

Restoring the Foundations (RTF): The Fully Integrated Path of Christian Healing

The full Biblical concept of Christian healing is the process of becoming all that the Lord Christ Jesus wills and decrees one to be, in this life as well as in the hereafter.

So, what does our Lord Christ Jesus decree for each of us to become in this life? To be a member of His Bride, but one who has prepared himself/herself to be without spot or wrinkle (Ephesians 5:27), to operate through our personal destiny callings to build His Kingdom here on earth, and to go forth as His army. That means we are to grow in Christ-likeness and intimacy with Christ living within us, and to pro-actively exercise the authority He has given to us for the advancement of His Kingdom.

To become thus prepared, each new believer needs to grow in several areas of his/her life: (1) apprehending and believing God's Word and Ways; (2) knowing what God's specific destiny calling is for him/her; (3) becoming trained and equipped in that calling; (4) learning to engage in spiritual warfare against our enemy; (5) physical healing from all sicknesses and infirmities of our bodies which are temples of the Holy Spirit; and (6) mental, emotional and spiritual healing from all ungodly influences imposed in our lives by our spiritual enemy in the past. All of these areas require growing also in prayer, intercession, thanksgiving and praise of our Lord for what He has done and worshipping Him for Who He is, and prophetically hearing God's voice clearly. Also, all of these require that we each not only *know* God's Word (the Bible) but also actually *believe* it and *live* our lives according to it!

Our Personal Need for Christian Healing Today

When we each become "born again" (John 3:16), many incredible things occur immediately in the *spiritual domain* and in the new believer's human spirit. Christ Jesus becomes our new "slave-owner", replacing our former slave-owner Satan (Ephesians 2:1-6). We are forgiven, and God now looks at us through Christ's righteousness. We become seated in the heavenly places with Christ (Ephesians 1:3). We are encouraged to go boldly before Christ at His Throne of Grace to obtain grace and mercy (Hebrews 4:16 and 2 Peter 1:4). Etc.

But at that point we each are far from being without spot or wrinkle. We have much baggage in our soul and body (and spirit) carried over from our former days under Satan's slave-ownership. We must yet renew our most basic thought-patterns by not continuing to conform to the world (the Greek word for "world" is *kosmos* which means Satan's demonic *organization* - Romans 12:2). We are wounded and hurt members of Christ's Bride, weak and unequipped soldiers of His army, and ineffective builders of His Kingdom here on earth. We have yet to allow the nature of Christ to be developed in us, and we must have removed the ties on our soul that weigh us down.

Note our mention of Satan's use of *demons* to implement his *kosmos* organization. We will no longer be deceived by the raging theological debate on whether or not Christians, even Spirit-filled believers, can be *possessed* by demons. If "possession" means *ownership*, then *no!* Christ is now our "slave-owner", having purchased us from our former slave-owner Satan with His Shed Blood. But demonic *oppression* of true believing Christians, and demons being a driving force behind much of our thinking and behavior, though perhaps theologically impossible in some circles, is a *very common, ubiquitous phenomenon!*

The "RTF" Healing Method

The New Testament gives us the precious and magnificent promise that we can become partakers of His divine nature and Holy Character, and thereby be cleansed and healed from the corruption of this world and its lusts. And now at last we have a methodology to *fully* implement that cleansing and healing.

The specific subject ministry approach we refer to herein arose during the 1980s through God's appointed agents Chester and Betsy Kylstra. During the years since, the name of this ministry approach has evolved. Agnes Sanford's name for this general ministry approach was "inner healing". Sherrerd calls it "inner heart healing". The Kylstras initially called it "Prophetic Prayer Ministry". The title that was finally settled upon is "Restoring The Foundations", based on two scripture passages which prophetically denote it. The first is Isaiah 49:6: "... to raise up the tribes of Jacob, and to restore the preserved ones of Israel...." The second passage is Isaiah 61:4: "And they shall rebuild the old ruins, they shall raise former desolations, and they shall repair the ruined cities." We the Body of Christ are being fashioned into the Holy City of our Lord's indwelling, but we are now desolate and need a restoration unto that Christ-like foundational Holiness.

Restoring The Foundations (RTF) ministry is a method of applying the powerful life-changing truths of Scripture to the many details of an individual's life that are hindering and preventing him/her from being the child of God He created us to be in the first place. More specifically, it works to enable the ministry receiver to receive healing and freedom from demonic oppression by first removing the legal rights of demons from three root causes, and then in a fourth session, exercise the authority Christ has given us over our spiritual enemy to remove those demons and their influence on the ministry receiver's life.

This is done basically as a team effort: the ministering team and the ministry receiver jointly cooperate with the Holy Spirit at each step of the ministry process. By listening to the voice of the Holy Spirit, we uncover the many demonic root causes, resulting erroneous mindsets, emotional distresses, and specific demonic strongholds which must be removed. More specifically, three such root causes are: (1) the sins and resulting curses and vows from our ancestral and family heritage and our early life; (2) ungodly thought patterns and beliefs which are contrary to God's word but are in agreement with the enemy; and (3) traumatic events and their resulting soul/spirit emotional and spiritual hurts. All of us have unhealed wounds in our souls, unresolved issues of self in our lives, unchanged wrongful habit patterns in our thinking and walking.

Curses Inherited From Our Forefathers

We need first to deal with the “sins of the fathers” and other family ancestors which have been passed down “to the fourth generation” to us (Exodus 20:5, Exodus 34:7, Numbers 14:18, and Deuteronomy 5:9) and the resulting curses of those sins in our lives. At first it may seem strange and unfair that sins of our *forefathers* and other ancestors would affect *us*. But that is very much so, as these Biblical references clearly state. How is that? All sins result in *curses*. Leviticus 18:27 tells us that those curses are on our *land*, where we live and work. Curses are rights of demons to cause us to fail, and they render us vulnerable to falling into those same sin areas.

So we must recognize those sin areas, repent of them, and ask the Lord to remove their effects from our lives. That involves identification repentance. We need to acknowledge and repent of the wickedness and guilt of our fathers, and by our relationship with them how we ourselves have sinned against our God. We find release by confessing our own sins as well as the sins of our fathers (Nehemiah 9:2 and Daniel 9:7-9), and then appropriate forgiveness for our self. In turn we choose to no longer hold against our forefathers their sins against our family line. We are redeemed from the empty way of life handed down to us from our forefathers by the precious Blood of the Lamb (1 Peter 1:18-19). His Blood severs us from the sins of generations past by cleansing us from every inherited stain and by releasing us from every general curse that is in our entire family line, including *our* future descendants.

Curses resulting from activities in the ministry receiver’s earlier life also need to be broken. Those curses result from outright sins, but also by “imprinting” and through “ungodly soul ties”. Imprinting originates the first time one experiences intense emotion in some activity or involvement, such as one’s first romantic relationship with the opposite sex, sexual involvement with another person, or some externally caused traumatic event. The imprinting is the emotional memory of that first encounter, which stays with one all his/her life until recounted, and drives one to expect similar emotions every subsequent repeat of that type of experience. Ungodly soul ties, often but not necessarily related to imprinting, are an ungodly covenant with another person or organization or thing based on an *unhealthy* emotional and/or sexual relationship. This covenant binds the two people together. It can and often does happen in a normally proper relationship when the emotional aspects of that relationship are unhealthy, excessive, and/or sinful. And demons are given entry to one’s soul through such bondage. Many people are bound by such ungodly soul ties to another person without any awareness of the significance of that bondage.

The Prerequisite for Healing Is Forgiveness

Forgiveness is a very essential requirement in this healing process, and it underlies all aspects of this Restoring The Foundations healing ministry. There are two basic reasons for this. First, forgiveness is necessary to release God to forgive us and to extend His protection, mercy, restoration and healing to us. Part of the Lord’s Prayer (Matthew 6:12

and 14-15) is the supplication that God forgives is *as we forgive others*. And second, unforgiveness and bitterness are the most frequent root causes for giving demons legal rights to torment and destroy us.

Biblical forgiveness is not an emotional issue, but a matter of the will, something we *choose* to do. It is choosing to extend to an offender the same mercy and grace that God extends to us. It is choosing to *not* hold the offender accountable to us. It is not a matter of forgetting the offense; the past can't be changed but only forgiven. It is deciding and choosing to grant and release *freedom from retaliation* to the offending person or situation. And by that, we obtain emotional release from the offending person or situation.

In order for the ministry receiver to obtain the fullness of God's forgiveness, he/she needs to forgive in *three* directions: forgiving *other persons* who have offended him/her; asking *God* to forgive him/her (especially for the times he/she has blamed God for his/her troubles); and forgiving *himself/herself*. Often this third is most difficult. But all three directions of forgiveness are key to his/her *full* healing.

Examples of many Scriptures on this include: Mark 11:25-26 which tells us that *God won't forgive us* if we don't forgive when we have anything against anyone; Matthew 18:21-22 which tells us that we will be turned over to our tormentors if we do not forgive *from our heart*; and 1 John 1:9 which says If we confess our sins, He is faithful and us to forgive us our sins, and to cleanse us from all unrighteousness.

Healing Of Our Mindsets

But even after repentance of all sins of the past (our forefathers' and our own) and forgiveness of all who influenced us in evil ways, we still have many erroneous mindsets and ways of thinking that continue to give demons legal rights to oppress us. There is a tight link between demons that oppress us and their lies which we think are our own and follow. It works both ways: the demons often place those lies directly into our thinking; and our "mind" thinks such lies and hence opens doors which give legal rights to demons to oppress us. That continues until we recognize them as lies from the enemy and change our thinking by replacing them with the corresponding Biblical truth in our habitual thinking. These lies are what the enemy would have us believe about ourselves; the truth is what God says about us. And God's truth sets us free. We call those lies *ungodly beliefs (UGBs)* and their corresponding Biblical truths, *godly beliefs (GBs)*.

Here are some examples of UGBs and their corresponding GBs.

At the root of us being driven to please others is the UGB: "My value depends on how other people regard me." The corresponding GB is: "My value comes from God Who created me as I am and loves me unconditionally and places great value on me." In Jesus's parables of the lost sheep (Matthew 18:12-13) and lost coin (Luke 15:8-9), it wasn't the bleating of the lost sheep nor the clinking of the lost coin that caused the owner to search until it was found, but rather it was the *value* the owner placed on it. Likewise, the issue is the value our Lord places on us.

At the root of us feeling empty and worthless is the UGB: “My life has no meaning nor purpose.” The corresponding GB is: “God has created me for His pleasure and has a purpose for my life; God has a place reserved for me in the body of Christ (1 Corinthians 12:18). Also, I am God’s treasure and His glorious inheritance (Ephesians 1:18)”.

At the root of workaholism and burnout is the UGB: “God’s love for me is conditional upon my being Holy enough and working hard enough in obedience to Him.” The corresponding GB is: God’s love is unconditional; we can neither earn nor destroy it; nothing in all creation will be able to separate me from the love of God that is in Christ Jesus (Romans 8:39).”

At the root of most dissatisfaction to churches and rebellion against spiritual authority is the UGB: “I must have a recognized and appreciated role in my church in order to be fulfilled as a Christian.” The corresponding GB is: “I am fulfilled as a Christian when I am functioning in God’s unique destiny calling for me, regardless of what that is.” Less than 10% of members of the Body of Christ have God-appointed destiny callings that involve a recognized, visible role in what we now know as “church”; the other 90% are “hidden” from public view and/or have God-appointed destiny callings outside of “church”, i.e., into the “marketplace”.

At the root of *all* forms of sexual deviancy and dysfunction is the UGB: “I will never be able to achieve genuine harmonious intimacy with a spouse, so I must find release of my sexual and love and romantic desires by other means.” The corresponding GB is: “God’s design for marriage is each being Christ-centered and treating the other spouse with Agape-love-motivated and Holy Spirit empowered servanthood; by that, genuine harmonious intimacy at all levels is easily attainable.”

At the root of feeling abandoned is the UGB: “I am all alone and vulnerable.” The corresponding GB is: “God will never leave me nor forsake me.” (Hebrews 13:5-6).

At the root of feeling rejected is the UGB: “I don’t fit in; I don’t belong; nobody accepts me as I am.” The corresponding GB is: “I am accepted in the Beloved (Ephesians 1:6) and God has a place reserved for me in the Body of Christ (1 Corinthians 12:18)”.

At the root of feeling dangerously threatened and victimized is the UGB: “Everything threatens me and nobody is in control. I am a helpless victim in a world that is out of control.” The corresponding GB is: “I have been predestined according to the plan of Him Who works out everything according to the purpose of His will (Ephesians 1:11)”.

In many marriages, the husband and wife have complementary UGBs that reinforce conflict between them. For example: the husband thinks “Women are domineering and controlling”; while the wife thinks “Men are passive and uncaring.” Another example: the husband thinks “Women just want to talk about their feelings all of the time”; while the wife thinks “Men don’t want an intimate, close relationship in which a woman can share her innermost self”. Yet another example: the husband thinks “Women are just naturally more spiritual than me”; while the wife thinks “Men are not concerned about the spiritual life of their family.”

The GBs of all of these involve each spouse choosing to make allowances for the real gender differences in dealing with his/her spouse in an attitude of love-motivated servanthood and genuinely wanting above all else to see the spouse blessed.

Most UGBs are lies from Satan concerning who/what we are, i.e., about our sense of personal *identity*. Briefly, some false identity statements and their corresponding statement of what God says we are: “Shameful” => “Properly created, acceptable, perfected”; “Fearful” => “Bold by trusting God”; “Isolated” => “Included in the Body of Christ” or => “Included as part of the Beloved in Christ”; and “Abandoned” => “Wanted and loved by God”.

In all cases the ministry receiver overcomes these lies (UGBs) by renouncing and breaking agreement with them, and receiving and habitually believing in God’s truth (GBs) about them.

We also note that a basic factor in our believing most such lies is our not apprehending the *fullness* and *unconditionality* of our Heavenly Father’s *love* for us as is revealed to us throughout the Scriptures!

Healing Of Our Emotional Wounds And Broken Hearts

Emotional wounds are another major source of demons obtaining legal rights to wreck havoc in our lives, both directly and by introducing UGB lies in our thinking. When we experience traumatic events with a high emotional content, especially when we are vulnerable and unable to properly react (i.e., when we are very young, or when we encounter accidents and disasters, divorce, abuse, front-line war experiences, etc.), we often go into emotional “denial” to keep from having a 24-7-365 adrenaline rush that would kill us. But those buried emotions have a strong impact on our feelings and behaviors and decisions for the rest of our lives, unless exposed and dealt with. We call those hidden emotional wounds “Soul/Spirit Hurts” (SSHs), and the Restoring the Foundations ministry provides for a removal of them from our lives.

We do that by leading the ministry receiver to call upon the Holy Spirit to reveal the root causes of the hurts. We encourage him/her to cry out something like this. “Lord Jesus, search me; show me the hurts that You want to heal today. I give you permission to dig deep to the roots of any hidden anxious thoughts that are affecting my life. I ask you to take the keys to my heart and unlock the doors. I repent before you of any sins which are involved. I trust You to set me free from any sorrow, pain, brokenness, and grief, by the power of Your complete work of the Cross and by the might of Your Precious Blood.”

Then, we all wait quietly on the Holy Spirit. Whatever UGBs, vows, and curses which the Holy Spirit brings to light, are dealt with immediately.

Dealing With the Demons Themselves

During the several sessions of the ministry process, the ministry team keeps track of what demons are harassing the ministry receiver and how they have been operating. They usually operate in groups which we call “strongholds”. Mapping those strongholds is a useful tool in asking the Holy Spirit for guidance for in what order the demons should be exorcised.

Once the legal rights of the demons have been removed through repentance, forgiveness, and breaking all agreements with them, they *must* leave when commanded in the Name of Christ Jesus. We simply exercise the authority Christ has given us over the power of the enemy, and we boldly demand them to leave.

Basically this has to be done by the ministry receiver himself/herself. But the ministry team assists him/her in this by first suggesting the order in which the demonic strongholds and associated demons therein are dealt with, and secondly by praying along with the receiver. (Typically that takes much time, since there are often many demons involved. In the case of this editor, even after 35 years of a fruitful Spirit-filled living, over 4 dozen demons had yet to be exorcised!)

Note we mentioned demonic groups called *strongholds*. We here briefly mention two which are especially common.

The first is the *shame-fear-control* stronghold. Virtually *every one* of us has this to some extent. It works this way. We feel defective or inadequate or inferior or unworthy, etc., for some reason (*shame*), but we *fear* others will find out about that and reject us, so we exercise *control* to prevent their knowing. The forms in which we exercise that control are many: by being perfectionists and/or workaholics, by being demanding with others, by being obsequious servants, or by being passive and withdrawing. But all of this becomes demonically empowered, so demonic exorcism is needed to remove that demonic oppression as well as we no longer believing the UGB of being defective in the first place.

The second is the *control-rebellion-rejection* stronghold. This works to destroy interpersonal relationships. When another person (i.e., our spouse or employer, etc.) is trying to control us for some reason, we tend to react by either rebelling against that control, or by rejecting that person. That rebellion/rejection can be either actively or passively done, but either way it is a form of us in turn trying to exercise control over that other person. So this stronghold becomes perpetuated in both parties of the relationship. But all of this becomes demonically empowered, so demonic exorcism is needed to remove that demonic oppression.

The RTF Methodology

The full RTF ministry is done by two ministers acting as a team. It involves five three-hour sessions for individuals, and seven for each spouse of a married couple going through the ministry as a couple. The five are: the first session involves a detailed interview session during which the ministry team learns as much detail about the ministry receiver’s life that

bears on sins of the fathers and resulting curses and other vows and curses over the receiver, UGBs held by the receiver, and other aspects of the receiver's life. The second session exposes and deals with the sins of the fathers and resulting curses and other vows and curses over the receiver, as well as consequences of sins by the receiver. The third session deals with the UGBs held by the receiver. The fourth session deals with the SSHs of the receiver. And the fifth is that of dealing with the demonic oppression of the receiver by exorcism, followed by instructions for the receiver to follow the ministry in the future by himself/herself to not lose the ground that has been gained. For a married couple, in addition to those five sessions for each spouse, two joint sessions are held, one at the beginning and one at the end, of the week.

An abbreviated 2-hour version of the ministry for individuals, called "Issue Focused RTF" is available for dealing with "emergency" crises. It likewise deals with areas, but with only - hour for each, and focused only on that single area.

Available Resources

Several resources are available which delineate the foundational principles and applications of the RTF healing ministry. The basic reference manual is *Restoring The Foundations - An Integrated Approach To Healing Ministry*⁸, which delineates the foundational understandings, problem/ministry areas, applications and implementations of the ministry. A more convenient version of that manual is the paperback book *An Integrated Approach To Biblical Healing Ministry -A Guide To Receiving Healing And Deliverance From Past Sins, Hurts, Ungodly Mindsets And Demonic Oppression*⁹. These resources are available today from *Proclaiming His Word*, c/o Echo Mountain Inn, 2849 Laurel Park Highway, Hendersonville, NC 28739-8925, Attn. Resource Room. Also, they have a manual for those doing the ministry (it is *Ministry Tools for Restoring the Foundations*¹⁰) plus some booklets for a brief, "emergency" 2-hour version of the ministry called "Issue-Focused Restoring The Foundations."