



Will you take  
**THIS**  
Dance?

An Introduction  
to Inner Healing

**Barbara Koob**



# Will You Take <sup>†</sup>HIS Dance?

An Introduction to Inner Healing

by Barbara Koob

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*Lovely lady, I pick you for this dance.*

*Do you know who I am?*

*I have living water just for you.*

*If you dance the night away with Me,*

*You will never be thirsty again.*

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## A Matter of the Heart

“When is it going to be over?”

That was the million dollar question as I continued to battle with certain emotions. Born to teenage parents who were unable to nurture a healthy lifestyle, I was haunted by bitter memories of verbal and physical abuse that crippled my present.

Of course, I made every effort to take my thoughts captive.<sup>1</sup> Sometimes that worked, but there were those “other moments”. Has that ever happened to you?

In particular, Mother’s Day was a difficult time. For me, the roots were planted in a belief that I was unwanted and unimportant, and as a result, I suffered with control, anxiety and this nagging fear of rejection. Afraid of repeating the same mistakes, I ran from motherhood.

Naturally, I endeavored to cover up the carnage that bombarded my mind. I also indulged in various things that brought temporary comfort, but never seemed able to break free.

Have you ever experienced true inner healing? Although we don’t like to admit it, the truth is that often our hearts are fractured with holes and cracks where we are unable to completely trust God. These holes don’t exist everywhere in our life – just certain areas where we are tossed about with unbelief.<sup>2</sup>

## A Wounded Broken Heart



Saved...

but not Whole

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**Figure 1 - A Wounded Heart**

Without doubt, a wounded heart, even a heart that has accepted Christ (as depicted in Figure 1), is a key target for Satan. He loves to hit us exactly where it will hurt the most, a place where it will cause the maximum damage<sup>3</sup> to paralyze God's purposes for us. That's why God desires for us to be made whole!

What holes may exist in your heart? Were you born on the other side of the tracks? Perhaps abandoned or rejected? Were you poor, neglected or abused? Betrayed or bullied? Raised in an alcoholic home? Raped or sexually molested? Trapped in a bad situation? The list goes on.

Folks, you and I live in a very broken world because of sin. Either someone has sinned against you or you sinned. People get their hearts hurt and that allows more sin to enter like fear, anxiety, anger, unforgiveness, and so on.

Honestly, don't you think the whole world needs inner healing?

## God's Living Waters

Most people have heard that Jesus physically healed people, but they have never noticed that He cared for the "whole" person. Make no mistake... Jesus never encouraged people to bury their pain, nor did He condemn them.<sup>4</sup>

Jesus came to lift us up from our broken and fallen nature. His blood shed on the cross paid the price for all sin and suffering.<sup>5</sup> That's why He died... so we can be cleansed and made whole; free to live abundantly<sup>6</sup> in His Living Waters.

One of my favorite stories of inner healing in the Bible is the story of [\*The Samaritan Woman Who Met Her Messiah\*](#) found in [John 4:5-26](#). You may know her as the woman at the well?

An ordinary woman, criticized and condemned by everyone who knew her; yet she suddenly stumbled on Jesus. And oh... how He loved her! His powerful words of love and truth spoken into her life changed everything. All she had to do was open her heart to Him, and miraculously she was healed from the inside out.

Now how did Jesus accomplish such a feat of inner healing? Do you think He still heals today?

As I studied this [fascinating passage](#), I noticed that Jesus used a healing approach that is similar to the one I learned from the [Presbyterian Reformed Ministries International \(PRMI\)](#).

Come journey with me as we watch Jesus and this damsel-in-distress walk through inner healing, and as I describe what a healing prayer session using these three phases (See Figure 2.) might look like today.



**Figure 2 - Three Phases of Inner Healing**



# Inner Healing in the Bible

## **Phase 1: Let Jesus establish the CONTEXT.**

The story opens with Jesus asking this precious woman a question, "Will you give me a drink?" Now why in the world would Jesus even speak to her? After all, she was a despised Samaritan. Like me, she probably felt unloved and unimportant, and fought feelings of fear and rejection.

Certainly, she had been severely judged by others because she had five husbands and the man she was currently living with was not her husband. Most likely, she isolated herself too. Yet, Jesus took the time to speak to her.

His main concern was never to get a drink. This question was His way of starting an intimate conversation. He wanted her to know that she was safe, that she could trust Him, and freely open her heart. This is the first phase of the healing process, where *Jesus establishes the context in which the Holy Spirit will work by bringing the person into a relationship with himself.*

Every Healing Prayer session is a sacred and blessed time between Jesus and the person receiving prayer. Usually there is a healing prayer team which consists of a lead healing prayer minister and a few other persons who quietly intercede. To help the session flow smoothly, with as few interruptions as possible, the lead prayer minister, also known as the point person, handles all communications between the person receiving prayer and the other intercessors.

At the start of each session, we always strive to do the same thing Jesus would do. We confirm God's unconditional love. We ensure that the person feels safe, comfortable, and ready to receive from God. We ask Jesus what He desires to do and where He wants to begin.

Your prayer team is solely there to point you to Jesus and pray. If we do this correctly, you shouldn't even know we are there, for your healing prayer session is all between you and Jesus.

**Phase 2: Let Jesus ENGAGE the person.**

Jesus loved this woman. He didn't condemn her; He didn't even counsel her. He wanted to heal her.

But to heal, He needed to engage her. This is the second phase of the healing process. *Jesus and the Holy Spirit engage the person in various ways to bring the reality of the Kingdom of God, which results in healing.* I love this phase of healing because this is where we *dance with Jesus*. He leads and we follow.

Can you imagine Jesus doing a romantic tango with you? He desires to make you a display of His splendor.<sup>7</sup> He danced at the well with this woman, who was considered the town's trash, and He desires to dance with you.

His steps are always divinely choreographed to bring healing. If I were to describe these steps, perhaps they'd go something like this.

- Lovely lady, I pick you for this dance. Do you know who I am?
- I have living water just for you. If you dance the night away with Me, you will never be thirsty again.
- Don't bother calling that man who was your husband. You can call Me for I will be your man.
- My precious child, I am acquainted with your past and your present, and I don't care.

- I have always loved you.
- Beautiful one, I know your deepest desires and what you need. You can ask Me for anything.
- Come to Me and drink deeply.
- You, my darling, are Mine and I am yours.

Dearest one, Jesus wholeheartedly loves you. He is not the man of the year; He's the man for all eternity. And all you need for freedom is Him!

During Phase 2, the lead healing prayer minister asks the person seeking prayer to invite Jesus into their situation. The other members of the prayer team are silently praying, but all of us ask the Holy Spirit to come and show that person who Jesus really is and what He wants to do for that person. Like a dance, we follow Jesus wherever He leads so that the person can receive healing. We almost always never know where Jesus is going to take us. It's just like a dance, step by step; we follow Jesus' lead and dance to His music.

During this phase, I have witnessed many astounding inner healings. I've seen people healed of rape, violence, addictions and all kinds of ugly things. Jesus doesn't take away the awful experience, but He does help the person receive the truth of God's words rather than continue being held captive. His words always heal the heart.

### **Phase 3: INVITE the person to follow Jesus.**

When this Samaritan woman encountered *the real* Jesus, His powerful words trumped every word the accuser spoke. She was a new person. No longer condemned, she was forever transformed; and indeed, she was free to follow Jesus. This is the third phase of the healing

process, where *Jesus invites and commands the person to follow Him in faith and obedience as a disciple.*

In fact, after this woman received healing from Jesus, she evangelized the entire town with her testimony. I'd call that following Jesus! And so, in Phase 3 of a healing prayer session, we seal up what God has done with a closing prayer, and invite the person to follow Jesus.

I sure wish I could have interviewed this Samaritan woman to hear her personal account of what Jesus did, but as you know, that's simply not possible. However, the good news is that Jesus IS alive and I can talk to Him for myself. In fact, I've discovered He was already speaking to me in what I call healing clues, but I had to have a heart that wanted to hear.

Are you listening?

## **Healing Clues**

Right after I had married my husband, I remember having this bizarre vision. I saw myself completely bound by ropes, but out of the blue someone came and snipped the cords. How funny that I had no clue as to what that meant.

Over the years, I have concluded that my marriage cut the umbilical cord that held me captive as a child. No longer living under my parent's roof, I was untied<sup>8</sup> from the craziness of my younger days, but I still had to receive healing and learn to walk in freedom. Sadly, Satan had already blasted a few torpedoes that hit the holes in my heart causing it to harden.

Every night that I lay in bed, I'd hear the Holy Spirit whisper. "I am here for you, Barb. Come to Me." But damaged from abuse, searching for acceptance and approval, hostile because of religious hypocrisy, I was angry at God.

Emotional damage can be derived from many places... genealogical and ancestral influences, pre-natal and childhood hurts, adult offenses and sufferings, and even from evil spirits. Symptoms of deeper hurts can include a sense of inferiority, anger, hostility and self-hate. Other disturbing signs can include unreasonable fear and anxiety, a perfectionist nature, and a performance mentality. Still more indicators can be depression, hopelessness and super sensitivity.

Do any of these symptoms sound familiar to you? I suffered with many of them but I didn't see the clues because I had carefully masked them with my pride to avoid feeling shamed. For example, I covered up my low self-worth by striving for a successful career. I carried offenses but camouflaged them with reasons why I was right. When I was stressed and anxious, I leaked with tantrums and tears behind closed doors. Manipulating my circumstances, I hid my darkest fears.

Masquerading as the American dream girl, I wanted to look great and have it all, but I wasn't being true to myself. Constantly striving to improve and impress, I was incessantly controlling my situations. Even well-intentioned people played their hand in helping me. But oh dear Lord, this was futile! Inner Healing doesn't work that way.

How did I finally see the light?

I turned my heart to the Lord,<sup>9</sup> and I gave Him the reigns. First, He removed the scales from my eyes so that I could perceive and understand my true-self and the enemy's lies that kept me in chains. Next, He breathed His Spirit into my life, speaking through His Word and a still small voice.<sup>10</sup> In addition, I received several God dreams where He revealed healing clues concerning my true self along with words of encouragement and directions.

God was softening my heart, preparing me for healing.

Nevertheless, my deep wounds remained unhealed until I was ready to deal with them. But when I did cry out to Him, I discovered that He was already at work on my behalf. Through a divine connection, I met a lady from my church who taught about inner healing.

In some cases I received some awesome inner healing prayer through a formal prayer team. Like the woman at the well, Jesus spoke powerful words of affirmations to help me combat the enemy's lies. In one session where I was dealing with the spirit of rejection, He declared, "You are mine. You belong to Me." It changed me from the inside out.

In other situations, Jesus and I dealt with some issues. I had to forgive. Giving up my right to be right was all part of God's plan to set me free.<sup>11</sup> He gently challenged me to rid myself of offenses so that I could be released from all my debts.<sup>12</sup>

Also, when it was appropriate, I counseled with a professional. God even used infertility issues to change my fear of motherhood into faith to become a mom, helping me to mature, to see things as He does.

As I mentioned earlier, I had some big mother issues. My sweet mom had been abandoned by her biological father before she was born. If that wasn't enough of a tragedy, she grew up with an

alcoholic step-father who abused her. Regrettably, she unknowingly passed those generational wounds down to me, for it is impossible to give what you have never received. Yet, God desired to heal us both.

How wonderful it is to serve a God who turns generational curses into blessings! Because of His great kindness, I've been able to replace bitter memories with sweet ones, and bad patterns with good living...step by step. Rather than pout about my past, I spend Mother's Day with a fun activity, like a beach day or a dinner out at a nice restaurant. I choose to celebrate, and pour blessings on my mom, for He yearns for us to receive His love.

Although my healing didn't happen at once, God was faithful to culminate all things for my good.<sup>13</sup> But I had to believe and walk it out with Him. And now, praise God, my past no longer stings. I know that I know... Jesus wants to set me free!<sup>14</sup>

This is my personal dance with Jesus, His journey for my life.

I know those words "inner healing" can sound scary, but the choice is yours.

Jesus, the Messiah, is inviting you to dance the night away with Him, but He is also a gentleman and will not force His will.

So, will you step out in faith?

## Dancing with Jesus

Dear Beautifully-Made Friends, God desires to fill those holes and cracks in your broken heart with the love of Christ so that you may walk in His wholeness. It is Jesus, and only Jesus who heals.<sup>15</sup> You can't do it yourself, and no one else can do it for you.

When Jesus speaks truth, your heart is filled with His healing balm of love. In fact, it will end up being **stronger** in Him than if you never had any holes. (See Figure 3.)



**Figure 3 - A Whole Heart**

Rest assured, the *real* healing ministry of Jesus is amazing, powerfully anointed with His love and in summary, it looks like this:



- He establishes a safe place for you to be healed.
- He allows you to open your heart and ask questions.
- He doesn't control or manipulate.
- He won't cause anxiety and He will never condemn you.
- He will take the time to answer and give peace.
- He will forgive all your sins.
- Lies are replaced with His truth.
- His unconditional love fills those holes and cracks your heart.
- You are made whole and receive by faith.
- He does all the work through His grace and the power of the Holy Spirit.
- You are personally invited to follow Him.

Did you notice that Jesus is kind and good all the time? He is not mad at you, nor does He wish to punish you. Therefore, any healing that does not fully express love and truth with compassion is a counterfeit. It employs a fake Jesus for... the *real Jesus* is always smiling at you. He even sings over you.<sup>16</sup> Have you experience *this Jesus*?

Please understand that with inner healing prayer there is nothing to be afraid of... for Jesus is always gentle and patient. He will lead you to His living waters that heal, and He will do everything perfectly. All you need to do is cooperate.

And so, if you are experiencing pain and suffering, where you don't seem to be able to bounce back, where your past cripples your present, or where you continually appear trapped in a vicious cycle, maybe you should consider inner healing prayer?

Actually, you can do inner healing by yourself, but sometimes it's better to have a safe healing prayer team. If perchance, you have lived through severe trauma or faced deep hurts, you might consider a [Loved Retreat](#), a [Healing Week](#), or even a [Dunamis Conference](#). These events are great opportunities to soak in the healing truth of God's love<sup>17</sup> offering more time away with Him.

You could even consider a local prayer team that specializes in healing prayer. Perhaps there is already one at your home church? Feel free to check my website at [barbarakoob.com](http://barbarakoob.com) for information about healing prayer and healing events through various ministries.

Believe me, Jesus wants you healed more than you do. Sometimes inner healing doesn't happen all at once, but it does happen.<sup>18</sup> And miraculously it can happen for you!

Lovingly, He bids you come.

**Will you take  HIS dance?**

## The Samaritan Woman Who Met Her Messiah (John 4:5-26)

<sup>5</sup> So He came to a city of Samaria which is called Sychar, near the plot of ground that Jacob gave to his son Joseph. <sup>6</sup> Now Jacob's well was there. Jesus therefore, being wearied from *His* journey, sat thus by the well. It was about the sixth hour.

<sup>7</sup> A woman of Samaria came to draw water. Jesus said to her, "Give Me a drink." <sup>8</sup> For His disciples had gone away into the city to buy food.

<sup>9</sup> Then the woman of Samaria said to Him, "How is it that You, being a Jew, ask a drink from me, a Samaritan woman?" For Jews have no dealings with Samaritans.

<sup>10</sup> Jesus answered and said to her, "If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water."

<sup>11</sup> The woman said to Him, "Sir, You have nothing to draw with, and the well is deep. Where then do You get that living water? <sup>12</sup> Are You greater than our father Jacob, who gave us the well, and drank from it himself, as well as his sons and his livestock?"

<sup>13</sup> Jesus answered and said to her, "Whoever drinks of this water will thirst again, <sup>14</sup> but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life."

<sup>15</sup> The woman said to Him, "Sir, give me this water, that I may not thirst, nor come here to draw."

<sup>16</sup> Jesus said to her, "Go, call your husband, and come here."

<sup>17</sup> The woman answered and said, "I have no husband."

Jesus said to her, "You have well said, 'I have no husband,' <sup>18</sup> for you have had five husbands, and the one whom you now have is not your husband; in that you spoke truly."

<sup>19</sup> The woman said to Him, "Sir, I perceive that You are a prophet. <sup>20</sup> Our fathers worshiped on this mountain, and you *Jews* say that in Jerusalem is the place where one ought to worship."

<sup>21</sup> Jesus said to her, "Woman, believe Me, the hour is coming when you will neither on this mountain, nor in Jerusalem, worship the Father. <sup>22</sup> You worship what you do not know; we know what we worship, for salvation is of the Jews. <sup>23</sup> But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. <sup>24</sup> God *is* Spirit, and those who worship Him must worship in spirit and truth."

<sup>25</sup> The woman said to Him, "I know that Messiah is coming" (who is called Christ). "When He comes, He will tell us all things."

<sup>26</sup> Jesus said to her, "I who speak to you am *He*." (NKJV)

## Endnotes

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<sup>1</sup> 2 Corinthians 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (NKJV)

<sup>2</sup> James 1:6-7 But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; (NKJV)

<sup>3</sup> John 10:10a The thief does not come except to steal, and to kill, and to destroy. (NKJV)

<sup>4</sup> Romans 8:1 *There is* therefore now no condemnation to those who are in Christ Jesus,<sup>[a]</sup> who do not walk according to the flesh, but according to the Spirit. (NKJV)

<sup>5</sup> Romans 6:23 For the wages of sin *is* death, but the gift of God *is* eternal life in Christ Jesus our Lord. (NKJV)

<sup>6</sup> John 10:10b I have come that they may have life, and that they may have *it* more abundantly. (NKJV)

<sup>7</sup> Isaiah 61:3 and provide for those who grieve in Zion— to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor. (NIV)

<sup>8</sup> Ephesians 5:31 “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”(NIV)

<sup>9</sup> Acts 28:26-27 “Go to this people and say, “You will be ever hearing but never understanding; you will be ever seeing but never perceiving.” For this people’s heart has become calloused; they hardly hear with their ears, and they have closed their eyes. Otherwise they might see with their eyes, hear with their ears, understand with their hearts and turn, and I would heal them.’ (NIV)

<sup>10</sup> 1 Kings 19:11-12 Then He said, “Go out, and stand on the mountain before the LORD.” And behold, the LORD passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the LORD, *but* the LORD *was* not in the wind; and after the wind an earthquake, *but* the LORD *was* not in the earthquake; and after the earthquake a fire, *but* the LORD *was* not in the fire; and after the fire a still small voice. (NKJV)

<sup>11</sup> Romans 6:18 And having been set free from sin, you became slaves of righteousness. (NKJV)

<sup>12</sup> Romans 8:2 For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. (NKJV)

<sup>13</sup> Romans 8:28 And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose. (NKJV)

<sup>14</sup> Isaiah 61:1 “The Spirit of the Lord GOD *is* upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to *those who are* bound; (NKJV)

<sup>15</sup> Matthew 4:23-24 And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people. Then His fame went throughout all Syria; and they brought to Him all sick people who were afflicted with various diseases and torments, and those who were demon-possessed, epileptics, and paralytics; and He healed them. (NKJV)

<sup>16</sup> Zephaniah 3:17 The LORD your God in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet *you* with His love, He will rejoice over you with singing.” (NKJV)

<sup>17</sup> Ezekiel 11:19 Then I will give them one heart, and I will put a new spirit within them,<sup>[a]</sup> and take the stony heart out of their flesh, and give them a heart of flesh, (NKJV)

<sup>18</sup> Jeremiah 32:39 then I will give them one heart and one way, that they may fear Me forever, for the good of them and their children after them. (NKJV)



Barbara Koob is an ordinary woman who has learned to hope and dream with purpose. A biblical dreamer with a passion for prayer, she is desperate for God to splash His blessings on others so that they may welcome God, receive His healing touch, and step out into their destiny. She teaches and mentors on prayer, healing and biblical dream interpretation.

Happily married to the man of her dreams, she lives with her husband, their teenage daughter and a cuddly cockapoo named Sunshine who adores playing the role of the family's baby. You can find Barb on her website at [barbarakoob.com](http://barbarakoob.com) where she journals about life as a real Barbie doll on her road to freedom in Christ.