

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

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Advertisement: *Introduction to Wholeness Prayer:* Wholeness prayer is a powerful way to partner with God in people's personal restoration and discipleship process. The five main steps involved in wholeness prayer are

- *Recognize:* With God's help, 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.

This workshop will introduce wholeness prayer and some of its applications - through skits, examples, presentation of basic principles, dialogue, and small group activities.

Session 1 of 2: Introduction (142 minutes + break – 9am-12pm)

CONNECTION: (13 minutes)

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

Skits (3 minutes): Diane: 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.

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

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

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

Let's look for a moment at our heritage in Christ. [Power point. See handout – page 1.]

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.*

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

- 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...*”
 - 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: (41 minutes)

- a) One method of moving forward in the battle is to: (3 minutes)
 - i) **Recognize:** With God’s help, identify (take captive) your 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 *financial struggle*
 - iii) **Root:** Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. *fear won’t be able to provide for family, trying hard, yet feeling alone in this – same way dad felt*
 - iv) **Receive:** Receive His perspective - first at the root, if there is one. (*heart level – however He speaks to you*) – *Trust in the Lord. He is here. He always provides.*
 - v) **Renew:** Apply this perspective in everyday life. – *I’m never alone. I can trust Him today and in the future. (Practice – discipleship.)*
 - vi) **K [key]: Recognize, Recent, Root, Receive, Renew (5 Basic Steps)** **power point**
- 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. (*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) **The basic steps in praying through emotional wounds based on false beliefs are: (2 minutes)** (There are also steps for praying through negative emotions based on truth (ex. *sorrow for lost years - carrying burden alone*), as well as for issues such as forgiveness.)
- Recognize:** negative feelings; unhealthy thoughts and/or actions
 - Recent:** Ask God to reveal a recent memory where these things were operative
 - Root:** Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way, together with
 - Negative feelings* in the memory *fear, feel alone, discouragement, have to try*
 - False beliefs* in the memory (These feel true, and may be mixed with truth.) *dad saying "It's impossible to provide for a family these days."***K: Emotion, Memory, False belief**
 - Receive** God's perspective. Test this (make sure scripturally sound). Also pray through any other things to work through - *hurt, forgiveness, vows*, etc. (The goal is peace and joy.)
 - Renew:** Ask God how we can *apply* this – first to the memory, then to our everyday lives. (*anything unresolved, action steps for here and beyond*) (Move forward in joyful victory.)
 - K: Recognize, Recent, Root (Emotion, Memory, False belief), Receive, Renew power point**
- 5) **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)
- Immediately offering advice* (not praying first)
 - Immediately giving direction* (including telling the person what God says they should do)
 - Immediately teaching biblical principles*
 - The usual pattern of intercessory prayer.* (though this is great alongside WP)
 - Counseling

Recall 1st skit. Let's take another look at Diane's situation. (10 minutes) 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):

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

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: Give thanks and pray a closing prayer for now, if time is up. (Also ask God to protect all the areas that are in process until they are healed, and to speed the day of their healing.)]

Tell Part 2 in Session 2.

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

- If you were Diane, how might you feel? (Diane, how did you feel?)
- If you were Marie, how might you feel? (Marie, 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)

[Optional] Quick review of basic Principles: (5 minutes) – Use power point and refer to handout (page 2).

*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.

*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

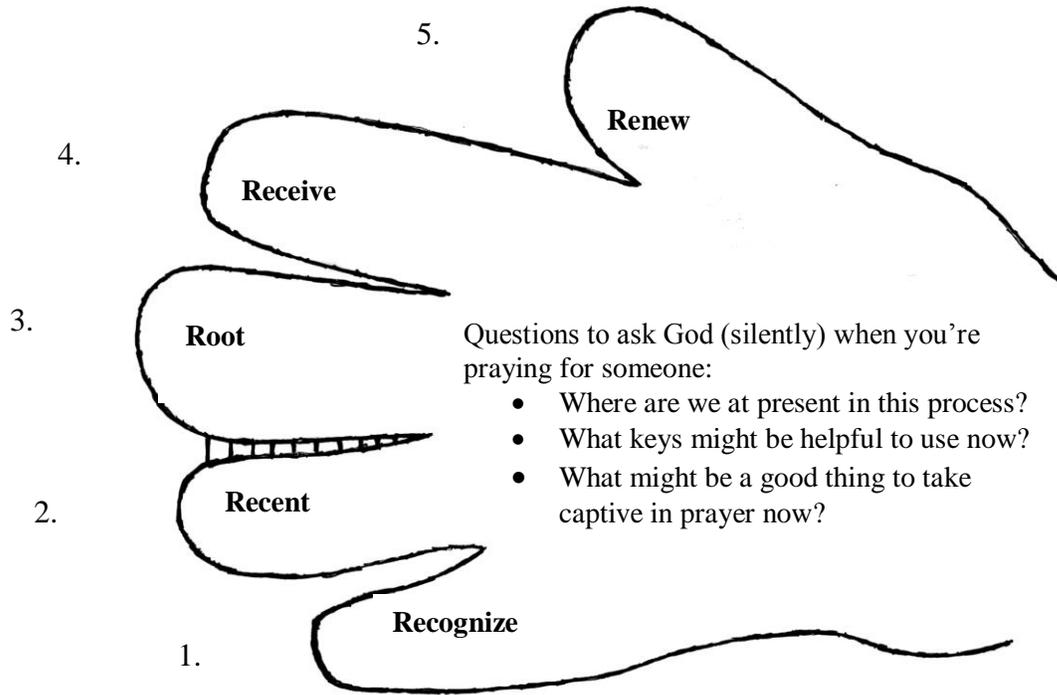
recognize what your body is telling you about how you feel; feeling words; 4. Practice in community; 5. Work through hindrances (such as believing that it's not okay to feel anger, etc.)

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

- 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**.

A Diagram of the Steps Involved in Wholeness Prayer

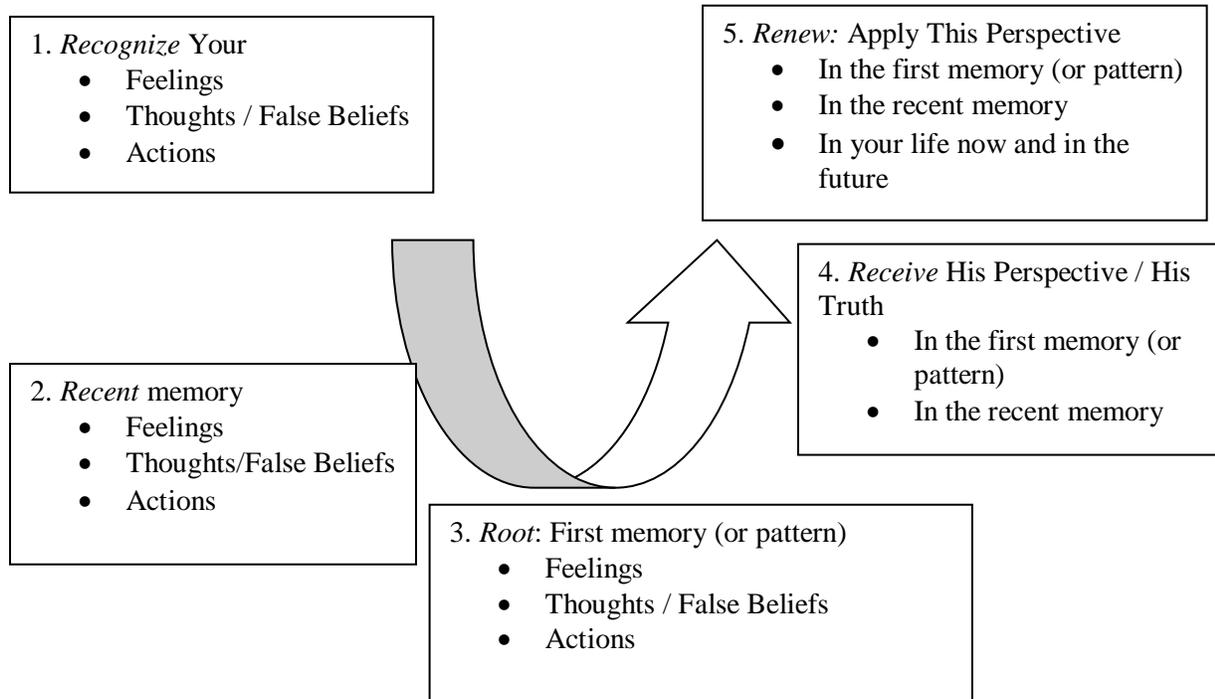
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A Diagram of the Wholeness Prayer Process

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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.



Break (10 minutes)

CHALLENGE: (Total 58 minutes)

- Freedom from Generational Bondage. Give handout and pray through together. (20 min)
- Give “Keys” Part 1 and explain. Review 5 steps + 3. (6 minutes) Tips at bottom of Keys page: 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. End with closing prayer.
- Pray for groups. (2 minutes)
- Pray in small groups of 3. (30 minutes)

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 - small groups in a moment) 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+41+58+10 =142 minutes)

Session 2 of 2: Applications (116 minutes + break – 1-3:30)

CONNECTION: (13 minutes)

Opening prayer (3 minutes)

Questions? (10 minutes)

CONTENT: (35 minutes)

Part 2 focus: Forgiveness, (blessing, vows, curses, sin, boundaries)

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 (5 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. It *doesn't mean* that what the person did was right, or that they should be trusted.
- 3) **3 steps** related to forgiving someone:
 - a) **Bind and cast out** evil spirits
 - b) **Forgive** the sin
 - c) **Receive** the person.
- 4) *Follow up step: pray a **blessing** on the person.*
- 5) **Basic steps for forgiving someone: (5 minutes)**
 - a) Opening prayer
 - b) **Recognize**
 - (1) Ask God to reveal to you the names of **people you need to forgive.**
 - (2) For each person, ask God to bring to your mind **any things you've not yet forgiven them for.**
 - c) **Recent, root**
 - (1) See if you're able to **fully give each item to Jesus.**
 - (2) **For any issue** or negative emotion **that you don't feel able to fully release, ask God to show you why** Get God's perspective at the root of the emotions, conclusions, perspectives involved.
 - (3) **Give up any unwise decisions you've made.** If this is hard, pray through the issues involved.
 - (4) **Give each item to Jesus** and ask Him to take all the hurt and pain from the offense(s). If this is hard, pray through the issues involved.
 - (5) **Forgive the person for each offense.**
 - (6) **Give up any resentment, anger, bitterness, hatred, rage, judgment, and/or remaining desire for revenge against them.**
 - d) **Receive** God's perspective
 - (1) Ask God to help you **see the person the way He sees them.**
 - (2) Ask God to give you **compassion for the person.**
 - e) **Renew:** Apply this perspective:
 - (1) **Pray a prayer of blessing** on the person.
 - f) Closing prayer.
 - g) Follow-up.

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): (10 minutes)

[Part 1 ended with: D: I feel more peaceful, but like I really need to forgive my mother. Yet I've tried before and feel stuck. If some time has elapsed between part 1 and 2, pray an opening prayer before continuing. Ask God to lead, and to accomplish all He desires during the prayer time. Ask God if this is the time to pursue D forgiving her mother, or if there is anything else to pray through first. (D's response is that there isn't anything else she's aware of right now, but she would like to work through forgiving her 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: (1) Saying things like “You’ll never amount to anything.” “Why are you so stupid?” “Why are you always so slow?” (2) Not having time for me, (3) 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 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 Diane, how might you feel? (Diane, how did you feel?)
- If you were Marie, how might you feel? (Marie, 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?

A few more applications: (5 minutes)

Highlighted steps regarding replacing family curses with God's blessings (pages 27-33)

- a) **Ask God to reveal to you significant times in your life:**
 - i) **When you felt blessed** by your parents or other significant family members.
(1) **Receive these blessings** in the name of Jesus.
 - ii) **When you felt either a curse of a lack of blessing** from your parents or other significant family members.
(1) **Ask God to replace these with a blessing.**

Steps in developing healthy boundaries: (Note: Whenever possible, develop healthy boundaries before you are involved in the situation. Beginning with healthy boundaries is much easier than developing them later on. It's much easier to ease up on boundaries that it is to tighten them.)

- a) **Find out what healthy boundaries are** for your context.
 - i) **Search God's Word for relevant principles.** (You can ask others to help you.)
 - ii) **Ask mature followers of Christ who understand your context.**
 - iii) **Ask God to help you know healthy boundaries for your context.** Keep in mind the bigger picture.
 - iv) **Submit the results of the above interactions to God and test the potential boundaries by His Word.**
- b) **Apply the healthy boundaries** God has given you.
 - i) **Ask God to help you.**
 - ii) **If anything within yourself is hindering you from applying these healthy boundaries, work through those issues.**
 - iii) **If someone else is hindering you from applying these, seek wisdom on how to proceed.** Seek wisdom by:
 - (1) Asking God for it.
 - (2) Asking Him *how to apply* the wisdom He gives.
 - (3) Asking mature followers of Christ for advice.
 - (4) Testing their advice to see if it's consistent with God's word.
 - iv) **Share** with someone *you can trust* (to guard confidentiality and not to judge those involved) and *who understands the issues involved*. Ask them to **hold you accountable.**
- c) **Examples** of areas where you may need to develop healthy boundaries are:
 - i) **Balance** of work and rest
 - ii) **Holiness**, including sexual purity
 - iii) **Knowing what is your job** and what is someone else's
 - iv) **Holding on to what you know is true**, even if others disagree
 - v) **Not following "the crowd"** into sin or unwise choices
 - vi) For developing healthy **interdependent relationships.**

Break (10 minutes)

CHALLENGE: (Total 38 minutes)

- Give "Keys" Part 2 and explain. Review 5 steps + 3. (6 minutes) Review tips at bottom of Keys 1 page: 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. End with closing prayer.
- Pray for groups. (2 minutes)
- Pray in small groups of 3. (30 minutes)

CHANGE: Debrief (Total 20 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 (covered in prayer time and follow-up):

Where to go to learn more: **handout (10 minutes)**

- To the ffcmm website: www.freemin.org. (2 minutes): See overview. (If someone has **difficulty hearing God**, see “Growing in Hearing God” online at www.en.freemin.org/Hearing_god.htm for more ideas.)
- 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 me at ffcm@emailglobe.net. I’ll answer them as soon as I can.

What is your (SMART) goal for using wholeness prayer? (SMART = Specific, Measurable, Action-Oriented, Realistic, Time-based.) *Samples: To learn more about wholeness prayer and apply the principles through:*

- *Memorizing the 5 steps +3 and the other key 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 through modules 1-12 on www.freemin.org by _____.*
- *Applying the material in modules 1-12 in my own life, as God leads.*
- What would help you reach that goal?
- Who would you like to ask to help you reach (and/or hold you accountable to) this goal?
- By when would you like to ask this person?

(13+35+38+20=116 minutes)