

# *Wholeness Prayer*

*Simplified Version*

*Freedom for the Captives Ministries*

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## ❧ Introduction and Basic Principles ❧

### ❧ What is Wholeness Prayer?

Wholeness prayer is a powerful way to partner with God in people's personal restoration and discipleship process. It helps people connect with God through prayer, and asks God to speak directly to the person being prayed for at their point of need. The five main steps involved in wholeness prayer are:

- (1) *Recognize*: Identify (take captive) your negative feelings, thoughts, and actions
- (2) *Recent*: Bring these to God and ask Him to reveal a related recent memory
- (3) *Root*: Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way
- (4) *Receive*: Receive His perspective - first at the root, if there is one
- (5) *Renew*: Apply this perspective in everyday life.

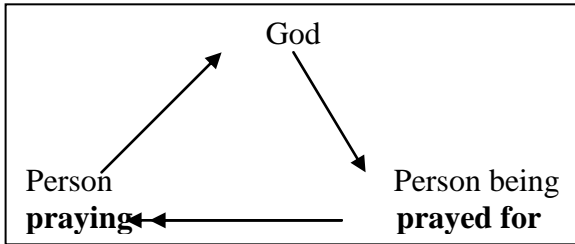
### ❧ Background

- Followers of Christ are still in process. *2 Corinthians 3:18b* “*And we...are being transformed into his likeness with ever-increasing glory...*”
- We are engaged in spiritual warfare. *Ephesians 6:12*.
- If our joy is stolen *or* if we have unhealthy thoughts or are acting in unhealthy ways, these are signs that there is something we need to take captive and pray through.

### ❧ Basic Principles

- Hearing God speak directly to us at our point of need
- Helping others to grow in hearing God speak directly to them at their point of need

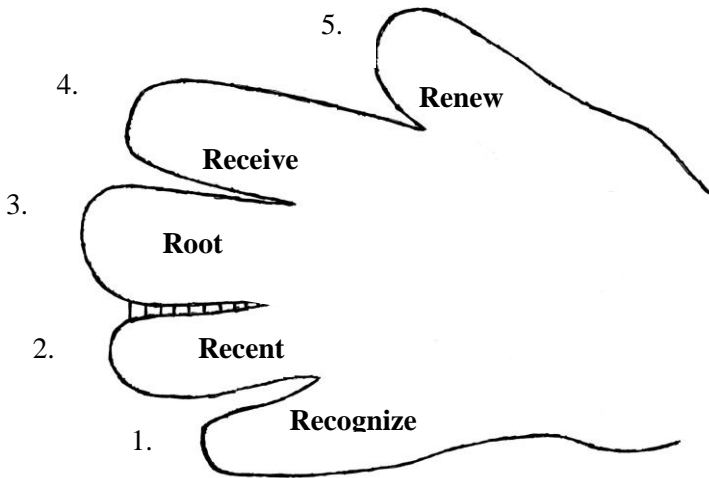
- Identifying (taking captive) our thoughts, feelings and reasons for our behavior, and praying through any root issues
- 3-way prayer



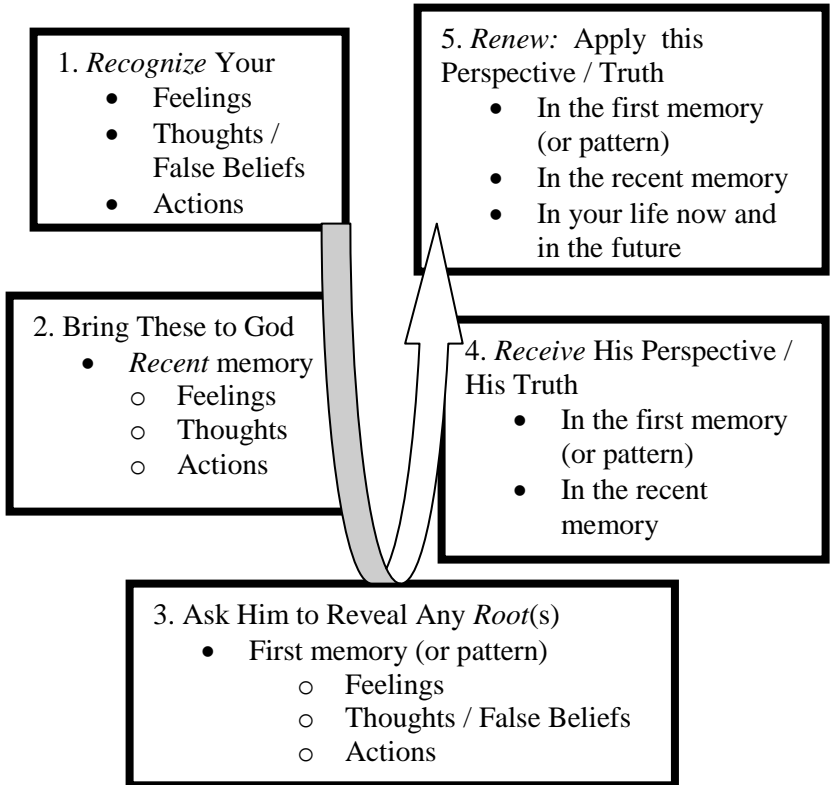
- God leads the process (not us!)
- We partner with God and:
  - Keep silent
  - Listen
- Humility: ↔ (same level) not ↓ (one person higher than another)
- Keep confidentiality!



### Basic Steps Involved in Wholeness Prayer



## ☞ A Diagram of the Wholeness Prayer Process



## ☞ Questions to ask God (silently) when you're praying for someone:

- Where are we at present in this process?
- What keys might be helpful to use now?
- What might be a good thing to bring to God in prayer now?
- Note: Usually, the first thought or feeling that comes into the mind of the being prayed for is the next one to bring to God.



## Wholeness Prayer Sample Prayers

1. Related to *recognize* (take captive) feelings, thoughts / false beliefs, actions:

Lord God, please reveal to [*the person being prayed for*] anything within them that would be good to pray through now. (For example lost joy, negative emotions, false beliefs, someone to forgive, and/or unhealthy actions.)

2. Related to bring these to God and asking Him to reveal a *recent* related memory:

Lord God, please reveal to [*the person being prayed for*] a recent time when they felt, thought and/or acted this way.

Lord God, in this recent memory please reveal to [*the person being prayed for*] any thoughts, feelings and/or actions that are important for them to know now, so that they can bring them back to you in prayer.

3. Related to ask God to reveal any *root(s)*:

Lord God, as [*the person being prayed for*] *thinks and feels* as much as you want them to of what they were thinking and feeling in this recent memory, please reveal to them the first time they thought, felt, or acted this way, and/or if this has been a pattern in their life.

Lord God, in this first memory (or pattern), please reveal to [*the person being prayed for*] any thoughts, feelings, and/or actions that they need to know so that we can bring them back to you in prayer.

4. Related to *receive* God's perspective (in the first memory or pattern):

Lord God, as [*the person being prayed for*] *thinks and feels* as much as you want them to of what they were thinking and feeling in this memory, please reveal your perspective.

Lord God, please reveal to [*the person being prayed for*] if there is anything remaining in this memory that doesn't yet feel peaceful. [Continue to pray through these issues as God leads.]

5. Related to *renew* – apply God's perspective:

Lord God, please show [*the person being prayed for*] how the truth you've revealed applies (or could have applied) in the first memory (or pattern).

Lord God, please show [*the person being prayed for*] how the truth you've revealed applies (or could have applied) in the recent memory.

Lord God, please show [*the person being prayed for*] how the truth you've revealed applies to their life now in for the future.

*Note: Sample prayers have not been included for giving thanks frequently during the prayer time. This is encouraged. ☺*



**Keys:**

- Recognize
- Recent
- Root
- Receive
- Renew





## ∞ Freedom from Generational Bondage ∞



**Biblical Basis:** “Yet he does not leave the guilty unpunished; he punishes the children and their children for the sins of the fathers to the third and fourth generation” (Exodus 34:7b).

∞ **Brief Explanation**<sup>1</sup>: If a trend or pattern shows itself over several generations, there is the possibility that generational sin is present in the family line.

Generational sin is like any other sin. It needs to be dealt with by confessing the sin to God and repenting of the behavior.

∞ **Goal:** To identify, confess and be set free from the consequences of generational sin.

∞ **Indicators:** Sin, negative traits or unhealthy patterns similar to those of your ancestors.



### **Basic Steps in the Process:**

1. Opening prayer. (See Keys.)
2. Prayerfully look over the attachment. Ask God to reveal any generational sins or patterns (on either parent’s side of the family) that need to be prayed through (whether on the attachment or not).
3. Read silently through the sample prayer below and decide if it’s something you’d like to pray and/or modify. If it is, pray the prayer out loud, with any modifications you’ve made.
4. Closing prayer. (See Keys.)
5. Follow up as God leads.

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<sup>1</sup> Adapted with permission from “*A Theory and Process for Christian Counseling & Inner Healing*” by Alfred Davis, page 31-33



**Sample Prayer<sup>2</sup>:** *I confess the following sins of my ancestors. (Read out the sins on your list.) I renounce, reject and disown all the sins of my ancestors. I repent of their beliefs, their actions and their unrighteous behavior. I declare the assignments, the curses and the powers flowing from those curses to be null and void. I break all rights, grounds, or privileges that these sins have had in my life and I will live under their authority no longer, because I belong to Jesus Christ.*

*I place the cross of Jesus Christ between me and anything I need protection from regarding each member of my family (name any ancestors you desire) and all those I have not known or named. I reject any and every way that Satan claims ownership over me. By the authority that I have in Jesus Christ, I now command every family and ancestral spirit to be bound in chains and be stripped of all armor, weapons, power, authority and illusions. I command that they now throw down at the foot of the cross of Jesus Christ all plans, programs, agendas and assignments that they have had in my life. I command that they now return everything that they have stolen from me emotionally, mentally, physically and spiritually. I command that they go to the place Jesus sends them.*

*Jesus, I invite you to fill me now with your Holy Spirit. I ask you to build a spiritual wall of protection between me and anything I need protection from regarding my mother, and between me and anything I need protection from regarding my father and all their ancestors. Make these protective walls as high and wide as they need to be to provide complete spiritual protection, and seal those walls with the blood of Christ. At the same time, please bless my relationship with each member of my family who is still living and help us to grow in good and healthy ways together.*

*I come before you now God, as your child, purchased by the blood of Christ. Let the blood of Christ completely cleanse my own bloodline. I commit myself to the renewing of my mind, and I align my will with your good and perfect will. All this I do in the name and authority of the Lord Jesus Christ. Amen.*

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<sup>2</sup> *ibid*, page 139-140

☞ **Follow Up:** Repent of any sins that God identified in your own life. Work through any related issues.



**Keys:**

- Identify generational bondage at work in your life.
- Confess this and ask God to protect you.

☞ **List of Potential Generational Sins, Negative Patterns or Inherited Traits<sup>3</sup>:**

<b>Sexual Sins</b>	<b>Addictions</b>
fornication	alcohol
adultery	tobacco
perversions	drugs
pornography	gambling
sexual abuse	food
lust	obsessive/compulsive
incest	workaholism
<b>Death</b>	<b>Physical Problems</b>
miscarriages	chemical imbalance
abortions	depression
still birth	mood disorders
early death	schizophrenia
accidental death	
suicide	<b>Abuse</b>
murder	physical
	emotional
	spiritual
	sexual

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<sup>3</sup> *ibid*, page 33-34. This list is not meant to be fully comprehensive.

<b>Personal and Relational</b>	<b>Blame/</b>
lying	<b>Self-Punishment</b>
selfishness	self-blame
laziness	self-accusation
gossip	self-hatred
negativity	self-destruction
deception	self-criticism
manipulating others	self-shame
criticism	self-anger
blame shifting	
revenge	<b>Religious and/or</b>
avoiding responsibility	<b>Idolatrous</b>
	freemasonry
<b>Unhealthy emotions</b>	occult
anger/rage	witchcraft
unforgiveness	religious cults
fear	new age
guilt	eastern religions
rejection	psychic practices
hatred of women	rebellion
control	love of money
bitterness	prejudice
pride	envy
worry/anxiety	traditional ceremonies
shame	spirit worship
abandonment	idol worship
hatred of men	worship of false gods
perfectionism	following false religions
	curses
	traditional healers
	ancestor worship

## ❧ Replacing Curses with Blessings ❧



**Biblical Basis:** *“Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ” (Ephesians 1:3).*

**❧Brief Explanation<sup>4</sup>:** Parents and other influencers can have a powerful impact on a child – for good or ill. A parental blessing is very empowering. You may have been blessed by your parents at key periods in your life, whether this blessing was given formally or informally. Or there may have been an absence of blessing at some key periods of your life, where your parents were unaffirming, or even cursed you in some way. If you experienced neglect, or hurtful words or actions, you may have begun to live from a destructive set of beliefs about yourself.

If you are a believer in Christ and you have felt cursed (or felt a lack of blessing) at significant points in your life, God would like to help you identify those and replace them with His blessings. He wants you to know who you truly are in Him.

*Note: Blessings can be either general or specific. A general blessing, such as “I trust you to make good choices,” is very empowering. While your parents (or other significant influencers in your life) may no longer be living when some significant (past, present or future) events happen(ed) in your life, you may feel they have given you a general sense of blessing and empowerment.*

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<sup>4</sup> Adapted with permission from “A Theory and Process for Christian Counseling & Inner Healing” by Alfred Davis, page 35-37

🌀 **Goal:** To identify blessings and receive them. To identify curses or lack of blessing and ask God to replace them with blessings.

🌀 **Indicators:** Lack of blessing; lack of empowerment.

 **Basic Steps:**

1. Opening prayer. (See Keys.)
2. Ask God to reveal to you significant times in your life when you felt blessed by your parents or other significant family members. Receive these blessings in the name of Jesus.
3. Ask God to reveal to you significant times in your life when you felt either a curse or a lack of blessing from your parents or other significant family members. Ask God to replace these with a blessing. Receive the blessings that God has given you.
4. Pray a prayer of blessing on your parents. If you have children, pray a prayer of blessing on them as well.
5. Closing prayer. (See Keys.)

 **Keys:**

- Receive blessings
- Curses replaced with blessings

## ~ Emotional Wounds Based on False Beliefs ~



**Biblical Basis:** “*And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of the fullness of God.*” (Ephesians 3:17b-19).

~ **Brief Explanation:** Emotional wounds are places in your heart that hurt. You may have believed false, hurtful things that were said to or about you. Or you may have made false conclusions about yourself, others, or the world in general.

False beliefs are a *belief*. They feel true. They may have *some* truth in them. But they are ultimately *false*. A few examples of false beliefs are: “No one loves me,” “I’m worthless,” “Life is without hope,” “I can never change,” and “I can never trust anyone.”


The pain contained in emotional wounds tends to be triggered by anything that’s remotely similar to the situation where they began. These “triggers” are actually opportunities for growth and healing, as you take captive (identify and bring to God) the thoughts and emotions related to them, and seek God’s perspective on these. Getting God’s perspective doesn’t change what actually happened in the event, but it can dramatically change how you think and feel about what happened.

*Note: If you’ve experienced severe trauma or the feelings related to a memory are quite strong, work through those issues with someone. Later on, you may want to process other less painful memories on your own.*



🌀 **Goal:** Identify and work through the root(s) of emotional wounds. Receive God's perspective.

🌀 **Indicators:** Fear; Anger; Shame; Depression; Other negative emotions.

 **Basic Steps:** (See also "A Diagram of the Wholeness Prayer Process" in the Introduction and Basic Principles Module.)

1. Opening prayer.
2. Identify (take captive) the trigger: negative thoughts and emotions, and/or unhealthy actions.
3. Bring these to God and ask Him to reveal a recent time you thought, felt, and/or acted in this way.
4. Think and feel as much as God wants you to of what you were thinking and feeling in the recent memory.
5. Ask God to reveal the first (or a representative early) time you thought, felt and/or acted this way.
6. Think and feel as much as God wants you to of what you were thinking and feeling in the early memory.
7. Receive God's perspective: in the first or representative memory, then in the recent memory.
8. Apply His perspective: in the first or representative memory, then in the recent memory, then in your life now and for the future.
9. Closing prayer.
10. Follow through with any follow-up steps God reveals.



**Keys:** Feelings, Memory, False Belief



**Keys for Anger:**

- Anger isn't a root emotion.
- Pray through the root (underlying) emotion – usually frustration, fear, shame and/or hurt

## ☞ Praying Through Trauma ☞



**Biblical Basis:** *“I sought the LORD, and he answered me; he delivered me from all my fears.*

*Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; he saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the man who takes refuge in him”* (Psalm 34:4-8).

**☞Brief Explanation:** A trauma is: “A severe emotional shock having a deep, often lasting effect upon the personality”<sup>5</sup> People respond to trauma in different ways. Normal reactions to trauma include shock, anxiety, denial, guilt, anger, shame and grief. If the trauma is similar to any unresolved emotional wounds from the past, those may be triggered as well. God offers all believers in Christ His peace and freedom from fear.

**☞Goal:** Receive God’s truth, and peace for each event in the trauma. Give the burden of the trauma to God. Be free of any evil that was connected to the trauma.

**☞Indicators:** Fear, anxiety, loss, sadness, lack of peace.



### **Basic steps:**

1. Opening prayer.
2. For each event in the trauma that is not yet peaceful:
  - a. Identify your thoughts and feelings in the event.
  - b. Think and feel as much as God wants you too of what you were thinking and feeling in the event.
  - c. Identify the first time you thought or felt that way.

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<sup>5</sup> Definition from “Funk & Wagnalls Standard College Dictionary,” copyright 1977 by Harper & Row, Publishers, Inc.

- i. Think and feel as much as God wants you to of what you were thinking and feeling in the original memory.
  - ii. Invite God to reveal His truth in that memory.
  - iii. Work through the memory until it is peaceful.
- d. Invite God to reveal His truth in the related event of the trauma.
3. Continue until each event in the trauma feels peaceful.
4. Apply God's truth in the original memories, the events in the trauma, and for the future.
5. Ask God to bring to your mind anyone you've not yet forgiven, any remaining feelings of loss, anger, or fear related to the trauma, and/or any other issues to work through. Work through these.
6. As you feel any remaining burden of the trauma, ask God to carry this. Give Him this burden. (Isaiah 53:4)
7. Command, in the name of Jesus, any demonic elements that had a foothold because of the trauma to go now where Jesus sends them and never return.
8. Closing prayer.
9. Follow through with any follow-up steps God reveals.

### **Follow-up:**

1. Rest and exercise.
2. Share regularly with someone who is able to listen with compassion and grace. Seek God's perspective together.
3. Remember that working through trauma is a process.



### **Keys:**

- Work through each event in the trauma
- Ask God to carry the burden of the trauma
- Bind and cast out any evil spirits connected to the trauma

## ☞ Grieving the Losses of Life ☞

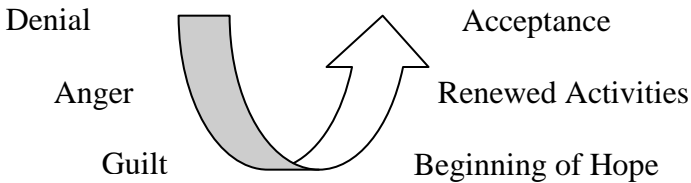


**Biblical Basis:** “Blessed are those who mourn, for they will be comforted” (Matthew 5:4).

☞**Brief Explanation:** Grief is a process with defined stages. People grieve in different ways.

### Stages of Grief

(These can be cyclical.)



### Grief and Mourning

Times of increased vulnerability are right before the guilt stage and just after the beginning of hope.

☞**Goals:** To connect with God in the grieving process. To work through any stuck places together with Him. To ask God to carry our grief (Isaiah 53:4) and give us joy.

☞**Indicators:** Grief, loss, sadness, anger, guilt, fear, pain, confusion, anxiety, lack of joy, depression.

### **Basic Steps:**

1. Opening prayer.
2. Recognize that working through grief and loss is a process.
3. Ask God to help you identify how you feel.
4. As your feelings are identified, bring them to God. Ask Him your questions. Listen for His perspective.

5. If you have unresolved feelings, especially of anger, guilt, fear, or depression, pray through these.
6. If any trauma was involved in the loss, pray through each significant part of the trauma.
7. Ask God to reveal any “hidden losses” involved. Grieve these as well. Ask God to carry your pain.
8. If you were unable to have a time for closure, talk to God about this. Tell Him how you feel. Pray through the memories where you didn’t get closure.
9. Ask God to show you if you are carrying the burden of someone else’s pain. If you are, ask Him to carry this burden.

### **Follow-up:**

1. Remember that grieving is a process.
2. Ask God to continue to walk with you through the process, and help you to keep taking the next step.
3. Keep telling God how you feel. Search the Psalms (and other parts of the Bible) for relevant Scriptures.
4. Ask God to help you develop a relationship with someone who is willing to listen to you at any time.
5. Keep working through each part of the grieving process, asking God for His perspective, and asking Him to carry your pain. (Isaiah 53:4-5)
6. If possible, exercise regularly.



### **Keys:**

- Working through grief and loss is a process.
- People can get stuck in the grieving process. If this happens, it can be worked through.
- God wants to walk alongside those who grieve and carry their unpleasant emotions (Isaiah 53:4).



### **Keys for Unpleasant Emotions Based on Truth:**

- Ask God to carry the burden (Isaiah 53:4)
- Give Him the burden

## ☞ Confessing and Turning from Sin ☞



**Biblical Basis:** “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)

### ☞ Brief Explanation:

*Confessing your sin* involves agreeing with God that what you did is wrong, and asking for His forgiveness.

*Turning from your sin* involves choosing a new path of holiness instead of the old path that included the sin.

Your part is to *choose* the new path and *ask* God to empower you to walk in it. This includes asking God to help you take your thoughts captive (including your emotions) and getting His perspective on these. This may also include seeking healing from emotional wounds of the past.

Seeking reconciliation and/or offering restitution may be another part of the process of turning from your sin.

☞ **Goal:** Identify, confess and turn from sin.

☞ **Indicators:** Patterns and actions which are incompatible with Biblical commands, for example: sexual sin, pride, lying, love of money, unhealthy control and manipulation.



### **Basic Steps:**

1. Opening prayer.
2. Ask God to reveal to you any sins that you need to confess and turn from.

3. Ask God to show you anything within you that contributed to your choice to sin. Work through these, including any related emotional wounds.
4. Confess your sin(s) to God and ask for His forgiveness. As you turn from the sin, ask God to reveal any steps for follow-up.
5. Ask God to fill any empty places within you and help you not to sin in this way again.
6. Closing prayer.

### **Follow-up:**

1. Follow through, with God's help, with whatever follow-up steps He has shown you.
2. Ask God to continue to show you when you sin. When He shows you, quickly confess it to Him and turn from it. Work through any related issues.



### **Keys:**

- Pray through anything that contributed to the decision to sin in this way (why chosen)



### **Keys Regarding Sexual Sin:**

- Pray through anything that contributed to the decision to sin in this way (why chosen)
- Break, restore, cleanse
- Develop healthy boundaries



### **Keys Regarding Healthy Boundaries:**

- Find
- Apply

## ❧ Breaking Internal Strongholds ❧



**Biblical Basis:** *“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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” (2 Corinthians 10:3-5).*

### ❧ Brief Explanation:

An internal stronghold is anything within you that sets itself up against the knowledge of God. It’s a strong “holdout” against God saturating every part of your being. It acts as a wall between you and what God wants to do in you.

❧ **Goals:** Identify, confess and work through any internal strongholds operative in your life.

❧ **Indicators:** Negative vows, judging, feeling judged, cursing others, feeling cursed, unhealthy emotional bonds, fear bonds.



### ❧ Basic Steps:

1. Opening prayer.
2. Ask God to show you any internal strongholds you have.
3. Ask God to identify any root(s) related to these. Work through these together with God.
4. Ask God to break the power of these strongholds.
5. Ask God to fill you with His truth – especially in any of the places where strongholds have been broken.



6. Look for Scriptures that relate to these. Ask God to help you to apply them at a heart level and to live in truth.
7. If there are any demonic elements that had a foothold because of something that has now been broken, command them in the name of Jesus to go now where He sends them, and never return.
8. Ask Jesus to protect you and fill with Himself any empty places in you.
9. Closing prayer.
10. Follow through, with God's help, with whatever follow-up steps He has shown you.



### **Keys:**

- Identify
- Work through related issues
- Ask God to break



### **Keys Regarding Negative Vows:**

- Work through why chosen (root(s))
- Ask God to nullify



### **Keys Regarding Feeling Cursed:**

- Work through root and related issues
- Ask God to break and replace with a blessing
- Ask God to protect



### **Keys Regarding Cursing Others:**

- Identify any ways you have cursed others. For each:
  - Ask God to forgive you.
  - Work through anything within you that contributed to your decision to curse this person.
  - Ask God to break this curse and replace it with a blessing.



### **Keys Regarding Feeling Judged:**

- Identify any ways in which you feel judged. (Note: It's possible that the person may not actually *be* judging you, even if you've felt judged by them.)
- Ask God to show you if any sin within you might have contributed to the person's decision to judge you. If there is any, confess this to Him and turn from it. Ask Him to forgive you.
- Ask God to show you anything within *you* that contributed to your feeling judged. Work through these issues.
- For each way you've felt judged:
  - Tell God how you feel.
  - Ask God to destroy the results of this (perceived or actual) judgment.
  - Forgive the person and pray a prayer of blessing on them.
  - Ask God to pour blessing on you as well.



### **Keys Regarding Judging Others:**

- Ask God to reveal to you any ways in which you have judged someone.
- Ask God to reveal anything within you that contributed to your decision to judge this person. Work through these issues, together with God.
- Ask God to free the person you judged from any negative effects of your judgment.
- Pray a prayer of blessing on the person.
- Ask God to help you not to judge others anymore.



### **Keys Regarding Unhealthy Emotional Bonds:**

- Identify
- Work through any root(s) (reason(s) why you chose unhealthy bonds and/or want to keep them)
- Ask God to *break* unhealthy bonds and *replace* them with healthy bonds



### **Keys Regarding Fear Bonds:**

- Identify
- Ask God to show you if you're ready to ask Him to break those fear bonds and replace them with love bonds. If you're not yet ready, ask Him to show you why. Work through these issues, together with Him.
- Ask God to break any fear bonds in your life and replace them with love bonds. This may be a process.
- Ask God to show you how to respond to the person (with whom you had the fear bond) in a healthy way and to help you to do this.

*(For more information, see the complete version of these modules, available at [www.freemin.org](http://www.freemin.org).)*

## ☞ Forgiving Others ☞



**Biblical Basis:** “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you” (Ephesians 4:32).

☞ **Brief Explanation:** Forgiveness comes from the heart. (See Matthew 18:21-35.) It is not dependent on any action of the person being forgiven, (such as apologizing). Forgiving someone means releasing the offenses and the results of those offenses to God. In the process you are also released.

☞ **Goals:** Identify and release into God’s hands any offenses committed against you.

☞ **Indicators:** Hurt; Frustration; Anger; Bitterness; Hatred; Judgment; Desire for revenge.



### **Basic Steps:**

1. Opening prayer.
2. Identify anyone you’ve not yet forgiven, and any offenses for which you’ve not yet forgiven them.
3. See if you’re able to fully give each item to Jesus.
4. For any items or emotions that you don’t feel able to fully release, work through any root issues, together with God. *Common reasons people have trouble forgiving someone include:*
  - a. *Believing that forgiving the person means that what they did was okay*
  - b. *Believing that forgiving the person means the offense will happen again*

- c. *A desire for revenge*
  - d. *A desire to have the person punished for their behavior*
  - e. *A desire to protect oneself.*
5. Release each item to Jesus.
  6. Pray a prayer of blessing on the person.
  7. Closing prayer.
  8. Follow through with any follow-up steps God reveals.

**🌀 Follow-up:**

1. Get God's perspective on whether or not to go to the person and tell them about the offense.
2. Ask Jesus to show you what response is appropriate toward the person. Work to set good boundaries.  
(Notes: Remember that forgiveness is not the same as restoration (which involves both parties) or rebuilding trust. Forgiveness can take place whether or not restoration happens and/or trust is rebuilt. Forgiving someone doesn't exclude learning from past experiences. If you are in an ongoing situation that involves multiple offenses, forgiveness will be an ongoing need.)



**Keys:**

- Bind and cast out (evil spirits)
- Forgive (Are you ready to fully release the offenses, or is there anything that still is difficult to release? Work through the root issue of anything that feels difficult to release.)
- Receive (the person)
- Bless (pray a prayer of blessing)

## 🌀 Developing Healthy Patterns 🌀



**Biblical Basis:** “You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness” (Ephesians 4:22-24).

🌀**Brief Explanation:** *Healthy patterns* are consistent with Biblical truth. They consist of mature, godly responses to situations and emotions.

An *unhealthy pattern* is a habitual sequence of unhealthy responses, made in an attempt to get back to joy from the negative emotions involved. These unhealthy responses are part of living in the patterns of the old nature, rather than those of the new nature (Ephesians 4:22-24).

🌀**Goals:** To identify unhealthy patterns and replace them with healthy patterns.

🌀**Indicators:** Unhealthy patterns; Acting and/or responding in unhealthy ways.



### **Basic Steps:**

1. Opening prayer.
2. Ask God to show you any unhealthy pattern(s) presently operating in your life.
3. Ask God to show you what triggered the unhealthy pattern. To facilitate this:
  - Ask God to bring to your mind a representative time in the recent past when this unhealthy pattern was operating in your life.
  - 
  - Start with the *first* step you’re aware of in the unhealthy pattern (a thought, feeling and/or reaction you had).

- Ask God to help you remember any other details of how you *thought, felt* and *reacted* at that time
- Ask Him to show you *why* you thought, felt and/or reacted that way

○

- Ask God to show you how you felt and reacted right *before* that (unless you've already identified the trigger)
- Ask God to show you *why* you felt and reacted that way

○

- Keep asking God to show you *how* you felt and reacted and *why* you felt and reacted the way you did, until you get to the *actual* first step in the sequence.
- Ask God to show you *what* triggered the first negative emotion(s) in the sequence.

4. Work through any root issues that are related to the first negative emotion(s) in the sequence.
5. If you haven't already identified the entire pattern, ask God to reveal any other steps in it that you need to be aware of, to facilitate breaking it. To help identify the entire pattern:
  - Start with the *last* step you're aware of in the unhealthy pattern.
  - Ask God to help you remember how you *thought, felt* and *reacted* at that time
  - Ask Him to show you *why* you thought, felt and reacted that way

○

- Ask God to show you how you thought, felt and reacted right *after* that (unless you've already identified the last step in the unhealthy pattern)
- Ask God to show you *why* you thought, felt and reacted that way

○

- Keep asking God to show you *how* you felt and reacted and *why* you felt and reacted the way you did, until you get to the last step in the sequence.
6. Ask God to show you what a healthy response would have been to the *initial* situation – the one that triggered your first negative emotion and unhealthy response.
  7. Ask God to show you if this healthy *response* is one you feel able and willing to choose.
    - If so, ask Him to help you remember that you can choose this new response and develop the habit of responding in this way.
    - If not, ask Him why. Work through any root issues, together with Him.
  8. Ask God to show you a healthy pattern that could spring from this new healthy response. *Note: God may already have revealed this, or parts of this, in the steps above.* (Some ways to learn healthy patterns are listed in Module 10 of *Out of Darkness into Light, Wholeness Prayer Basic Modules, Standard Version*, available online at [www.freemin.org](http://www.freemin.org).)
  9. Ask God to show you how this new, healthy pattern could apply in similar situations you may encounter.
  10. Ask God to show you if this new *pattern* is one you feel able and willing to learn to apply.
    - If so, ask Him to help you walk in this new pattern.
    - If not, ask Him why. Work through any root issues, together with Him.
  11. Ask God to help you walk in this new pattern. Ask Him to gently remind you if you start to respond in the old way.
  12. Find Scriptures that relate to this new pattern. Meditate on them. Enjoy them.
  13. Thank God for what He's done!
  14. Closing prayer.



## 🌀 Follow-up:

1. Learn to walk in the new pattern. Practicing it will help it become a habit. Telling others about it helps to reinforce it.
2. Ask God to continually show you
  - Any unhealthy patterns that are operating in your life.
  - Any time you respond to a situation in an unhealthy way. (If you respond to a situation in an unhealthy way, ask God to show if this is part of an unhealthy pattern.)
3. As He shows you these, work through the process above, as needed.
4. Ask God to help you continually identify/take captive any unpleasant emotions you experience. If you don't yet know how to get back to joy from them, ask God to show you the way back to joy from the emotions.



## Keys:

- Identify the pattern
- Find the root (the first unpleasant emotion in the cycle and what triggered it)
- Find the healthy way back to joy from initial unpleasant emotion
- Ask God to show you how to respond to the initial situation in a healthy way
- Understand and apply a new, healthy pattern.

## ❧ Growing in Hearing God ❧ Simplified Version

*Note: If you have a mentor, you may want to ask them to help you process this checklist. If you don't have a mentor, you might want to ask God to help you find one. A mentor who hears God can be very helpful to your spiritual growth process.*



**Biblical Basis:** “My sheep hear My voice, and I know them, and they follow Me” (John 10:27).

### ❧ Brief Explanation:

#### I. Understanding – Biblical and Experiential

##### A. Biblical

1. Do you believe that God speaks to His children?
2. Are you one of His children?
3. Do you believe that God wants to speak to *you* in ways you can understand? If not, why not?

##### B. Experiential

1. Are you aware of the various ways God speaks to His children?

They include:

- God speaking to us through scripture – generally or specifically
- God speaking to us through nature
- God speaking to us through people
- God reminding us of something or pointing out its significance
- Holy Spirit inspired:
  - Impressions
  - Thoughts
  - Insights
  - Creative ideas

- God orchestrating occurrences in our lives
  - A sense of “release and peace”<sup>6</sup>
  - Dreams and visions
  - God speaking to us in an audible voice
  - Miraculous occurrences
  - Other ways God speaks to us
2. How have you experienced God speaking to you in the past (if you have)? Give one to five significant examples.
  3. Would you like God to speak to you more? If so, ask Him to help you grow in hearing His voice.

## II. Hindrances to Hearing God’s Voice

*Note: More explanation of these hindrances, including exercises for identifying them and ideas for overcoming them are in the standard version of “Growing in Hearing God,” available online at [www.freemin.org](http://www.freemin.org).*

- A. Related to Biblical Understanding
  1. Not believing that God speaks to His children
  2. Not knowing that you are His child
  3. Not believing that God wants to speak to *you*
  
- B. Related to Your Concept of God
  1. When the “god” Your Parents Showed You Is Not the True God
  2. Abuse and Trauma
  3. Other Hindrances to Viewing God as He is
  
- C. Related to Your Concept of Self
  1. How You Think God Views You
  2. How You View Yourself

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<sup>6</sup> Term from *Positioning for Power*, by Stuart Robinson, ©1998 Stuart Robinson.

D. Other Hindrances to Hearing God

1. Anger, Bitterness, Rage, Desire for Revenge, and/or a Critical Spirit
2. Fear, Anxiety, Doubt
3. Unforgiveness
4. Unconfessed Sin
5. An Unsurrendered Heart and/or Unsurrendered Outcomes
6. A Focus on Self and/or Self-Protection
7. Vows and Decisions
8. Feeling that asking God to speak to you is unrealistic or unwise for some reason
9. View of Relationships
10. Busy-ness
11. A Lack of Patience
12. Not *Really* Wanting to Hear What God Has to Say
13. Not Knowing How to Listen
14. Not Obeying Something God Already Said
15. Other Hindrances.



**Basic Steps in Learning to Listen to Others:**

- Caring about what they have to say
- Encouraging them to share with you
- Taking the time to listen to what they have to say
- Reflecting back to them what you think they said and getting their feedback
- Refining your listening skills so that you can more accurately hear what they are saying.



### **Basic Steps in Learning to Listen to God:**

- Caring about what He has to say
- Asking Him to speak to you
- Taking time to listen to what He has to say (including growing in your knowledge of God's Word, and learning to be still)
- Reflecting back to God what you think He's saying and asking Him to help you discern whether or not that's really what He's saying
- Refining your listening skills so that you can more accurately hear what God is saying.



### **Basic Steps for Growing in Hearing God and Overcoming any Hindrances:**

- *Ask* God to Help You. Ask Him:
  - To help you grow in hearing His voice
  - To help you hear His every whisper.
- *Seek* to Overcome any Hindrances. Ask God:
  - To help you fully trust Him, surrender to Him, and obey Him
  - To show you any hindrances you have to hearing His voice.
  - To overcome any hindrances you have to hearing His voice.
  - To show you practical ways to overcome these hindrances. (You may want to ask a mentor to help you with this, including to discern which hindrances to focus on overcoming first, and which to focus more on later.)
- *Practice* Hearing God's Voice
  - Set aside regular times to listen to God.
  - Ask God to speak to you throughout your day – in whatever ways He chooses – and to help you to hear all that He's speaking to you.

- *Test and Evaluate*
  - Test what you hear to make sure it's consistent with God's Word.
  - Evaluate whether or not what you heard is really God speaking.
  - Get the perspective of someone who is spiritually mature and has good discernment.
  - Continue growing in discernment and in learning to hear God's voice.
  - Continue to *ask, seek, practice, test and evaluate*.

### 🌀 **Follow Up:**

- Periodically evaluate your progress.
- Celebrate your successes.
- Through studying God's word:
  - Learn more about who God really is
  - Learn more about how much God really loves you
  - Learn more about how often God wants to speak to you. (God is always speaking to us, but we don't always hear Him. He's put His Holy Spirit, who loves to communicate with us, in our hearts. God wants us to grow in hearing His voice.)
  - Learn more about God's ways and perspective.
- Rejoice that God wants to communicate with you, and that through His power He is fully able to help you grow in hearing His voice. To Him be the glory!



### **Keys:**

- Ask
- Seek
- Practice
- Test and evaluate



## ☞ Connecting with Your Feelings ☞ Simplified Version

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☞ **Brief Explanation:** Many people are taught not to feel their emotions, or only to feel certain emotions such as anger (more common for western men) or sadness (more common for western women). Some of the reasons people are not in touch with their emotions are:

- Believing unhelpful comments made by people in our lives
- Observing or growing up in a family in which emotions were *not* expressed or encouraged.
- Being exposed to a trauma once or several times.
- Deciding at an early age not to feel some or all emotions because to feel them seemed not helpful or too painful.

What happens, however, when we decide not to feel certain emotions, is a smothering or flattening effect for almost all other emotions – like a blanket has been placed over all of them.



**Biblical Basis:** Instead of suppressing our emotions, scripture encourages us to bring them to God and process them together with Him. (See Heb 4:15-16, Eph 4:26-27, James 1:19-20, Is 53:4, Matt 11:28-30, Gal 5:22-23, John 14:27, and various psalms.)

As we come to God with our emotions, He helps us to process these and get His perspective on each situation. He also empowers us to control our actions and respond (from a heart level) in ways that are holy.



To bring our emotions to God, it helps to know what they are. If you're not presently in touch with how you feel, the following steps may help you.



### **Basic Steps in learning to feel:**

1. *Choose* that you want to feel as much as Jesus wants you to – at the root (if there is one) of why you decided it was better not to feel some or all emotions. (If you have previously made a choice or vow *not* to feel, give this to God and ask Him to now nullify it and replace it with your choice to feel.)
2. *Ask* Jesus to be the “screen door” regulating your feelings; and to help you process these together with Him, get His perspective on situations, and respond in a godly way. (Often people assume that the only choices are an open door – feeling everything – or a closed door – feeling nothing.)
3. *Learn*:
  - To recognize what your body is telling you about how you feel
  - Feeling words
    - The meanings of these words
    - How to recognize these feelings in yourself and others.
4. *Practice* in community.
5. *Work through hindrances* (such as believing that it's not okay to feel anger).



**Keys:** Choose, ask, learn, practice, work through hindrances

Note: Lists of feeling words and related learning activities are included in the standard version of “Connecting with Your Feelings,” available online at [www.freemin.org](http://www.freemin.org).

## 🌀 Keys 🌀



### **Opening Prayer:**

- Invite God to lead and to accomplish all He desires through this time
- Ask for His protection
- Bind the evil one in Jesus name



### **Basic Steps:**

- Recognize
- Recent
- Root
- Receive
- Renew



### **Freedom from Generational Bondage:**

- Identify generational bondage at work in your life.
- Confess this and ask God to protect you.



### **Replacing Curses with Blessings:**

- Receive blessings
- Curses replaced with blessings



### **Emotional Wounds Based on False Beliefs:**

- Emotion
- Memory
- False belief



### **Anger:**

- Anger isn't a root emotion.
- Pray through the root (underlying) emotion – usually
  - frustration
  - fear
  - shame and/or
  - hurt



### **Trauma:**

- Work through each event in the trauma
- Ask God to carry the burden of the trauma
- Bind and cast out any evil spirits connected to the trauma



### **Grieving the Losses of Life:**

- Working through grief and loss is a process.
- People can get stuck in the grieving process. If this happens, it can be worked through.
- God wants to walk alongside those who grieve and carry their unpleasant emotions (Isaiah 53:4).



### **Unpleasant Emotions Based on Truth:**

- Ask God to carry the burden
- Give Him the burden



### **Confessing and Turning from Sin:**

- Pray through anything that contributed to the decision to sin in this way (why chosen)



### **Confessing and Turning from Sexual Sin:**

- Pray through anything that contributed to the decision to sin in this way (why chosen)
- Break, restore, cleanse
- Develop healthy boundaries



### **Developing Healthy Boundaries:**

- Find
- Apply



### **Breaking Internal Strongholds:**

- Identify
- Work through related issues
- Ask God to break



### **Regarding Negative Vows:**

- Pray through why chosen (root)
- Ask God to nullify



### **Regarding Feeling Cursed:**

- Work through root and related issues
- Ask God to break and replace with a blessing
- Ask God to protect



### **Regarding Cursing Others:**

- Identify any ways you have cursed others. For each:
  - Ask God to forgive you.
  - Work through anything within you that contributed to your decision to curse this person.
  - Ask God to break this curse and replace it with a blessing.



### **Regarding Feeling Judged:**

- Identify any ways in which you feel judged. (Note: It's possible that the person may not actually *be* judging you, even if you've felt judged by them.)
- Ask God to show you if any sin within you might have contributed to the person's decision to judge you. If there is any, confess this to Him and turn from it. Ask Him to forgive you.
- Ask God to show you anything within *you* that contributed to your feeling judged. Work through these issues.
- For each way you've felt judged:
  - Tell God how you feel.
  - Ask God to destroy the results of this (perceived or actual) judgment.
  - Forgive the person and pray a prayer of blessing on them.
  - Ask God to pour blessing on you as well.



### **Regarding Judging Others:**

- Ask God to reveal to you any ways in which you have judged someone.
- Ask God to reveal anything within you that contributed to your decision to judge this person. Work through these issues, together with God.
- Ask God to free the person you judged from any negative effects of your judgment.
- Pray a prayer of blessing on the person.
- Ask God to help you not to judge others anymore.



### **Regarding Unhealthy Emotional Bonds:**

- Identify
- Work through any root(s) (reasons why you chose unhealthy bonds and/or want to keep them)
- Ask God to *break* unhealthy bonds and *replace* them with healthy bonds



### **Regarding Fear Bonds:**

- Identify
- Ask God to show you if you're ready to ask Him to break those fear bonds and replace them with love bonds. If you're not yet ready, ask Him to show you why. Work through these issues, together with Him.
- Ask God to break any fear bonds in your life and replace them with love bonds. This may be a process.
- Ask God to show you how to respond to the person (with whom you had the fear bond) in a healthy way and to help you to do this.



### **Forgiving Others:**

- Bind and cast out (evil spirits)
- Forgive (Are you ready to fully release the offenses, or is there anything that still is difficult to release? Work through the root issue of anything that feels difficult to release.)
- Receive (the person)
- Bless (pray a prayer of blessing)



### **Developing Healthy Patterns:**

- Identify the pattern
- Find the root (the first unpleasant emotion in the cycle and what triggered it)
- Find the healthy way back to joy from initial unpleasant emotion
- Ask God to show you how to respond to the initial situation in a healthy way
- Understand and apply a new, healthy pattern.



### **Keys to Growing in Hearing God:**

- Ask
- Seek
- Practice
- Test and evaluate



### **Keys to Connecting with Your Feelings:**

- Choose
- Ask
- Learn
- Practice
- Work through hindrances



### **Closing Prayer:**

- Thank God for all He's done during the prayer time
- Ask Him to help the person apply His truth in their daily lives
- Ask Jesus to send any evil spirits connected with issues prayed through wherever He desires – never to return – and to protect all involved

## ❧ Guide to Using the Modules ❧

<b>Generational Bondage</b>	<b>pg 12</b>
❧ Indicators: Sin, negative traits or unhealthy patterns similar to those of your ancestors.	
<b>Replacing Curses with Blessings</b>	<b>pg 16</b>
❧ Indicators: Lack of blessing; lack of empowerment.	
<b>Healing from Emotional Wounds</b>	<b>pg 18</b>
❧ Indicators: Fear; Anger; Shame; Depression; Other negative emotions.	
<b>Praying Through Truama</b>	<b>pg 20</b>
❧ Indicators: Fear, anxiety, loss, sadness, lack of peace.	
<b>Grieving the Losses of Life</b>	<b>pg 22</b>
❧ Indicators: Grief, loss, sadness, anger, guilt, fear, pain, confusion, anxiety, lack of joy, depression.	
<b>Confessing and Turning from Sin</b>	<b>pg 24</b>
❧ Indicators: Patterns and actions which are incompatible with Biblical commands, for example: sexual sin, pride, lying, love of money, unhealthy control and manipulation.	
<b>Breaking Internal Strongholds</b>	<b>pg 26</b>
❧ Indicators: Negative vows, judging, feeling judged, cursing others, feeling cursed, unhealthy emotional bonds, fear bonds.	
<b>Forgiving Others</b>	<b>pg 30</b>
❧ Indicators: Hurt; Frustration; Anger; Bitterness; Hatred; Judgment; Desire for revenge.	
<b>Developing Healthy Patterns</b>	<b>pg 32</b>
❧ Indicators: Unhealthy patterns; Acting and/or responding in unhealthy ways.	