

Skits for 2 Session Version of Wholeness Prayer Training

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Illustration not using wholeness prayer principles:

D: I dropped by Sue's house yesterday with a special cake for her. She took the package and said thanks, and we talked on her porch for about 5 minutes. Then she said she had to go. I'm very angry with her! I spent a lot of time making that cake for her and she didn't have time to even talk to me! I was so angry last night that I couldn't sleep.

M: I noticed in your story that you're angry. Did you let the sun go down on your anger?

D, hanging her head: Yes. I know I shouldn't do that. You've told me that before. But she made me so angry!

M: Let's pray and ask God to help you obey His word. God, please help Diane not to let the sun go down on her anger. Amen.

Part 1 of prayer time with D (for Session 1 of 2):

D: I dropped by Sue's house yesterday with a special cake for her. She took the package and said thanks, and we talked on her porch for about 5 minutes. Then she said she had to go. I'm very angry with her! I spent a lot of time making that cake for her and she didn't have time to even talk to me! I was so angry last night that I couldn't sleep.

M: That sounds hard. [Show empathy.] Would you like to pray about this situation together?

D: Okay, that sounds good.

[First M would explain briefly about 3-way prayer, if this is new for D.]

M: "If it's okay with you, I'd like to pray using 3-way prayer: I'll pray a brief opening prayer. Then I'll ask God to reveal something to you, then you tell me as much as you want to about what He reveals, then I'll pray again. You focus on *listening* to God and on what's going on in your mind. You don't need to figure out what to pray. Does that sound okay to you?"

D: "Sure."

Note: If you want to explain wholeness prayer principles briefly, you could say: "Wholeness prayer includes 5 basic steps: (1) Identifying our thoughts, actions and emotions, (2) Bringing these to God, asking Him to reveal a recent time we thought, felt, or acted this way, (3) Asking Him to reveal any roots involved, (4) Getting God's perspective, at the roots first if there are any, and (5) Applying God's perspective to our lives."

M: "God, we thank you that we can come to you with all of our problems and struggles. We come before you now with D's situation with Sue. We ask that you would lead our prayer time, and accomplish all you want to through this time. We ask that you would bring to D's mind anything that you want [her] to remember, and that you would reveal to [her] all that you want to reveal to [her].

Please fill this place and each of us with yourself, and surround us with your protection. We ask that you would move aside any powers or principalities that would seek to interfere with this prayer time. In the name of Jesus, we bind any evil spirits that would seek to interfere, and command them to stand aside as you work. We thank you for all that you're going to do. We love you God. Please help us to love you more.

Lord, we ask that you would bring to D's mind right now whatever you want [her] to remember about yesterday's situation with Sue. [Wait about 30 seconds. If D hasn't said anything, ask D what is coming to mind – especially the first thing that came to D's mind after M's prayer. Also watch D's body language.]

D: I remember being really excited about giving the cake to Sue. All the time I was making it, I was thinking about how excited she'd be to receive it. (She's told me often how much she loves my chocolate cake.) When she wasn't excited, I felt very angry.

M: God we thank you for this special present that D made for Sue. We bring before you her excitement at bringing the cake to Sue, and ask that you show her how she felt when it seemed that Sue didn't receive the cake with the excitement D had hoped for. Please show D how [she] felt just before she got angry – maybe hurt or frustrated or afraid or ashamed. [Wait about 30 seconds. If D hasn't said anything, ask D what God is revealing – or what is coming to mind – especially the first thing that came to D's mind after M's prayer. Also watch D's body language.]

D: I felt disappointed because I wanted her to love the cake - and because I wanted to spend time with her. I felt hurt because I did all that work for her and she didn't have time for me. I felt frustrated because she didn't even look in the box. I also felt afraid because I wondered if Sue doesn't really like me as much as I'd thought.

M: God we thank you for revealing these things to D. We ask that you'd help her to feel as much as you want her to – for a moment in your presence – how she was feeling in this situation with Sue – disappointed because Sue didn't seem to love the cake, and because D didn't get to spend time with her, hurt because D had worked hard and Sue didn't have time for D, frustrated because Sue didn't know what was in the box, and afraid because D wondered if Sue really liked her as much as D had thought. [Wait about 10 seconds. Watch Sue's body language.]

God, as D thinks and feels as much of these things as you want her to, please show her the first time she felt this way. Maybe earlier in her life there was a similar situation, or a pattern of feeling this way. [Wait about 20 seconds. If D hasn't said anything, ask D what God is revealing – or what is coming to mind – especially the first thing that came to D's mind after M's prayer. Also watch D's body language.]

D: I often felt those things with my mother as I was growing up and I still often feel that way now. It's been a pattern in my life.

M: God, we thank you for revealing this pattern to D. If there's a significant memory (or group of memories) that you want to bring to mind where D felt this way, I pray that you would bring those to [her] mind now. Otherwise I pray that you'd speak to the pattern as a whole. [Wait about 5 seconds. If D initiates sharing a memory, listen, otherwise proceed.]

Please help D to think and feel now as much as you want [her] to of how she felt in these memories with her mom. [Wait about 10 seconds. Watch D's body language.]

As D thinks and feels for a moment in your presence what she was thinking and feeling then, I ask that you would reveal your perspective to her in that place (in the memory or memories or pattern). Please show [her] where you were and what you were thinking. [Wait about 20 seconds. If D hasn't said anything, ask D what God is revealing – or what is coming to mind. Also watch D's body language.]

D: God showed me that I also felt very alone when I was growing up. My mom would often make fun of me in front of my friends, especially if I tried to do someone nice for one of them. Then God showed me that He was with me. And He said that He's always been with me and

always will be. I don't have to be afraid that people won't like me, because He loves me and He'll take care of me.

M: God we thank you for revealing this to D. We thank you that you chose [her] before the foundation of the world, that you love [her] with an everlasting love, and that you will never leave [her] or forsake [her]. [Wait about 5 seconds.]

Lord, we pray that you will show D if this place feels peaceful now or if there's anything that is not yet worked through.

D: I feel sad about the wasted years of my life. I also have a lot of disappointments that I'm carrying. And God is showing me that I need to forgive my mother.

M: God we want to lift up before you D's sadness about the years that felt wasted. We thank you that you offer to carry all of our griefs and sorrows (Is 53:4). Please help D to feel as much of the sadness now as you want her to – for a moment in your presence. [Wait about 5 seconds. Watch D's body language.]

Lord, as D feels this pain, sadness, and disappointment, we ask that you would come and carry her pain. Please help her to give you her burden. Thank you for dying on the cross, for carrying our pain, and for your resurrection power that's at work in our lives. [Wait about 10 seconds. Watch D's body language. Then ask D how she's doing.]

D: I feel more peaceful, but like I really need to forgive my mother. Yet I've tried before and feel stuck.

M: Would it be okay if we close for now, then pray about this more later? [D nods.] God thank you for all you've done during this prayer time. Thank you for speaking to Diane's heart and carrying her pain. We ask you to seal the healing you've done, and help Diane apply these truths in her life. Please also help her to soon forgive her mother. Please protect any yet unhealed places within her, and speed the day of their healing. In the name of Jesus we bind any demonic that was connected to anything we've addressed during this prayer time, and command that they go now to the place Jesus sends them, and never return. God, please pour out your spirit on us, and protect us by your power. Help us to see ourselves as you see us, and to see you as you are. We give you ourselves. Be glorified in us. In Jesus' name, Amen

Part 2 of prayer time with D (for Session 2 of 2):

[Part 1 ended with D feeling more peaceful, but like she really needs to forgive her mother. Yet she's tried before and feels stuck.]

M: God we thank you for bringing us together again. We come before you with thanksgiving, for what you've already done, and for what you're going to do. We invite you to lead this prayer time, and to accomplish all you desire through this time. Please protect us by your power, and move aside any evil that might seek to interfere. We bind the evil one in Your Name, and command him to stand aside while You work. God please show us if this is the time to pursue Diane forgiving her mother, or if there is anything else to pray through first.

D: There isn't anything else I'm aware of right now. I would like to work on forgiving my mother.

M: Lord, we bring before you D's desire to forgive her mother. I pray that you'll help D to see her mother through your eyes. Please help D to separate who you made her mother to be (with all her strengths and gifts) from her mother's sin, woundedness, and weaknesses. [Wait about 10 seconds.]

Please show D what specific things she needs to forgive her mother for. [Wait. Then ask.]

D [As D shares with M things she needs to forgive her mother for, M writes them down]: I need to forgive my mom for: Saying things like “You’ll never amount to anything.” “Why are you so stupid?” “Why are you always so slow?” Also for not having time for me. And for favoring my brother.

M: Lord, we thank you for revealing these things to D. For whichever statement you want to address first of the things D’s mom said like: “You’ll never amount to anything.” “Why are you so stupid?” “Why are you always so slow?” please bring to D’s mind the first time or a representative time this happened. [Wait about 5 seconds.]

D: I was working on my math homework and my mom said I was too slow. Then she said I’d never amount to anything and that I was stupid. She also asked me why I wasn’t smart like my brother.

M: Lord, please show D whatever she needs to know of what she was thinking and feeling when her mom said these things. [Wait about 10 seconds.]

D: I felt ashamed, not valued, and insignificant.

M: God, please help D to think and feel right now as much as you want her to of what she was thinking and feeling in this memory. [Wait about 5 seconds.]

Lord, as D thinks and feels this, please reveal your perspective in this memory.

D: God was there and he was crying for my pain. He said that the hurtful things my mom said to me aren’t true, but that my mom was afraid that people would see how inadequate *she* feels. He said that my mom was feeling ashamed, not valued and insignificant. He reminded me that she’s embarrassed because she feels slow at math and stupid. I remember her telling me that her mom used to ridicule her.

God said that He wants to carry my pain and my shame. He held out His arms and I ran to Him. He said that I’m of great value to Him. And that He wants to walk with me every moment. And I can always run to Him.

I’m so sorry for my mom’s pain. I feel I can forgive her now for saying those things.

M: God we thank you for this! Thank you that you love D so much that you died for her so that she could be set free.

For the other things on the list (D’s mom not having time for D and favoring her brother), please show D which of these things she feels like she can release to you now, and forgive her mom for, and which if any feel hard to release.

D: I think I can release them all now. God’s showing me that my mom was very wounded herself and didn’t know how to connect with me. I feel sad about that, but like I can forgive my mom for it. I think she favored my brother because he was quick at math. But I have other things I’m good at. More importantly, God loves me.

M: Would you like to pray a prayer of forgiveness for your mom now?

D: Yes. God, I choose to forgive my mom for all these things – as well as for not being the perfect mom I thought she should be. Please bless her and help her to grow in you, and into who you made her to be. Thank you that she knows you.

M: God, we thank you that D has forgiven her mom for these things. If any other things come up that D needs to forgive her mom for, please help her to do that.

God, please help D feel as much as you want her to now of the sadness she feels about her mom not knowing how to connect with her. [Wait about 5 seconds.]

As D feels this sadness, please come and carry this for her, and help her to give you her burden. [Wait about 10-15 seconds.] M: Diane, how do you feel?

D: I feel peaceful.

M: God we thank you for carrying this burden. Please fill D with yourself, and with your joy. Please deepen her intimacy with you day by day.

God, I pray you'll show D how what you've spoken relates to the situation with Sue. And if D needs to forgive Sue.

D: God's showing me that I've been wanting Sue to always be there for me – like my mom couldn't. But that Sue has a family and works, and can't be there for me all the time. But God can. I've been unreasonable in my expectations with Sue. I need to release her from being for me what my mom couldn't be for me. I don't think I need to forgive her, because she really didn't do anything wrong. She didn't know I was coming.

God, I release Sue from being my mom for me. Help me to receive from you all that I need.

M: God, thank you for giving D your perspective and helping her to release Sue. Thank you that you give D all she needs for life and godliness. Please show us if there's anything else you'd like us to pray through now.

D: I feel peaceful. I don't think there's anything else right now.

M: God we thank you for all you've done during this prayer time. We exalt your name and ask that your Kingdom come and your will be done, in our lives as it is in heaven.

In the name of Jesus we bind any demonic that was connected to these issues, and command that they go now to the place Jesus sends them, and never return.

God we ask that you fill every empty place in us with yourself and protect us by your power. Please especially bless the places in D that you've healed today, and help her to access these healed memories when she chooses to. Please help D to live in the truth that you've revealed to her, and apply this truth in her life. Please help D to continually catch any negative thoughts, feelings, or actions and pray through any root causes, get your perspective, and apply it in her life and to her relationships. Please help D to keep growing in intimacy with you. Thank you that you've brought us out of darkness into your marvelous light, that you love to walk with us, and that you transform our minds. Please continue your healing in us. We give you all the praise and honor and glory. In Jesus name, Amen.

[Follow-up ideas: see page 8 (condensed version).]

Result: D feels released. When she returns home she finds that Sue has called. She calls her back and Sue joyfully thanks her for the cake. D thanks God for the good resolution. D grows in being a better friend (not putting unreasonable expectations on Sue). D also grows in intimacy with God, and in joy.