stand alone in situations where you should say "No" to peers. Or on the other hand, in your teen years you will say "No" too much and too often to parents or adults.

INITIATIVE (4-6 YEARS)

This is the stage where a child shows they are ready to start to school by being able to receive instruction, play and work alone, and share with other children.

GANG (6-12 YEARS)

This age is where children enjoy being together in small gangs or groups. The boys don't like girls and the girls don't like boys.

TEEN (13-19 YEARS)

This stage is called teen because it is the in-between years of childhood and adulthood. These are the breakaway years, when a child wants to do adult things, but still has much of the child's reasoning. We think we are indestructible.

FORMAL THOUGHT (20-120)

Starting at twenty we begin adulthood and the rest of life. Hopefully there has been enough parenting and teaching to enable us to make wise decisions. But nevertheless, this is the main decision making time of life.

If we have not gone through the other stages well, and/or have not been able to fully develop at each of those stages, then we will probably not go through this stage well. Until we learn through the school of hard knocks to grow through the lessons we missed in earlier years, we will not be able to fully transition into healthy adulthood.

Of course the ideal is to learn early in life to hear and obey our trustworthy parents who have taught us the ways of the Lord. But too many of us didn't have parents who properly disciplined or taught us good life coping skills. In short, we weren't raised by perfect parents and we, ourselves, have not been perfect parents, so as a result many of us have some things to address and leave behind.

SO WHAT NOW?

I suggest stealing away by yourself or with someone you trust. Rely on the Holy Spirit to guide you as you pray through your life starting with the last five years and moving backwards five years at a time. Ask God to show you who the people are that you need to forgive. Choose to forgive those who have hurt you. Choose to forgive yourself for the wrongs you have committed. Finally, ask God's forgiveness for sinning against Him.

I decree to you freedom.

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