

Out of Darkness Into Light

Wholeness Prayer Basic Modules Module 1

“Then you will know the truth, and the truth will set you free.” (John 8:32)

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Overview and Introduction

Overview

*“The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to **bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD’s favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion – to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair.** They will be called oaks of righteousness, a planting of the LORD for the display of his splendor. They will rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities that have been devastated for generations” (Isaiah 61:1-4).*

The above scripture is a prophecy about Christ. If you are in Christ, you are invited to partner with Him in many ways, including seeing people set free from emotional and spiritual bondage.

The goal of these basic modules is:

*To empower followers of Christ to partner with God,
to see Him get the glory,
as many who were formerly spiritually or emotionally held captive
are set free to live in truth.*

This goal is part of a broader vision:

*To see God’s Kingdom come and God’s will be done on earth
– in individuals, relationships, larger groups, and entire societies –
as it is in heaven (Matthew 6:10).*

As people are set free in Christ:

- They are more able to receive God’s love and to love in return.
- They increasingly reflect His glory.

This freedom impacts their relationships and the larger society of which they are a part, which facilitates God’s Kingdom coming and His will being done in that society.

This basic training course consists of 12 modules. Each module includes simple written materials. Concepts are intended to be taught through oral explanation, modeling of the concepts, and mentoring (as needed).

Module 1: Overview and Introduction

For modules 2 through 12:

- The written materials include the following sections:
 - Biblical Basis
 - Brief Explanation
 - Step-by-Step Process.¹

- Some of the modules also include:
 - Example(s)
 - Sample Prayer(s)
 - Follow-Up
 - Attachment(s).

The 12 Basic Modules are:

- 1. Overview and Introduction**
- 2. Freedom from Generational Bondage**
- 3. Replacing Family Curses with God's Blessings**
- 4. Confessing and Turning from Sin**
- 5. Breaking Internal Strongholds**
- 6. Healing from Emotional Wounds**
- 7. Forgiving Others**
- 8. Forgiving your Parents**
- 9. Forgiving and Accepting Yourself**
- 10. Replacing Unhealthy Patterns**
- 11. Finding True Security**
- 12. Living in the Light**

A foundational principle of these modules is connecting with God - the source of all we need for life and godliness (2 Peter 1:3). God is the One who has the power to help us live victoriously in Him.

Basic steps (described in these modules) that facilitate our living victoriously in Christ include:

- *Recognize*: Identify (take captive) your 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) – the first time (or pattern) when you thought, felt, and/or acted this way
- *Receive*: Receive His perspective - first at the root, if there is one
- *Renew*: Apply this perspective in everyday life.

These steps involve:

- Taking our thoughts (including our emotions) captive – with God's help, identifying them and acknowledging them.
- Asking God to continually show us areas where we struggle to follow His ways

¹ "Step-by-Step Process" contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God's leading.

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- As He shows us, asking Him *why* we struggle there (and expecting Him to answer). This is very different from analyzing why we're struggling.
 - Asking Him to show us *when* we started to struggle in this way often helps facilitate this.
- Bringing all these things (our thoughts, emotions, and areas of struggle) to Jesus
- Getting God's perspective
- Following Biblical principles to victory.

These modules are written to be used by followers of Christ. They can use these principles to facilitate their personal growth in Christ. They can also use them (as friends, mentors, pastors, counselors, or simply as fellow disciples) to help other followers of Christ. Some of the principles can also be used to help those who don't yet follow Christ. For more information, see "Introduction B & C," in this module.

Applying the principles in these modules can help you and others:

- Find in Christ the answers to your deepest longings
- Grow in
 - Intimacy with God and others
 - Understanding that you are fully accepted and unconditionally loved
 - Living from a true sense of security and safety
 - Believing that God really is good and you can trust Him with all that you are
 - Loving God with all your heart, soul, mind, and strength
 - Loving others as you love yourself.

A healthy Christian community also plays an important part in facilitating this process.

Introduction

When a person has a problem, they are often looking for a way out. These modules are designed to help them instead find the way *up*. This "way up" involves living increasingly in the reality of **who** we are as followers of Christ, and **what** we've been given through Him. This includes realizing more and more that *"His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness"* (2 Peter 1:3).

Jesus understands our struggles. We are invited to come to Him for help. *"Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are – yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need"* (Hebrews 4:14-16). He is our Wonderful Counselor. (Isaiah 9:6).

As we increasingly live in the truth of Christ and the reality of who we are in Him, we'll experience more of the fruit of the Spirit growing in our lives. *"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control"* (Galatians 5:22-23a).

A. A few things to keep in mind

A.1. *Out of Darkness into Light* is prayer-based. It is not about learning to counsel others, but about partnering with the Great Counselor and helping people to connect better with Him.

A.2. These basic modules present some basic Biblical solutions for common struggles. They don't, however, cover everything. If you're praying with someone or by yourself, and issues that are more advanced than you feel equipped to deal with arise, seek an alternate route. With the person's permission (before sharing any specifics), get advice from your mentor.² It may be best to ask the person to whom you've been ministering whether you can refer them to someone else. While nothing is too advanced for God, and we are partnering with Him, it's nonetheless true that someone else may be more equipped than we are to help the person.

A.3. People who have experienced severe trauma, or who lack a basic foundation in areas such as trust and intimacy, will be especially in need of a supportive community to help them in their healing process. We first learn basic concepts, such as love and goodness, from other people. Then, as we mature, we learn more about how these concepts apply to God.

As you seek to come alongside people and help them connect with the Great Counselor and healer, be aware that some people will not be able to understand some concepts yet, because of an inadequate foundation. As you and others live in healthy relationship with these wounded ones, they may be better able to understand that God infinitely possesses the good characteristics they see reflected in you. (*For example, God is infinitely good, can be infinitely trusted, always protects us, and always loves us.*)

A.4. This basic training does not address Dissociative Identity Disorder (DID)³ or serious psychological conditions.

² Mentoring is designed to be part of the basic training.

³ "Dissociative Identity Disorder (DID) – The... official term for what was formerly known as Multiple Personality Disorder; 'the presence of two or more distinct identities or personality states (each with its own relatively enduring pattern of perceiving, relating to, and thinking about the environment and self)' within a single person, two of which 'recurrently take control of the individual's behavior.'" From "*Restoring Shattered Lives Seminar*" by Dr. Tom and Diane Hawkins, page 212. Quotations within this quote are from "*Diagnostic and Statistical Manual – IV*, American Psychiatric Association, 1994, pg 487.

"DID is the result of a marvelously creative defense mechanism that a young child used to cope with extremely overwhelming trauma. When there was no external way of escape, the child was able to escape within himself, erecting mental walls which served as a substitute for the physical haven he could not find." From "*Introductory Dynamics of DID*", by Diane Hawkins, in "*Restoring Shattered Lives Seminar*" by Dr. Tom and Diane Hawkins, page 17.

"*Restoring Shattered Lives Seminar*" and many other resources regarding DID are available from Restoration in Christ Ministries, PO Box 479, Grottoes, VA 24441-0479. Telephone number: 540-249-9119. Web site: www.rcm-usa.org. Email address: rcm@rcm-usa.org.

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B. Learning to Use These Modules

Some may want to only use these modules to facilitate their own personal growth. Others will want to use these materials to help others be set free.

If you want to use these modules to help others, *first work through them yourself*. Seek healing for your own issues, as needed. Become familiar with the principles in each module. Apply them as they fit your situation.

B.1. You can either work through the modules on your own or with another reasonably mature follower of Christ. (Most of the modules are designed to be easily used on your own. However, some issues are easier to work through with a fellow follower of Christ. And some people would rather have someone help them as they work through their issues.)

If you start by working through these modules on your own, ask another follower of Christ to help you work through any issues where you:

- get stuck
- find yourself experiencing overwhelming emotions
- feel spiritually attacked
- have reason to suspect that serious spiritual warfare may be part of the issue you're about to address
- begin to feel you would prefer working through them with someone else.

If you are working through these modules yourself and have questions, ask your mentor for help. If you don't have a mentor, try to find one through the source where you got these modules.

B.2. These modules are based on prayer. If you find it hard to hear God speak to you, ask Him to show you why. Some possibilities include:

- You're not sure that God speaks to His people. In John 10:27, Jesus said, "*my sheep listen to my voice; I know them, and they follow me.*" See also "Does God Want to Communicate with Me Directly?" in "Attachment 3: Brief Biblical Basis for Seeking Healing for Emotional Wounds" in "Module 6: Healing from Emotional Wounds."
- God is speaking to you, but you haven't yet learned that God might speak in the way He's currently using. Some ways that God may speak include:
 - By bringing thoughts, memories, or impressions into your mind
 - By reminding you of something, or pointing out its significance
 - By giving new insight into an issue
 - Through Scripture verses
 - Through dreams and visions
 - By speaking audibly.
- You feel that asking God to speak to you is unrealistic or unwise for some reason. *For example: You find it hard to trust God fully. You're afraid that asking God to speak to you could lead to disappointment or punishment. You feel that God is distant, uncaring, or harsh.* In this case, seek to find out why you feel that way.

Module 1: Overview and Introduction

Some possibilities include:

- You feel similarly about someone who has had great influence on your life, for example your parents. In this case, you may be assuming that God's character is similar to weaknesses you've seen in this person's character. See "Module 11: Finding True Security" and "Module 8: Forgiving your Parents."
- You have emotional wounds that need to be healed. See "Module 6: Healing from Emotional Wounds."
- You have internal strongholds that need to be broken. See "Module 5: Breaking Internal Strongholds."
- You have unconfessed sin. See "Module 4: Confessing and Turning from Sin."
- You need to forgive someone. See "Module 7: Forgiving Others", "Module 8: Forgiving your Parents" and "Module 9: Forgiving and Accepting Yourself."
- You are angry. See "Attachment 2: When the Emotion is Anger" in "Module 6: Healing from Emotional Wounds."
- There are other issues that need to be addressed. *For example, lack of good Biblical teaching about who God is. Or lack of good Biblical teaching in general.* See any modules that apply.

B.3. When you have a specific problem or issue to work through:

- *Ask* God to reveal any underlying issues.
- *Seek* His solution. "*His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness*" (2 Peter 1:3).
- *Work* through the modules as God leads. See "Attachment 1: Guide to Identifying Which Modules to Use," in this module.

B.4. In addition to addressing any specific issues you are already aware of, think through these general questions:

- What background are your parents from?
- What was life like for you growing up?
- What patterns did you see in your family, as you were growing up, that you would like to continue?
- What patterns would you not like to continue?
- Do you find yourself stuck in any of the patterns that you don't want to continue?
- Are there any areas where you struggle in your relationship with God?
- Are there any areas where you struggle in your relationships with others (spouse, children, parents, etc.)?
- How is your communication with God?

Ask God to show you what things you might want to pursue in prayer. Work through the modules as appropriate. See "Attachment 1: Guide to Identifying Which Modules to Use," in this module.

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B.5. Sometimes, as you're working through one module, you're referred to another part of that module, or to another module. *For example, "See "Module 9: Forgiving and Accepting Yourself" or "See Sample Prayer for Step 1."* In each of these cases, after applying the principles (of the module or section of a module to which you've been referred) to the issue(s) you're working through, come **back** to the place you were referred from. Sometimes this will involve following a trail of multiple referrals. You may want to keep notes of where you were referred from, so that you can go back along the trail to where you started. This will help you to keep focused on the issue God is presently addressing.

Example: *You feel God leading you to pray about your intense feelings of loneliness. When reading through "Attachment 1: Guide to Identifying Which Modules to Use," you find there are many modules that may apply to your situation. Since the chart recommends starting with the first module indicated, you start with "Module 2: Freedom from Generational Bondage."*

After working through that module, you start to work through "Module 3: Replacing Family Curses with God's Blessings." When you get to step 4 of the step-by-step process, you have trouble hearing God speak blessings into key times of your life. You ask God why. You realize you have anger toward your father.

You are referred to "Module 8: Forgiving your Parent." While working through that module you realize that one of the reasons for your anger is that your father always seemed too busy to spend time with you. You don't feel able to release this anger.

You are referred to "Module 6: Healing from Emotional Wounds." There, you are reminded of a representative time when your father seemed too busy for you. It didn't seem like a significant memory to you at the time, but was the first one God brought to mind.

As you work through the process in that module, you realize that you felt your two choices were to feel angry or to feel worthless (because you were not worth spending time with). You haven't been able to give up your anger because you felt your only other choice would be to feel worthless. When God speaks truth into your memory, you realize that you are of great worth to Him. You are of such great worth to Him that He sent His one and only Son to die for you, so that you could be set free. He wants to spend time with you and is always with you. You don't need to feel lonely anymore. You feel a great relief. Now you gladly give up your anger.

You go back to "Module 8: Forgiving your Parent," and are now able to forgive your father for not spending more time with you.

You go back to "Module 3: Replacing Family Curses with God's Blessings," and are now able to hear God speak blessings into key times in your life. You continue with the remaining steps in that module. You feel empowered to reach out to others.

You continue to work through other modules that apply to your situation.

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B.6. Some of these modules you will most likely work through just once; *for example*, “Module 2: Freedom from Generational Bondage.” Other modules you may work through multiple times for multiple issues, *such as* “Module 6: Healing from Emotional Wounds.”

B.7. Work through major issues in your own life, before helping others work through these modules.

B.8. Unresolved issues in your own life may be triggered as you pray with someone, especially if they struggle with a similar issue. If this happens, take the first available opportunity to work through the issue(s) in your own life. Then continue to help the other person work through the issue(s) in their life.

C. Using the Basic Modules to Help Others

C.1. Basic Principles to Follow as You Minister to Others

- First work through the modules yourself. See “B. Learning to Use these Modules,” in this module.
- Be a good listener – don’t be quick to give answers. Let God give the answers.
- Respect the person – they are precious to God and not a project or something to “fix”.
- Be patient – let the Holy Spirit guide the process.
- Be genuine.
- Respond with grace and love – not judgment.
- Practice compassionate detachment: *care* about the person but don’t *carry* their burden. Let God carry the burdens.
- Watch for emotional clues along the way.
- Know your authority (in Christ) over the evil one.
- Know that God delights to heal His children.
- If you don’t know what to do next, ask Jesus. He’s the healer and deliverer!
- Seek healing for yourself as well – as needed.
- If you’re praying with someone of the opposite gender, have someone else either pray along with you or close enough to see you at any time. Do not pray with them in a place that could provide an opportunity for sin.
- Maintain a relationship of spiritual accountability with another follower of Christ.
- Keep confidences – don’t tell other’s stories without their permission!

If you have questions as you facilitate someone else in working through these modules, ask your mentor for help. If you don’t have a mentor, try to find one through the source where you got these modules. If you ask someone for help:

- Ask them about general principles and anonymous situations.
- *Don’t* pair a person’s name with any specifics about their situation without first getting their permission!

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C.2. Using the Modules to Help Someone Work through a Specific Issue or Problem

Often there is a specific problem or issue to work through. In these cases:

- *Ask* God to reveal any underlying issues.
- *Seek* His solution.
- *Work* through the modules as God leads. See the attachment “Guide to Identifying Which Modules to Use.” *If the person doesn’t yet follow Christ, see also “C.4. Using the Modules to Help Those Who Don’t Yet Follow Christ,” in this module.*

C.3. Using the Modules for General Applications such as Mentoring, Member Care and General Discipleship

When a person doesn’t have anything specific they’d like to work through or be free from, ask them for permission to ask some general questions. Some good questions to ask are:

- What background are your parents from?
- What was life like for you growing up?
- What patterns did you see in your family, as you were growing up, that you would like to continue?
- What patterns would you not like to continue?
- Do you find yourself stuck in any of the patterns that you don’t want to continue?
- Are there any areas where you struggle in your relationship with God?
- Are there any areas where you struggle in your relationships with others (spouse, children, parents, etc.)?
- How is your communication with God?

If the person doesn’t want to answer some of the questions or seems uncomfortable answering, you may not yet have a strong enough foundation of trust established to proceed at this level. There could be cultural factors involved. Work to build trust as appropriate. Ask God for wisdom on how to proceed.

As the person answers these questions, ask God to show you what things you might want to pursue together in prayer. Work through the modules as appropriate. See “Attachment 1: Guide to Identifying Which Modules to Use,” at the end of this module.

C.4. Using the Modules to Help Those Who Don't Yet Follow Christ

Using some of these principles with those who don't yet follow Christ can be very effective. Jesus delights to meet with those who are willing to come to Him. He has cast demons out of some (see Mark 5:1-20) and healed others (see John 9:13-38) who did not yet believe that He was their Savior. As people are healed and set free by His power, they often become more open to giving their lives to Him - inviting Him to be their best friend forever.

Some of the modules that, at least in part, can be used with those who don't yet follow Christ are: "Module 4: Confessing and Turning from Sin," "Module 5: Breaking Internal Strongholds," "Module 6: Healing from Emotional Wounds," "Module 7: Forgiving Others," "Module 8: Forgiving your Parents," and "Module 10: Replacing Unhealthy Patterns."

When those who don't yet follow Christ confess their sin or are healed from their wounds, you can command demons (in the name of Jesus) to immediately leave, if they were present because of the sin or wound. But, if the person doesn't choose to receive Christ, they aren't guaranteed His protection. It's possible that demons could return and the person could end up worse off than before. If the person does choose to receive Christ, they can ask Him to protect them and fill those empty places with Himself. In either case, returning to the sin can open people up to more bondage.

Some of the modules that would not be appropriate to use with those who don't yet follow Christ are "Module 2: Freedom from Generational Bondage," "Module 3: Replacing Family Curses with God's Blessings," "Module 9: Forgiving and Accepting Yourself," "Module 11: Finding True Security," and "Module 12: Living in the Light." This is because those still outside Christ have not yet been forgiven or granted the privileges of a follower of Christ.

As you work with those who don't yet follow Christ, ask God to help you know *when* and *how* to tell them more about Him. As God leads, let them know what other things they would be able to ask God for, if they were to choose to follow Him.

C.5. Using the Modules When Others Don't Initiate

If you'd like to use the principles in these modules with someone, but they haven't initiated:

- *Pray* for the person, including any issues you'd like to pray with them about. Ask God to pave the way for this, if it's His will.
- Check that your motivation is *love*.
- Check that you are *not seeking to "fix"* the person.
- *Work through* any similar issues in your own life.
- *Share*, as appropriate, how God has worked in your life as you've applied the principles in these modules.
- *Look* for some indication of interest on their part.
- *Wait* for this.
- *Remember* that God is the Healer.

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C.6. Using the Modules to Help People with Marriage Problems, and/or Other Relational Problems

If a couple comes to you and asks for help with marriage problems, the principles in these basic modules can be very helpful. You may want to first meet with both the husband and the wife together. With God's help, identify (with them) any unhealthy patterns in their relationship, unhealed wounds, unconfessed sin, lack of forgiveness, and other things that He wants to address. Remember that you are partnering with God and that He is the Great Counselor.

Encourage each spouse to work through the appropriate modules – on their own or with your help (or someone else's) as desired. As issues are addressed, encourage the couple to work through appropriate follow-up steps, especially those that relate to how they communicate with each other. Meet with both of them as appropriate.

A similar process can sometimes be used to help people with other relational problems. In some cases though, you will only be able to work with one of the individuals involved. This may also be the case with some marriage problems.

Note: Some basic issues relating to marriage and other relational problems are covered in these basic modules. Not all issues are addressed.

These modules are not a counseling course. They teach some basic Scriptural principles and how to apply them.

D. Basic Guidelines for a Ministry Time Where the Focus is on Freedom for the Captive

“I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them” (Matthew 18:18-20).

“...do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven” Luke 10:20).

How priceless is your unfailing love! Both high and low among men find refuge in the shadow of your wings. They feast on the abundance of your house; you give them drink from your river of delights. For with you is the fountain of life; in your light we see light” (Psalm 36:7-9).

D.1. Open your time with prayer. In this prayer:

- Ask God to lead the time
- Ask God to bring to the person’s mind anything that He wants to address
- Ask God to accomplish all He wants to through this time
- Ask God to surround each of you with His peace and His protection
- Ask God to fill each person and the place where you’re praying with Himself
- Ask God to move aside any powers or principalities that would seek to interfere
- Bind any evil spirits and command them to stand aside as God works.
- Thank God for who He is and what He’s going to do!

D.2. Follow God’s leading.

- Work through the issues God brings up, as time allows.

D.3. If you notice signs of spiritual interference⁴ during the ministry time:

- Ask God again to protect you.
- Bind and rebuke any interference.
- Ask God to show you what the reason for the interference was.
- Follow Him and address any strongholds, unconfessed sin, or anything else that might give the evil one a foothold, using the concepts from any relevant modules.
- Command any demonic elements that previously had a foothold (Ephesians 4:27) because of something that’s now been taken care of to go now where Jesus sends them and never return.
- If you still feel interference, close the ministry time with prayer (see “D.4 – End your Time with Prayer”, following), then ask your mentor what to do. Strong spiritual opposition may best be addressed by a ministry team. *“Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for*

⁴ For example, a sense of oppression or an inability to read Scripture.

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you by my Father in heaven. For where two or three come together in my name, there am I with them” (Matthew 18:19-20).

- If you have any doubt of your authority in Christ, find Scriptures on this. See “Module 12: Living in the Light.” Also work through any other negative feelings that you felt during the ministry time. See any modules that apply to your situation.

D.4. End your time with prayer. In this prayer:

- Thank God for what He’s done.
- If there are any demonic elements that had a foothold (Ephesians 4:27) because of something that has now been taken care of, command them in the name of Jesus to go now where He sends them, and never return.
- Ask God to bless the places (in the person) that He’s healed during your ministry time.
- Ask God to help the person access these healed places at will.
- Ask God to help the person live in the truth He’s revealed.
- Ask God to fill with Himself any empty places in the person.
- Ask God to help the person apply His truth in their lives.
- Ask God to help the person catch anything that hinders them from living in His Truth, and take those things captive and bring them to Him.
- Ask God to continue His restoration process in the person (2 Corinthians 3:18).

D.5. Encourage the person that received ministry to:

- Find Scriptures that reinforce what God’s shown them and meditate on them, enjoy them, apply them, memorize some of them.
 - To find Scriptures, the person may:
 - Use a concordance and look up Scriptures
 - Remember Scriptures they’ve previously heard or read
 - Find them as they’re reading the Bible or hearing it read to them
 - Ask someone else to help them.
- Take captive any thoughts or emotions that are not part of living in God’s truth.
- Share what God has done and is doing in them with someone else, including where they still struggle.
- Continue to work through the modules as they apply to their situation.
- Focus on God and enjoy worshipping Him.
- Enjoy partnering with God in the restoration process!

D.6. If you were ministering to someone else, after you’re alone:

- Ask God to cleanse you from anything in your mind or heart that’s not of Him.
- If any negative thoughts or emotions came up in you, take those captive and bring them to the cross. Get God’s perspective. As needed, work through any appropriate modules, either by yourself or with someone else.
- Give God any burdens you may be carrying on behalf of the person.
- Ask God to fill you with Himself, and with joy.
- Give God the glory. Thank and praise Him!

Process Diagram

Module 1 – Overview and Introduction

- **Opening prayer**
 - Ask God to lead the time
 - Ask God to bring to the person's mind anything that He wants to address
 - Ask God to accomplish all He wants to through this time
 - Ask God to surround each of you with His peace and His protection
 - Ask God to fill each person and the place where you're praying with Himself
 - Ask God to move aside any powers or principalities that would seek to interfere
 - Bind any evil spirits and command them to stand aside as God works.
 - Thank God for who He is and what He's going to do!

- **Follow God's leading**
 - Work through the issues God brings up, as time allows.

- **If you notice signs of spiritual interference during the ministry time, see Section D3 in "Module 1: Overview and Introduction."**

- **Closing prayer**
 - Thank God for what He's done.
 - If there are any demonic elements that had a foothold (Ephesians 4:27) because of something that has now been taken care of, command them in the name of Jesus to go now where He sends them, and never return.
 - Ask God to bless the places (in the person) that He's healed during your ministry time.
 - Ask God to help the person access these healed places at will.
 - Ask God to help the person live in the truth He's revealed.
 - Ask God to fill with Himself any empty places in the person.
 - Ask God to help the person apply His truth in their lives.
 - Ask God to help the person catch anything that hinders them from living in His Truth, and take those things captive and bring them to Him.
 - Ask God to continue His restoration process in the person (2 Corinthians 3:18).

- **Follow-up:** See Sections D5 and D6 in "Module 1: Overview and Introduction."

- **Note:** See "Module 1: Overview and Introduction" for information on how to use the modules yourself, and how to use them with others.

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Attachment 1. Guide to Identifying Which Modules to Use⁵

Indicator	Module
Bondage in some way similar to an ancestor's bondage	Freedom from Generational Bondage (2)
Absence of blessing, lack of empowerment	Replacing Family Curses with God's Blessings (3)
Conviction of sin, confusion, inability to find memories or discern lies from truth	Confessing and Turning from Sin (4)
Rigid and inflexible thinking, vows, curses, judgments, unhealthy relationships	Breaking Internal Strongholds (5)
Anxiety, fear, anger, depression, pain, hurt, discouragement, other unhealthy emotions, inability to overcome sinful patterns	Healing from Emotional Wounds (6)
Hurt, frustration, anger, rage, hate, bitterness, resentment, judgment, desire for revenge	Forgiving Others (7)
Stuck in same unhealthy patterns as parents, feeling any of the emotions listed immediately above toward parents	Forgiving your Parents (8)
Guilt, shame, pride, self-punishment, unbelief, self-justification, difficulty accepting the truth of who you are in Christ	Forgiving and Accepting Yourself (9)
Stuck in unhealthy patterns, lack of joy, fear, unhealthy control, perfectionism	Replacing Unhealthy Patterns (10)
Insecurity, fear, seeking unhealthy control, following after counterfeit desires	Finding True Security (11)
Feeling like a victim, not yet fully walking in the light, wanting to learn more about partnering with God	Living in the Light (12)

Note: If more than one module applies to the existing need, start with the first one that applies. From there, go to other modules, in sequence, as referred, or as you feel led.

Issues are often interrelated. Some problems seem like a large knot of many cords. As you work on one cord (such as forgiveness), you may find that next another thread (such as breaking an internal stronghold) needs to be addressed. Go back and forth between modules as needed to loosen the knot. Persevere, with God's help, until you find freedom. Ask Him for wisdom on how to proceed.

⁵ Some parts adapted (with permission) from "A Theory and Process for Christian Counseling & Inner Healing" by Alfred Davis, pg 202