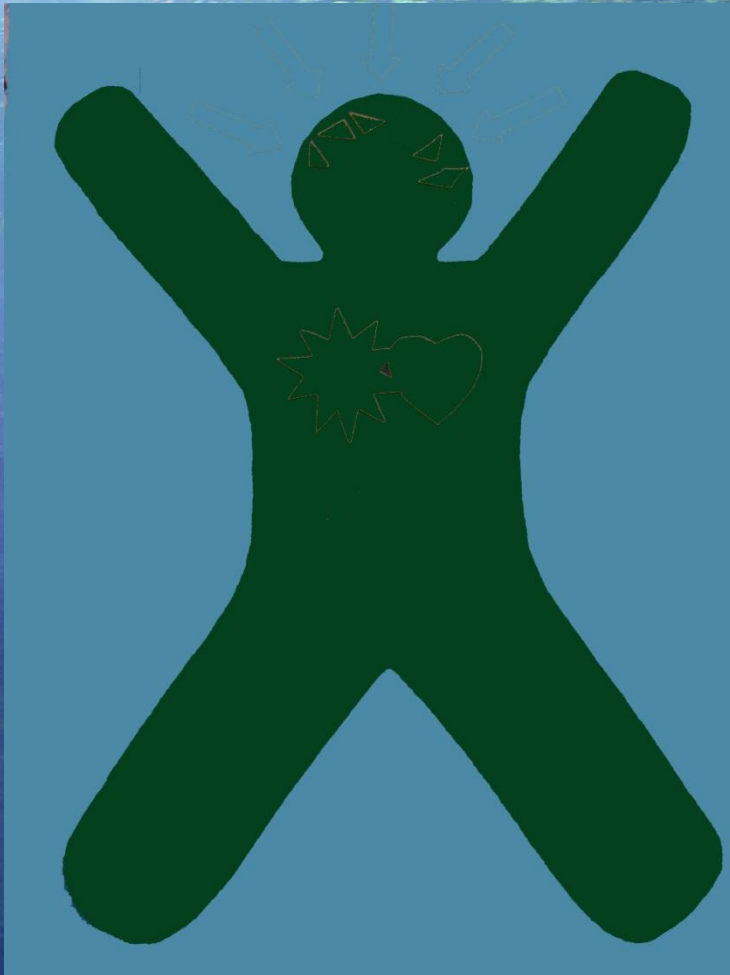


Wholeness Prayer

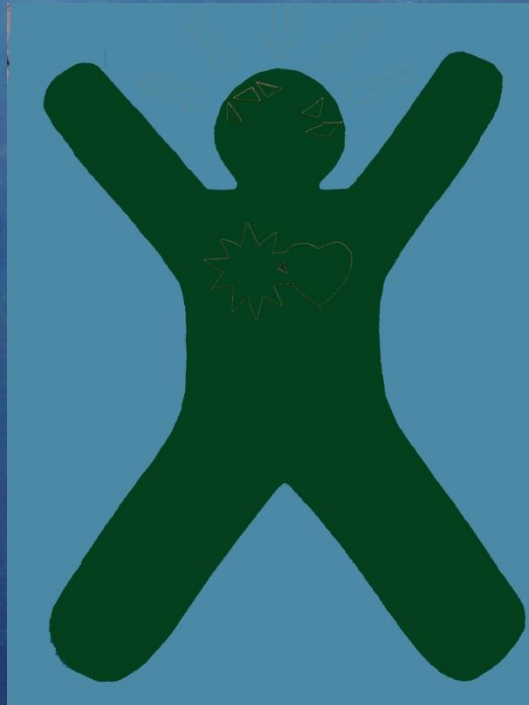
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Questions on 1st Skit



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

Followers of Christ *already*:



- Have been set free from the power of sin (*Romans 6:3-13*)

Followers of Christ *already*:



- Have received a new heart (*Ezekial 36:26*)

Followers of Christ *already*:



- Have the Holy Spirit living in us, and He loves to communicate with us (*John 14:16-17, 26; 15:26; 16:13-15*)

Followers of Christ *already*:



- Have been given an incredible heritage:

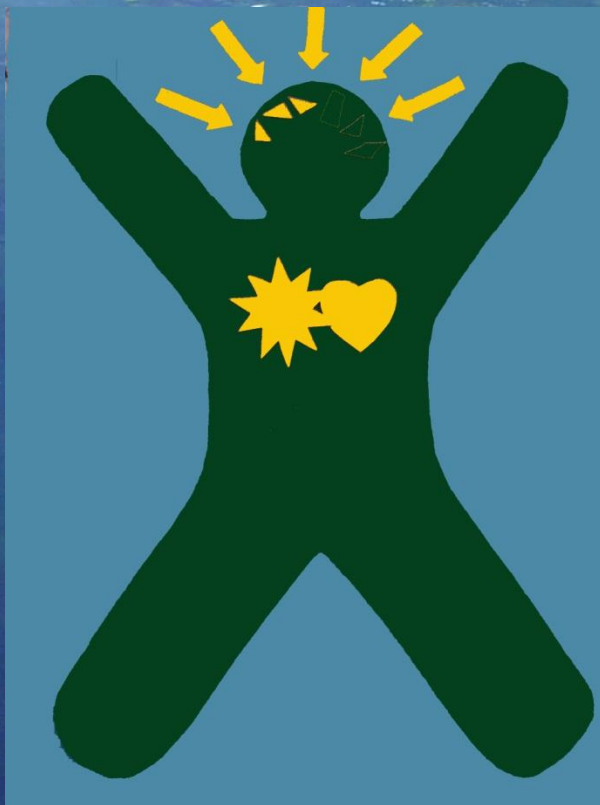
- Indescribable joy (*1 Peter 1:8-9*)

- Living hope (*1 Peter 1:3*)

- Intimacy with God (*John 17:21*)

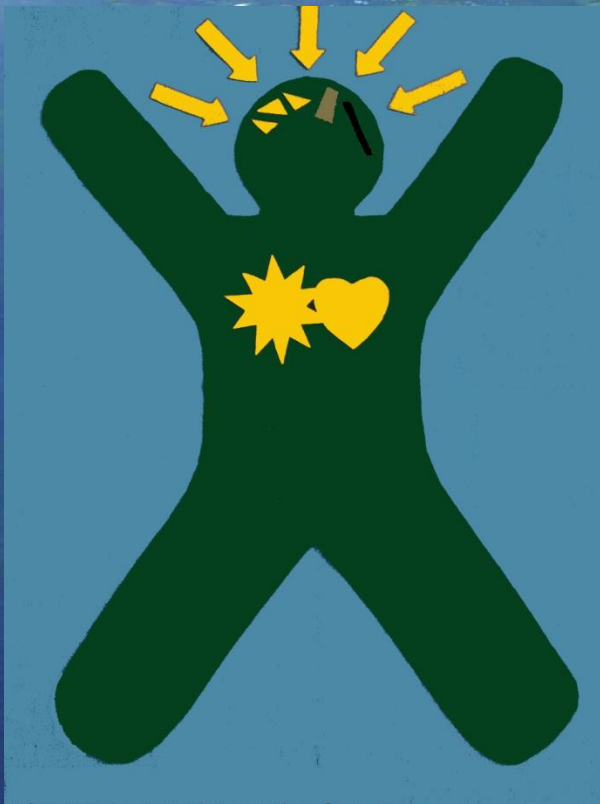
- And much more (*Ephesians 1 and many other verses*)

Followers of Christ are *still* in
process:



- *2 Corinthians 3:18b*
“And we...are being transformed into his likeness with ever-increasing glory...”

Followers of Christ are *still* in
process:



- *Matthew 12:33*
“Make a tree good
and its fruit will be
good...”

Followers of Christ are *still* in process:



- 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..."

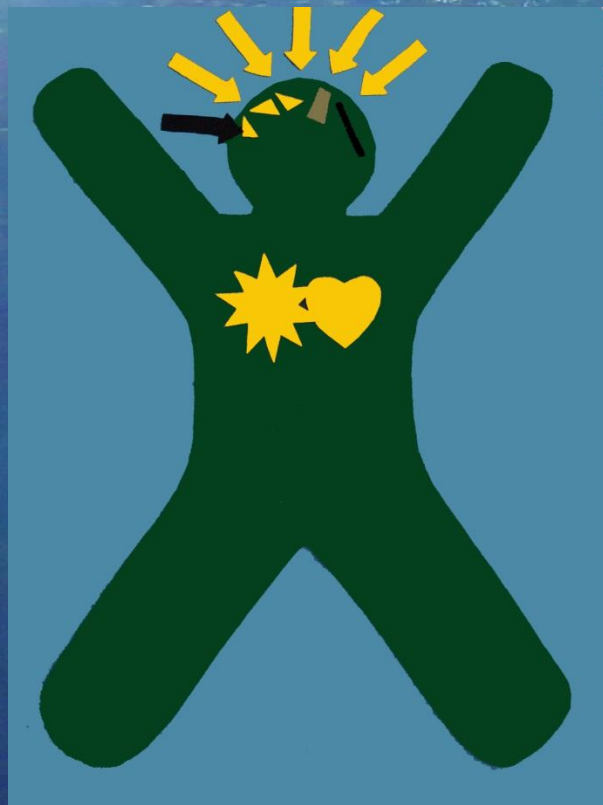
Followers of Christ are *still* in process:



• *Our thought processes are not yet done being perfected. Some examples are:*

- *Problems from our heritage*
- *Problems from curses*
- *Problems because of choosing sin*
- *Other problems with our thought processes (such as “I must protect myself.”)*

We are engaged in spiritual warfare (*Ephesians 6:12*).



One method of moving forward in the battle is to:

- *Recognize* (take captive) our negative feelings, thoughts, and actions
- *Recent*: Bring these to God and ask Him to reveal a related recent memory
- *Root*: Ask God to reveal any root(s)
- *Receive* His perspective
- *Renew*: Apply this perspective in everyday life

⌘ [keys]: *Recognize, Recent, Root, Receive, Renew* (5 Basic Steps)



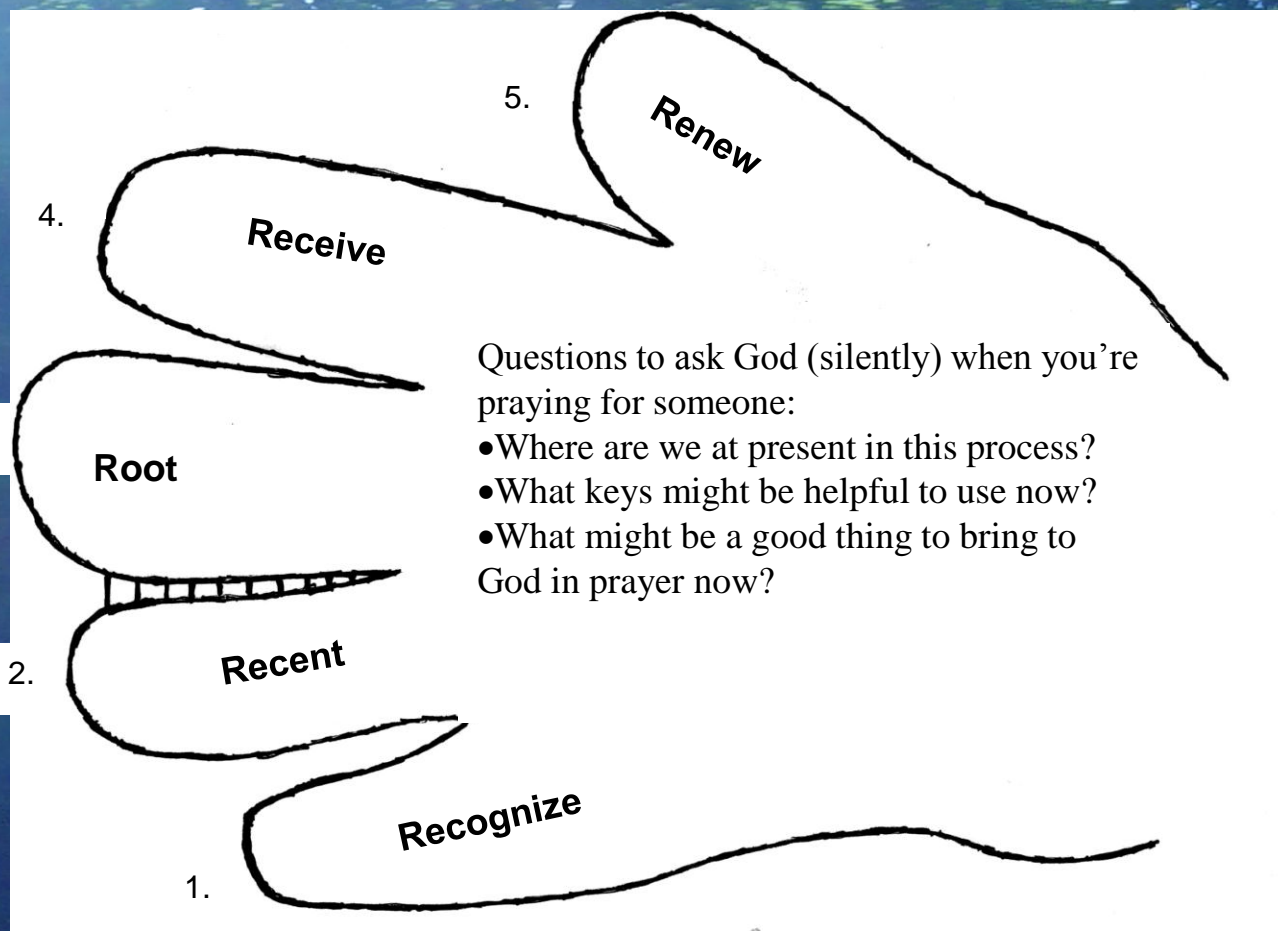


• If our joy is stolen *or* if we have unhealthy thoughts or are acting in unhealthy ways, these are signs that there is something we need to take captive and pray through.

Paradigms that are different from wholeness prayer:

- Immediately offering advice
- Immediately giving direction
- Immediately teaching biblical principles
- The usual pattern of intercessory prayer
- Counseling

Steps Involved in Wholeness Prayer:



The Wholeness Prayer Process:

1. *Recognize Your*

- Feelings
- Thoughts / False Beliefs
- Actions

2. Bring These to God

- Recent memory
 - Feelings
 - Thoughts
 - Actions

3. Ask Him to Reveal Any *Roots*

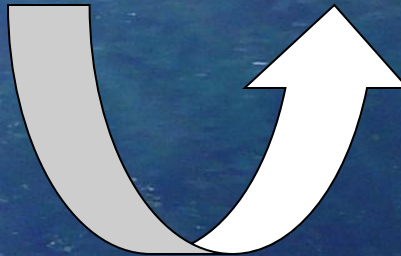
- First memory (or pattern)
 - Feelings
 - Thoughts / False Beliefs
 - Actions

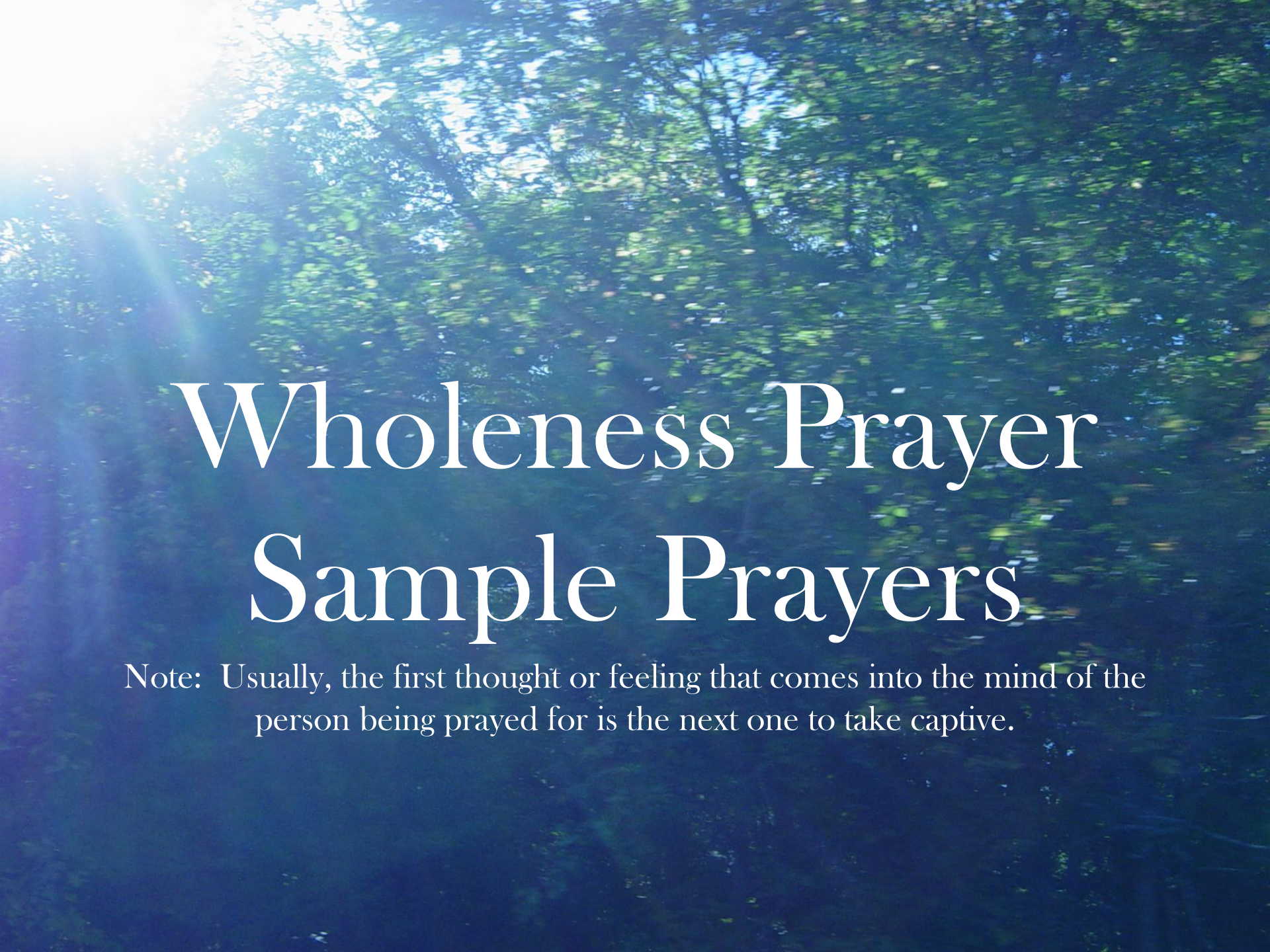
5. *Renew: Apply this Perspective*

- In the first memory (or pattern)
- In the recent memory
- In your life now and in the future

4. *Receive His Perspective / His Truth*

- In the first memory (or pattern)
- In the recent memory





Wholeness Prayer

Sample Prayers

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.



Keys:

- *Recognize*
- *Recent*
- *Root*
- *Receive*
- *Renew*

Questions on the 2nd skit:

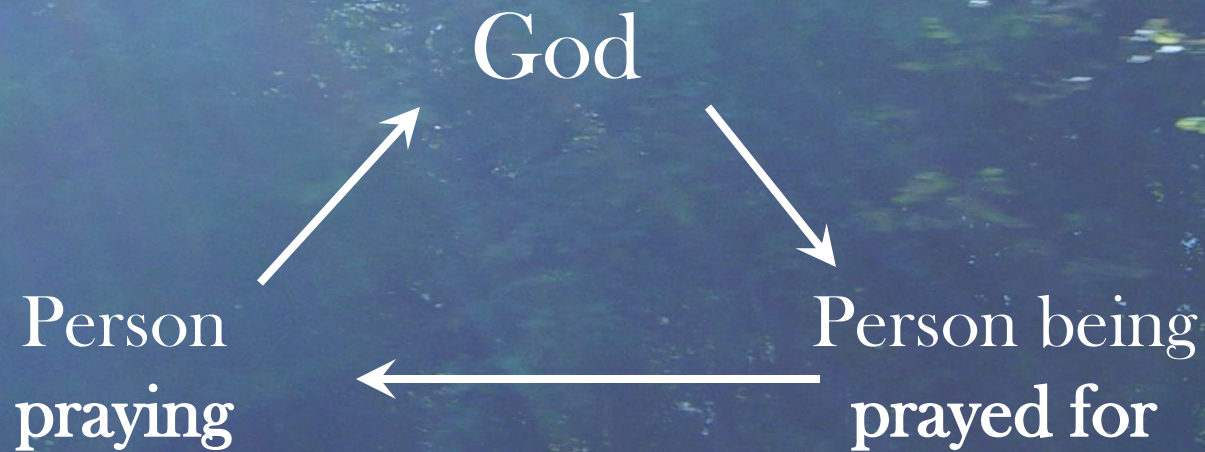
- *If you were D, how might you feel? (D, how did you feel?)*
- *If you were M, how might you feel? (M, how did you feel?)*
- *Where did you see God work in this prayer time?*
- *How might wholeness prayer be useful in your context?*

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

Basic Principles:

- 3- way prayer



Basic Principles:

- God leads the process
- We partner with God
- Humility: \leftrightarrow (same level)
not \downarrow (one person higher than another)
- Keep confidentiality!



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

A photograph of a sunlit forest path. The sun is shining from the top left, creating a bright lens flare and illuminating the path. The trees are lush green, and the path is a mix of light and shadow. The text is centered in the middle of the image.

Who can use wholeness
prayer principles?

Freedom from Generational Bondage:

- Opening prayer. (See Keys.)
- 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).
- 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.
- Closing prayer. (See Keys.)
- Follow up as God leads.

Replacing family curses with God's blessings

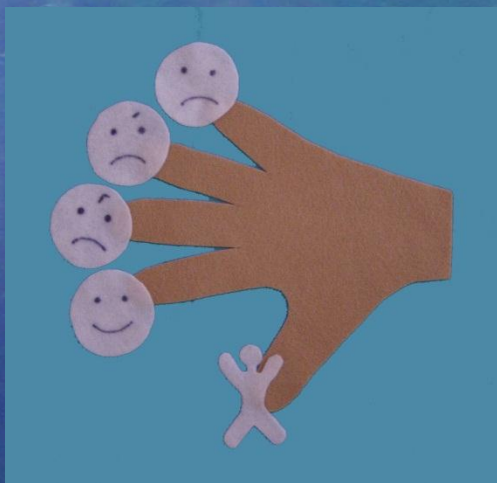
- Ask God to reveal to you significant times in your life when you felt blessed by your parents or other significant family members. Receive these blessings in the name of Jesus.
- Ask God to reveal to you significant times in your life when you felt either a curse or a lack of blessing from your parents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



Receive blessings, Curses replaced with blessings.

The basic steps in praying through emotional wounds based on false beliefs are:

- Recognize (take captive)
- Recent
- Root
 - Feelings
 - Memory
 - False beliefs
- Receive
- Renew



Κ [Keys]:

- *Recognize*



- *Recent*

- *Root*

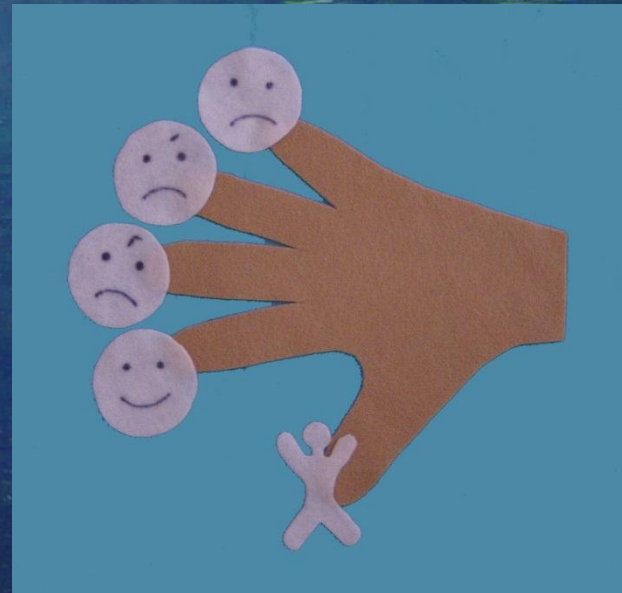
 - *Emotion*

 - *Memory*

 - *False belief*

- *Receive*

- *Renew*





Keys for Anger:

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



Keys for 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



Keys for 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).



Keys for Unpleasant Emotions Based on Truth:

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



Keys for Turning from Sin:

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



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



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

Ideas for small group time:

1. Start with an opening prayer. Ask God to reveal who He'd like to facilitate, and who has something they'd like prayer for.
2. Have a 3-way conversation with God (like the second skit). Use these Keys as God leads. Ask for help if you get stuck or have questions.
3. End with closing prayer.



*Follow-up questions on the
prayer time:*

- How was your experience?
- 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:

- Practice using the principles in your own life
- Practice helping others to pray through issues using the principles
 - In a group that's learning about the principles
 - Outside of that group
 - Facilitate a group that's learning about the principles
- Learn how to teach others to use the principles
- Teach others how to use the principles.

More wholeness prayer principles:

- All followers of Christ
- 2- way
- Feelings aren't “stuffed”, hidden or addressed alone
- Empower the person being prayed for

More wholeness prayer principles:

- Grow in intimate relationship with God
- It's not necessary for the person being prayed for to tell the whole story; it's enough to share the big picture
- Notice expressions and body language
- If someone seems stuck in a negative emotion, pray comfort and truth

More wholeness prayer principles:

- Share the results of the prayer time
- Basic steps in the process
- If something is triggered in you, pray through this
- Practice compassionate detachment: care but don't carry the problem(s)

A photograph of a sunlit forest path. The sun is shining from the upper left, creating a bright lens flare and illuminating the scene. The path is covered in fallen leaves and is flanked by dense green trees. The overall atmosphere is peaceful and natural.

We must forgive others from our
hearts.

(Matthew 18:21-35)




Indicators that you have fully forgiven someone:

- You have compassion on them
- You don't say negative things about them
- You can freely bless them
- You are free from all bitterness, anger, resentment, hate, and/or rage toward them.



Indicators that you have fully forgiven someone:

- You don't accuse, blame or judge them
- You don't seek repayment or revenge
- You let go of the offense



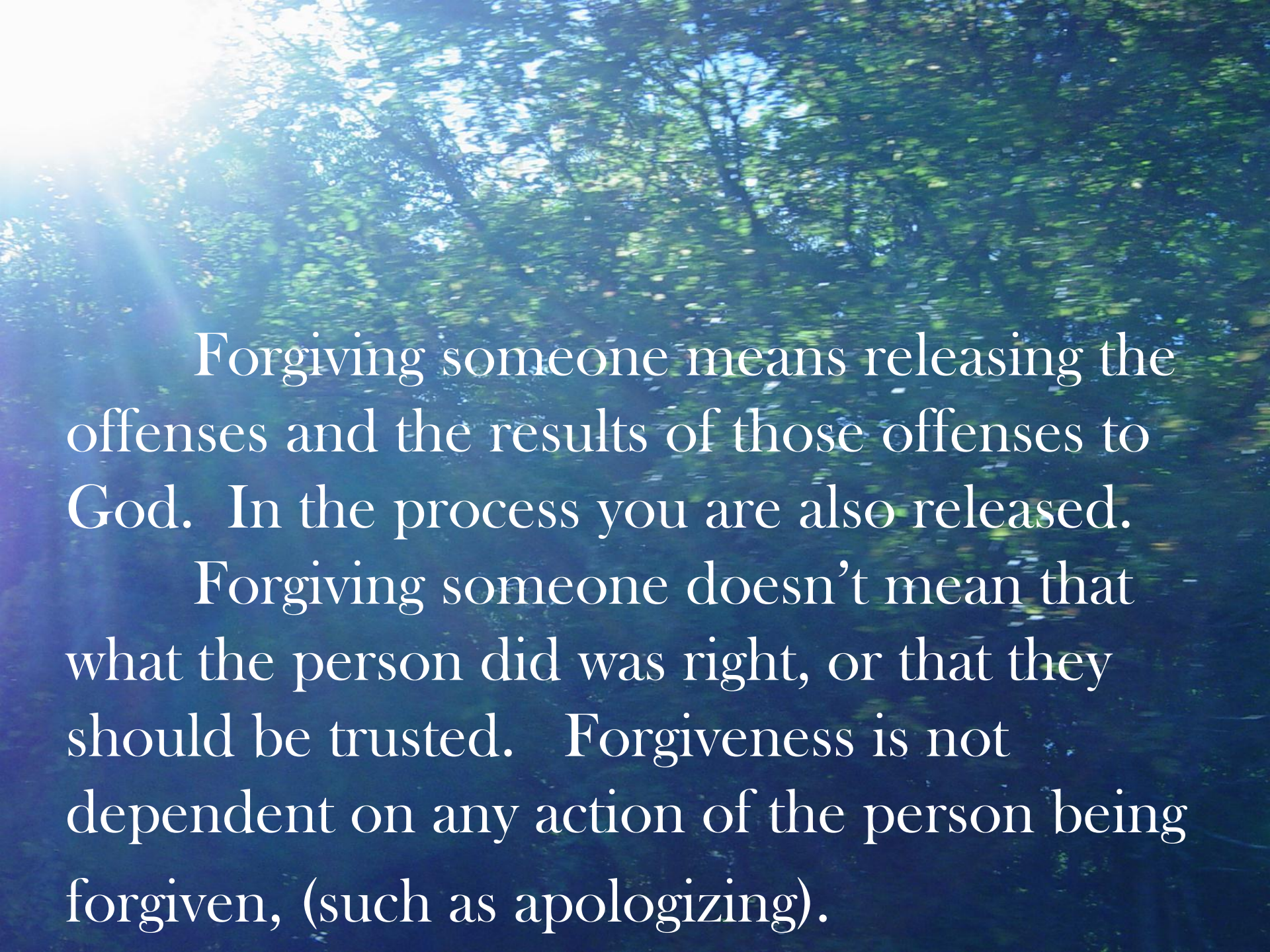
Indicators that you've not yet fully forgiven someone:

- You feel negatively about them
- You say negative things about them
- You curse them
- You feel bitterness, anger, resentment, hate, and/or rage toward them



Indicators that you've not yet fully forgiven someone:

- You accuse, blame or judge them
- You want repayment or revenge
- You hold onto the offense

A photograph of a sun-dappled forest path. The sun is shining from the upper left, creating a bright lens flare and illuminating the scene. The path is covered in fallen leaves and is flanked by dense green trees. The overall atmosphere is peaceful and serene.

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).



Four steps related to forgiving someone:

- *Bind and cast out evil spirits*
- *Forgive the sin*
- *Receive the person*
- *Pray a blessing on the person*

Common reasons people have trouble forgiving someone:

- *“If I forgive it means that what happened is okay.”*
- *“If I forgive it means it could happen again.” (I won’t be protected by my unforgiveness.)*
- *Desire for revenge*
- *Desire to punish*
- *Self-protection*

Basic steps for forgiving someone:

- 1. Identify anyone you've not yet forgiven, and any offenses for which you've not yet forgiven them.*
- 2. See if you're able to fully give each item to Jesus.*
- 3. For any items or emotions that you don't feel able to fully release, work through any root issues, together with God.*
- 4. Release each item to Jesus.*
- 5. Pray a prayer of blessing on the person.*



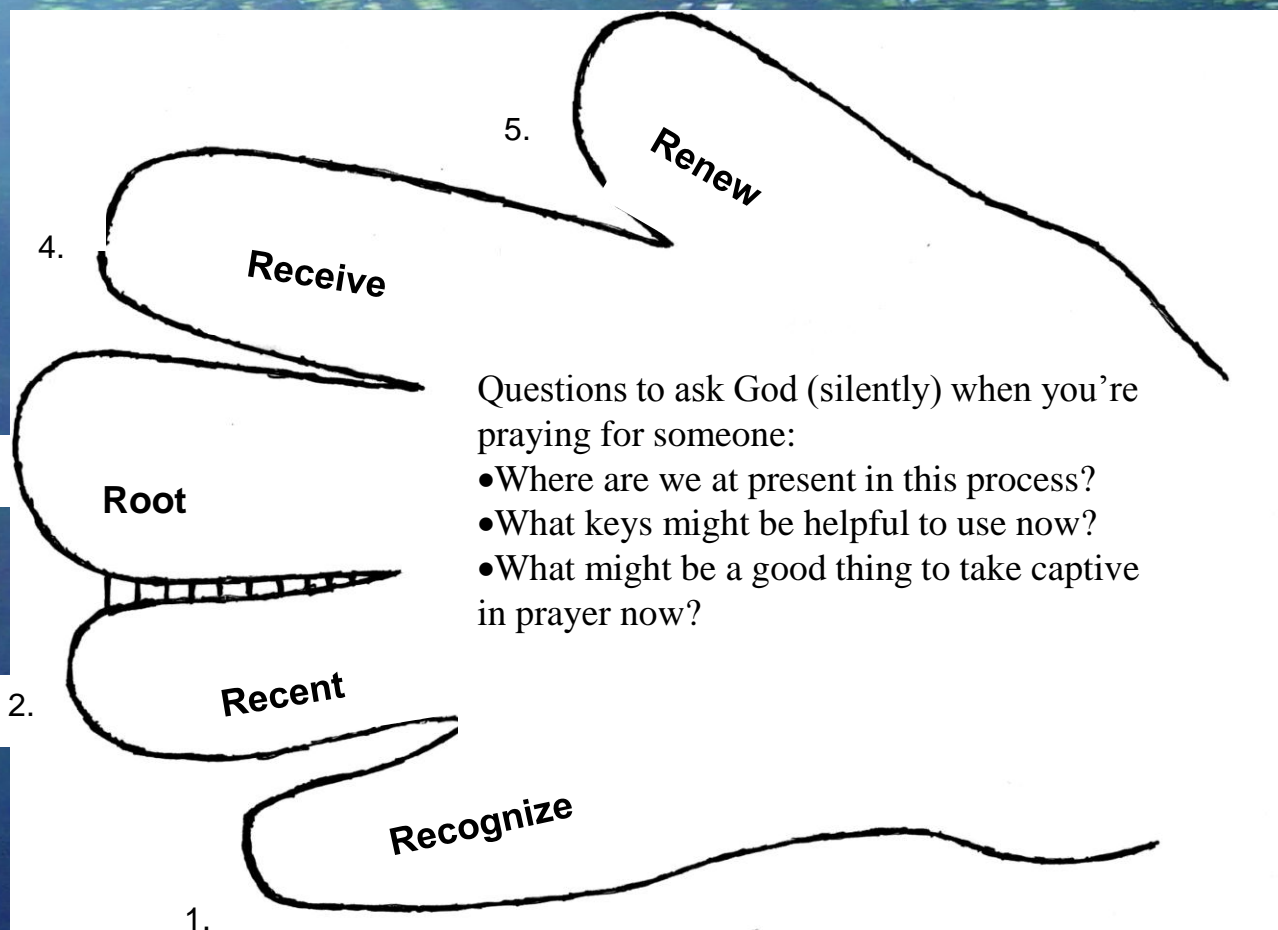
Keys Regarding Forgiving Someone:

- *Bind and cast out (evil spirits)*
- *Forgive (pray through any "rubber bands")*
- *Receive (the person)*
- *Bless*

Questions on the 2nd skit:

- 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?

Steps Involved in Wholeness Prayer:



The Wholeness Prayer Process:

1. *Recognize Your*

- Feelings
- Thoughts / False Beliefs
- Actions

2. Bring These to God

- Recent memory
 - Feelings
 - Thoughts
 - Actions

3. Ask Him to Reveal Any *Roots*

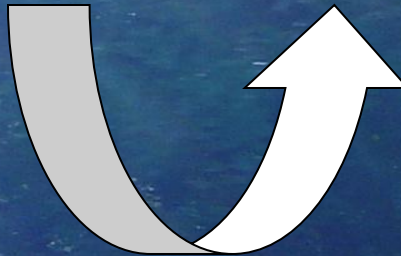
- First memory (or pattern)
 - Feelings
 - Thoughts / False Beliefs
 - Actions

5. *Renew: Apply this Perspective*

- In the first memory (or pattern)
- In the recent memory
- In your life now and in the future

4. *Receive His Perspective / His Truth*

- In the first memory (or pattern)
- In the recent memory





Keys for 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



Keys to Developing Healthy Boundaries:

*(Develop healthy boundaries before you
are involved in the situation.)*

- *Find* appropriate healthy boundaries
- *Apply* the healthy boundaries



Keys for Breaking Internal Strongholds:

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



Keys Regarding

Negative Vows:

- Pray through why chosen (root)
- 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.
- 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) (reasons 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.



Keys to 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.

Ideas for small group time:

1. Start with an opening prayer. Ask God to reveal who He'd like to facilitate, and who has something they'd like prayer for.
2. Have a 3-way conversation with God (like the second skit). Use these Keys as God leads. Ask for help if you get stuck or have questions.
3. End with closing prayer.



*Follow-up questions on the
prayer time:*

- How was your experience?
- 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?

Where you can go to learn more:

- To the ffcmm website: www.freemin.org.
 - If someone has difficulty hearing God, see “Growing in Hearing God”
 - If someone has difficulty connecting with their feelings, see “Connecting with Your Feelings”
- To people who use the principles.
 - Ask them questions.
 - Pray with them.
 - Observe as they pray with someone.
- Email questions to ffcm@emailglobe.net.

Wholeness Prayer Small Group Guide

- *Welcome* and opening prayer
- *Review* wholeness prayer principles and keys
- *Share* your wholeness prayer experiences
- *Pray* using wholeness prayer principles
- *Share* as desired
- *Keep* confidentiality
- *Rejoice* and give thanks!

Application Questions:

1. What are your goals for learning and using wholeness prayer?
2. What would help you reach these goals?
3. Who would you like to ask to help you reach (and/or hold you accountable to) these goals?
4. By when would you like to ask this person?



Main goals of wholeness prayer:

- *Loving God*
- *Loving others*
- *Good fruit*