

Wholeness Prayer Introductory Training with Applications Plan for Sessions 1 and 2¹

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Session 1 of 2: Intro and Basic Principles (150 minutes + break – 9am-12pm)

CONNECTION: (13 minutes)

Read Isaiah 61:1-4, then pray an opening prayer (2 minutes)

Skit (3 minutes): 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.

Questions on the 1st skit (4 minutes): (Large group – popcorn responses) questions on power point

- If you were D, how might you feel? [D, how did you feel?] Have you ever been in a situation similar to D's [time with M]?
- If you were M, how might you feel? [M, how did you feel?] Have you ever been in a situation similar to M's [time with D]?
- What issues do you think needed to be addressed in this situation with D?

Let's look for a moment at our heritage in Christ. [Power point.]

1) Followers of Christ *already* have (2 minutes)

- a) Been set free from the power of sin. *Romans 6:3-13*.
- b) Received a new heart. *Ezekiel 36:26*.
- c) The Holy Spirit living in us, and He loves to communicate with us. *John 14:16-17, 26; 15:26; 16:13-15*.
- d) Been given an incredible heritage:
 - i) Indescribable Joy *1 Peter 1:8-9*
 - ii) Living hope *1 Peter 1:3*
 - iii) Intimacy with God *John 17:21 "that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me."*
 - iv) and much more. *Ephesians 1 and many other verses*.

2) Followers of Christ are *still in process*. (2 minutes)

- a) *2 Corinthians 3:18b "And we...are being transformed into his likeness with ever-increasing glory..."*
- b) *Matthew 12:33 "Make a tree good and its fruit will be good..."*
- c) If the fruit isn't good, look at the root. *Matthew 12:35a "The good man brings good things out of the good stored up in him..."*

¹ Black – power point and participant notes, Blue – facilitator notes, Purple – estimated time; Green – one part of skit; Plum – other part of skit; Brown – workshop tips

- d) Our thought processes are not yet done being perfected. Some examples are:
 - i) Problems from our **heritage** (*generational patterns for example: such as fear and discouragement about providing for family, feeling alone.*)
 - ii) Problems from **curses** (*unkind things we've believed that were said about or to us things said or unsaid – direct or indirect, such as "It's impossible to provide for a family these days." Goal is to replace with blessings, such as "God provides for His own. I can trust Him and partner with Him."*)
 - iii) Problems because of choosing **sin** (*for whatever reason*)
 - iv) Other problems with our thought processes (*including beliefs such as "I must protect myself."*)
- 3) We are engaged in **spiritual warfare**. *Ephesians 6:12.*

CONTENT: (52 minutes)

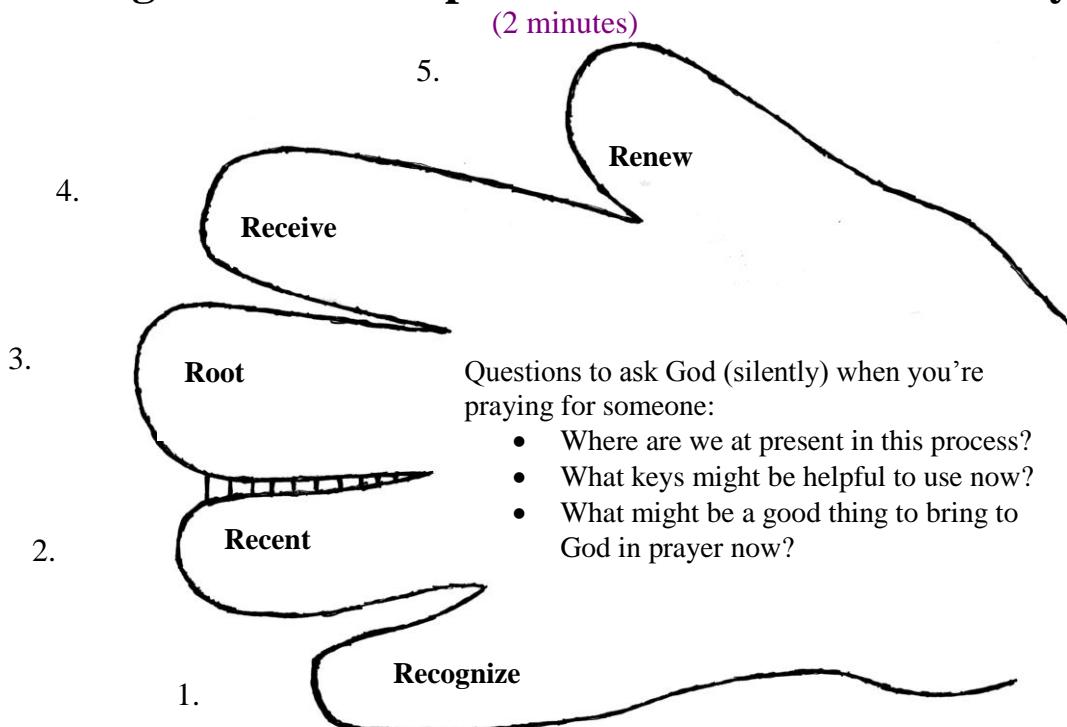
- a) One method of moving forward in the battle is to: **(3 minutes)**
 - i) *Recognize* (take captive) our negative feelings, thoughts, and actions (*2 Corinthians 10:4-5) discouraged, disempowered, hopeless*
 - ii) *Recent*: Bring these to God and ask Him to reveal a related recent memory *fear won't be able to provide for family, trying hard, yet feeling alone in this*
 - iii) *Root*: Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way *same way dad felt - fear, feel alone, discouragement, have to try; memory of dad saying: "It's impossible to provide for a family these days."*
 - iv) *Receive* His perspective - first at the root, if there is one (*heart level – however He speaks to you; test this by scripture*) – *Trust in the Lord. He is here. I'm not alone. He always provides.* (The goal is peace and joy.)
 - v) *Renew*: Apply this perspective in everyday life. *I'm never alone. I can trust Him today and in the future.* (Practice – discipleship. Move forward in joyful victory.)

K [key]: Recognize, Recent, Root, Receive, Renew (5 Basic Steps)

Note: This is different from stuffing feelings or pretending they aren't there.

- b) 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. **(2 minutes)** (*ask God why*) **Illustration:** A rat in the house. If we try to pretend there is no rat, the rat is still there, working mischief, even if we don't see it. Once we admit (know) there is a rat, we can look for a way to capture it and kill it – such as put out a trap or rat poison. Similarly, if there is a problem in our lives, it's better that we admit (know) there is a problem so that we can overcome it together with Jesus. [Our Christmas cereal story from early 2007. Rat ate boxes by number! If I don't recognize the rat, it still "eats my cereal". Better to acknowledge and take captive. i.e. grief and loss – hard for me to recognize.]
- 4) One tool: There are many kinds of prayer. Wholeness prayer is one of these. Wholeness prayer can greatly help people who feel stuck spiritually or emotionally. Paradigms that are different from wholeness prayer include: **(1 minute)**
 - a) Immediately **offering advice** (*not praying first*)
 - b) Immediately **giving direction** (*including telling the person what God says they should do*)
 - c) Immediately **teaching biblical principles**
 - d) The usual pattern of **intercessory prayer**. (*though this is great alongside WP*)
 - e) Counseling

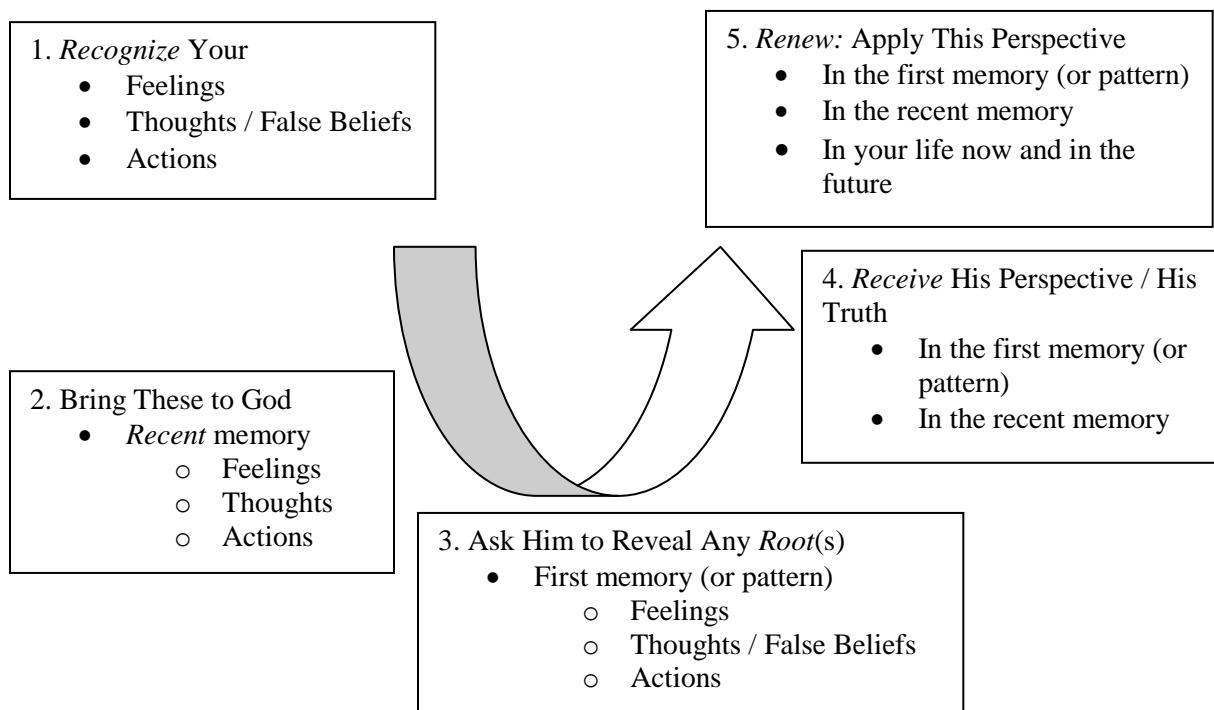
A Diagram of the Steps Involved in Wholeness Prayer



A Diagram of the Wholeness Prayer Process

(3 minutes)

Note: This process is done through prayer. Wholeness prayer helps people connect with God through prayer, and asks God to speak directly to the person being prayed for at their point of need. Emphasize importance of false beliefs.



Wholeness Prayer Sample Prayers

(3 minutes)

Simple. A main challenge is to keep quiet and not add your own perspective.

Note: Usually, the first thought or feeling that comes into the mind of the person being prayed for is the next one to take captive.

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, Apply

Recall 1st skit. Let's take another look at D's situation. As you listen, look for places where the 5 main steps in wholeness prayer and the 3 additional steps for praying through emotional wounds are used.

Skit: Part 1 of prayer time with D (for Session 1): (10 minutes)

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

Tell Part 2 in Session 2.

Questions on the 2nd skit: (10 minutes) Large Group: power point

- If you were D, how might you feel? (D, how did you feel?)
- If you were M, how might you feel? (M, how did you feel?)
- Where did you see God work in this prayer time?
- How might you want to use wholeness prayer in your context? What kinds of issues might it be helpful for? A few application ideas:
 - i) **Trials** as opportunities for growth and greater victory.
 - ii) Seeing God's perspective on things – especially regarding **hard situations**. i.e. flight changes
 - iii) **Everyday situations** – don't need to wait for a problem. Invite God to reveal His perspective. i.e. how to apply this seminar
 - iv) **Ev:** Everyone has problems at times; Jesus encourages us to come to Him (Matt 11:28-30); Some aspects that can help with sharing the Good News are:
 - (1) *Breaking down barriers* (such as fear) in the lives of those who follow Christ (so that they are ready to pray for people and spread the Good News)
 - (2) *Understanding that problems* in the lives of those who follow Christ are *often similar* to problems people who don't yet follow Christ have (such as problems in relationships, false beliefs, "chains", fear, trouble forgiving, hurt, etc.). This can help compassion to increase, as followers of Christ desire to understand the problems of those who don't yet follow Him.
 - (3) *Listening* to the stories of those who don't yet follow Christ, then *offering to pray* for them in the name of Jesus (and, if the person is interested, *explaining* a bit about the wholeness prayer process, then *praying* for the person)
 - (4) *Proceeding* as God leads (in His time, don't push) to *offer to introduce* the person to this amazing Jesus who has helped them

Questions – seek to give back to the group (10 minutes)

Basic Principles: (5 minutes) – Use power point and refer to booklet

Remarks: (3 minutes)

*Highlight listening – and what to listen for. One thing Marie did differently in skits 1 and 2: (listening for something to fix in skit 1, listening for emotions in skit 2; ...)

*Look for next thing to take captive. (Usually the first thing that comes to mind after praying is the thing to take captive next.)

*Don't need details shared to facilitate. Just need to know where at in the process.

*Refer to Connecting with Your Feelings – Appendix of booklet: More western guys taught not to feel (or just to feel certain emotions, such as anger). Also taught in dysfunctional families and other dysfunctional systems. **To learn to feel:** 1. *Choose* that you want to – at the root (including any vows) if there is one; 2. *Ask Jesus to be the “screen door”* (often only choice feels like open – feel everything – or shut – feel nothing.); 3. *Learn*: to recognize what your body is telling you about how you feel; feeling words; 4. *Practice* in community; 5. *Work through hindrances* (such as believing that it's not okay to feel anger, etc.)

* Other **hindrances**: **fear, unbelief** (that God speaks, will speak to you, etc.)

*Refer to Growing in Hearing God – Appendix of booklet.

*Who can use wholeness prayer principles? (All followers of Christ can use these principles to pray through their own issues and to pray for others. (Harder issues are best prayed through with someone else.) When I first began I feared I'd fail or mess someone up. So I took that fear captive, followed the 5 steps, and God showed me that I can rest and partner with Him. I'm not the one in charge. He is. And He's the Great Counselor. He often does something different than I expect.) *Know when to refer.

Break (10 minutes)

CHALLENGE: (Total 75 minutes)

- Freedom from Generational Bondage. Refer to booklet (pg 12-16) and pray through together (model). Steps are listed on power point. (14 min)
- Replacing Curses with Blessings. Refer to booklet (pg 16-17) and power point (model). (5)
- Other Keys for Session 1 (15 minutes)
 - Emotional Wounds. Refer to booklet (pg 19-20) and power point (+extra slides). (5)
 - Anger. Refer to booklet (pg 19) and power point. (1)
 - Trauma. Refer to booklet (pg 20-21) and power point. (2)
 - Grieving the Losses of Life. Refer to booklet (pg 22-23) and power point. (2)
 - Unpleasant emotions based on truth. Refer to booklet (pg 23) and power point. (1)
 - Turning from sin. Refer to booklet (pg 24-25) and power point. (1)
 - Opening Prayer Refer to booklet (pg 44) and power point (1)
 - Closing Prayer Refer to booklet (pg 49) and power point (1)
- Review 5 steps + 3. Tips for small groups: Start with opening prayer. Ask God to reveal who He'd like to facilitate, and who has something they'd like prayer for. Have a 3-way conversation with God (like the second skit). Ask for help if you get stuck or have questions. Use the **Keys** as God leads (pg 44-49). End with closing prayer. (2 minutes)
- **Model** this (opening prayer, who facilitate, who be prayed for, WP – tell like skit, closing prayer). Have “Ideas for Small Group Time” on power-point. (5 minutes)
- Pray for groups. (2 minutes)
- Pray in small groups of 3. (Those who have experience with WP spread out to different groups.) (30 minutes)

[If time is up and session 2 is planned for later on the same day or sometime the next day, you may want to move the rest of session 1 to the beginning of session 2.]

CHANGE: Debrief (Total 10 minutes) power point

- How did that feel?
- Where, if anywhere did you feel stuck?
- What are your questions?
- What, if anything, would you like to share about what God did for you during the prayer time?

What you can do to continue learning: (1 minute):

- f) **Practice** using the principles *in your own life.* (experience this personally) Ask someone to help you if you get stuck (or would prefer help).
- g) **Practice helping others** to pray through issues using the principles
 - (a) In a group that's learning about the principles
 - (b) Outside of that group
- h) **Facilitate a group** that's learning about the principles
- i) **Learn how to teach** others to use the principles
- j) **Teach** others how to use the principles.

(Total: 13+52+75+10 =150 minutes)

Session 2 of 2: Applications (136 minutes + break – 1-4:00)

CONNECTION: (13 minutes)

Opening prayer (3 minutes)

Questions (10 minutes)

CONTENT: (51 minutes)

A few more principles regarding wholeness prayer: (5 minutes)

- 1) **All followers of Christ** can learn to use wholeness prayer principles.
- 2) If the issue to be prayed through isn't too heavy, the person is a follower of Christ and they already understand wholeness prayer principles, they may wish to work through this process together with God (without a third party): ↑↓ (**2 way**)
- 3) In this paradigm **feelings aren't “stuffed” or hidden** (as if they didn't exist) **or addressed alone**, but instead are *taken captive, brought to God, and worked through* together with Him.
- 4) If we are praying for someone else, our goal is for that person to hear God speak directly to them and to grow in their personal relationship with Him. (Our role is to be God's friend and the person's friend. We put one hand in God's hand and our other hand in the other person's hand, and **empower the person we're praying for** to grasp God's hand directly.)
- 5) One result of wholeness prayer is that people **grow in intimate relationship** with God.
- 6) The person being prayed for **doesn't need to tell all about the issue or what's happening in the process** to the one praying for him/her. ***It's enough to share the big picture*** – so that the person praying for them knows where they're at in the process.
- 7) **Notice** people's expressions and body language as you pray with them.
- 8) **If someone seems stuck** in a negative emotion for longer than a minute or two, you may want to pray verses of comfort and truth. Ask God for wisdom on this.
- 9) The person being prayed for **sharing the results of the prayer time** with a trustworthy person can help facilitate them apply the truth received from God to their everyday lives.
- 10) **Adapt** the basic wholeness prayer principles to your situation. Follow God's leading.

- 11) **If something is triggered in you** as you pray for others, pray through this. Ask someone to help you if you'd like help.
- 12) Practice **compassionate detachment: care but don't carry** the problem(s).

Forgiving Others (10 minutes)

- 1) **We must forgive others from our hearts** (Matthew 18:21-35).
 - a) What are **indicators** that you have **fully forgiven** someone? (page 134)
 - i) You **have compassion** on them.
 - ii) You **don't say negative things** about them.
 - iii) You **can freely bless them**.
 - iv) You're **free from all bitterness, anger, resentment, hate, and/or rage** toward them.
 - v) You **don't accuse, blame or judge** them.
 - vi) You **don't seek repayment or revenge**.
 - vii) You **let go of the offense**.
 - b) What are **indicators** that you **have not fully forgiven** someone? (page 134)
 - i) You **feel negatively** about them.
 - ii) You **say negative things** about them.
 - iii) You **curse** them.
 - iv) You **feel bitterness, anger, resentment, hate, and/or rage** toward them.
 - v) You **accuse, blame or judge** them.
 - vi) You **want repayment or revenge**.
 - vii) You **hold onto the offense**.
 - 2) Forgiving someone **means** releasing the offenses and the results of those offenses to God. In the process you are also released. Forgiving someone **doesn't mean** that what the person did was right, or that they should be trusted. Forgiveness is not dependent on any action of the person being forgiven, (such as apologizing).
 - 3) **4 steps** related to forgiving someone:
 - a) **Bind and cast out** evil spirits
 - b) **Forgive** the sin
 - c) **Receive** the person
 - d) Pray a **blessing** on the person.
 - 6) **Common reasons people have trouble forgiving someone:**
 - 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.
-  **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.
 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.

K: *Bind and cast out* (evil spirits), *Forgive* (pray through any “rubber bands” – connected to things hard to release), *Receive* (the person); *Bless*.

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: 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.

Questions on the 2nd skit: (5 minutes)

- If you were D, how might you feel? (D, how did you feel?)
- If you were M, how might you feel? (M, how did you feel?)
- Where did you see God work in this prayer time?
- How else might you want to use wholeness prayer in your context? What additional kinds of issues might it be helpful for?

Review WP steps and process. Emphasize importance of false beliefs. (3 minutes)

A few more Keys to refer to as needed: (13 minutes)

Confessing and Turning from Sexual Sin Refer to booklet (pg 25) and power point (2)

Developing Healthy Boundaries Refer to booklet (pg 25) and power point (1)

Breaking Internal Strongholds Refer to booklet (pg 26) and power point (1)

Negative Vows Refer to booklet (pg 27) and power point (1)

Feeling Cursed Refer to booklet (pg 27) and power point (1)

Cursing Others Refer to booklet (pg 28) and power point (1)

Feeling Judged Refer to booklet (pg 28) and power point (2)

Judging Others Refer to booklet (pg 29) and power point (2)

Unhealthy Emotional Bonds Refer to booklet (pg 29) and power point (2)

Fear Bonds Refer to booklet (pg 29) and power point (2)

Developing Healthy Patterns Refer to booklet (pg 32) and power point (3) ex. feeling sorry for yourself

Note: Importance of Surrendering Outcomes and Disappointments

Break (10 minutes)

CHALLENGE: (Total 38 minutes)

- Review 5 steps + 3. (6 minutes) Review tips for small groups: Start with opening prayer. Ask God to reveal who He'd like to facilitate, and who has something they'd like prayer for. Have a 3-way conversation with God (like the second skit). Ask for help if you get stuck or have questions. Use the Keys as God leads (page 44-49). End with closing prayer.
- Pray for groups. (2 minutes)
- Pray in small groups of 3. (30 minutes)

CHANGE: Debrief (Total 10 minutes) power point

Questions: (10 minutes)

- How did that feel?
- Where, if anywhere did you feel stuck?
- What are your questions?
- What, if anything, would you like to share about what God did for you during the prayer time?

CLOSURE (Total 24 minutes):

Where to go to learn more: (10 minutes)

- To the ffcm website: www.freemin.org.
- To people who use the principles. Talking and praying with them. Asking them questions. Observing as they pray with someone.
- You can also email questions to ffcm@emailglobe.net.

- Wholeness prayer small group guide idea – with group mentor. (2 minutes)

Wholeness Prayer Small Groups Guide

(Weekly Gathering)

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1. Welcome everyone and ask someone to *open in prayer*. (Seek to ask different people to open in prayer each time, to facilitate everyone being involved.)
2. Together review the *5 basic steps* (page 7), *process diagram* (page 8) and *sample prayers* (page 9-10).
3. Together review the *basic principles* (page 6-7), including:
 - Keep confidentiality.
 - Ask God to speak directly to us at our point of need. John 10:4,5
 - Test what you hear to make sure it's consistent with Scripture. John 10:10
 - Be a good listener.
4. Together briefly review the *Keys* (page 44-49).
5. Give an opportunity for whoever desires to briefly *share their wholeness prayer experiences* since the last meeting, and discuss any *questions* that people have about the wholeness prayer process. Ask your group's mentor any unanswered questions (or write your questions down to ask at a later time).
6. Pray an *opening wholeness prayer*, referring to the Keys as desired (page 44). Ask God to reveal who would like to pray for someone else in the group today, and who desires prayer today. (Over time, also seek to give a chance for each person in the group to have a chance to be prayed for, and to pray for someone else, if they'd like to do this.) (There may or may not be time to pray for multiple people during a meeting.)
7. *Follow God's leading* as you use the wholeness prayer principles and keys. Seek to pray through an issue until the person being prayed for feels peaceful (related to this issue) or until they feel it's time to stop for now. (If time runs out before you're working through an issue, ask God to protect the person being prayed for, especially in this area. If you get stuck during the prayer process, also suggest that the person being prayed for talk with the group mentor.)
8. Pray a *closing wholeness prayer*, referring to the Keys as desired (page 49).
9. Give the person who was prayed for an *opportunity to share* with the group as much (or as little) as he/she desires related to God's work in them during the prayer time, including any follow-up ideas. *Rejoice together* with the person being prayed for and continue to *pray* for them as God leads. (Remind everyone about confidentiality.)
10. *Report to the group mentor* any questions, progress, and challenges. As you share remember to not break confidentiality. If you have concerns about someone in the group, suggest to them that they speak to the group mentor directly. (If a person's struggle is more complicated or intense than the group feels they are equipped to help the person pray through, refer the person being prayed for to someone with more experience.)

- What are your goals for using wholeness prayer? *Samples: To learn more about wholeness prayer and apply the principles through:* (10 minutes)
 - Memorizing the 5 steps +3 by _____.
 - Memorizing the other keys by _____.
 - Writing down my questions about wholeness prayer and asking someone these questions face-to-face, or via phone or email by _____.
 - Using the 5 steps in my own life, when I notice my joy is lost or I feel stuck in an area, with the goal of getting God's perspective at the root of an issue and applying this perspective in my daily life
 - Asking a friend to help me pray through the issue using the 5 steps, whenever I feel stuck trying to pray through an issue on my own (or would just rather have help).
 - Using the 5 steps to help others pray through issues in their lives, as God provides opportunity.
 - Reading the simplified wholeness prayer booklet by _____.
 - Starting a weekly wholeness prayer small group to meet _____ (weekly, every two weeks, etc.) for _____ (number of meetings) weeks by _____ (starting date).
 - Reading through other resources on www.freemin.org by _____.
- What would help you reach these goals?
- Who would you like to ask to help you reach (and/or hold you accountable to) these goals?
- By when would you like to ask this person?

Closing prayer of blessing, anointing and empowerment. (2 minutes)

(13+51+38+10+24=136 minutes)

Optional [if time] – Model praying for a volunteer (30-45 minutes)