

Wholeness Prayer Training – Plan for Session 1¹

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Page numbers in this document refer to FFCM Out of Darkness into Light Wholeness Prayer Basic Modules, Standard Version, ©2005, 2004

Session 1. Introduction. (1 ½ - 2 hours)

CONNECTION (7 minutes)

- 1) Open in prayer (2 minutes)
- 2) Story comparing traditional counseling with wholeness prayer. (4 minutes)
- 3) There are many kinds of prayer. Wholeness prayer is one of these. Wholeness prayer can greatly help people who feel stuck spiritually or emotionally. (1 minute)

CONTENT (Total 46 [+5] minutes)

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

¹ Black – participant notes, Blue – facilitator notes, Purple – estimated time

- 4) One method of moving forward in the battle is to:
 - a. **Recognize:** With God's help, identify (take captive) our negative feelings, thoughts, and actions (*2 Corinthians 10:4-5*)
 - b. **Recent:** Bring these to God and ask Him to reveal a related recent memory
 - c. **Root:** Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way
 - d. **Receive:** Receive His perspective - first at the root, if there is one
 - e. **Renew:** Apply this perspective in everyday life.

K [key]: Recognize, Recent, Root, Receive, Renew (5 Basic Steps)
Note: This is different from stuff feelings or pretending they aren't there.
- 5) 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**)
 - a. For example, there an **arrow** may have pierced our hearts or our thoughts – through a weak spot in our spiritual armor. If so, or if we struggle in an area, this is an opportunity for healing and restoration. Using the 5 basic steps of wholeness prayer can help to bring victory.
 - b. *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.*
- 6) Story – using the 5 basic steps of wholeness prayer. (3 minutes)
- 7) Repeat the 3 principles. (1 minute)
- 8) Repeat the 5 basic steps in the process (page 1) – and emphasize that all is done through prayer (1 minute)
- 9) Look at the overview of the modules. (page 1) (1 minute)
- 10) Questions. (5 minutes)
- 11) **The basic steps in praying through emotional wounds based on false beliefs are: (5 minutes)** (There are also steps for praying through negative emotions based on truth – Session 2)
 - a. **Recognize:** **negative** feelings; unhealthy thoughts and/or actions
 - b. **Recent:** Bring these to God and ask Him to reveal a related recent memory
 - c. **Root:** Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way
 - i. *Negative feelings* (related to the trigger)
 - ii. *False beliefs* in the **memory** (These feel true, and may be mixed with truth.)
 - d. **Receive** God's perspective. (The result is peace and joy.)
 - e. **Renew:** Apply this perspective, first in the memories, then in everyday life. (Move forward in joyful victory.)

K: *Recognize, Recent, Root (Emotion, Memory, False belief), Receive, Renew*

12) Story and experiences (1 minute + 3 minutes)

- a. Examples from page 60 – “No one loves me.” “I’m worthless.” “Life is without hope.” “I can never change.” “I can never trust anyone.” (1 minute)
- b. Story – using the basic steps for praying through emotional wounds based on false beliefs – (keeping confidentiality) (3 minutes)

13) Main goals of wholeness prayer are: (5 minutes)

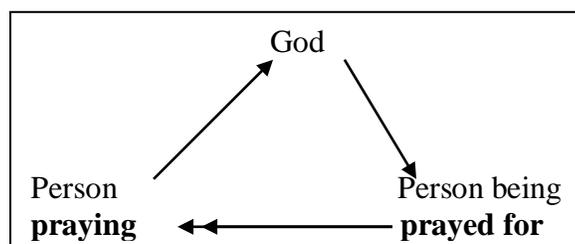
- a. **Loving God** with all our hearts, soul, mind and strength (growing in *intimacy* with God).
- b. **Loving others** as we love ourselves (growing in *healthy relationship* with others).
- c. **Good fruit** in
 - i. Sharing the Good News, discipleship and leadership development **Everyone** has 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:

- *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)
- *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.
- *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)
- *Proceeding* as God leads (in His time, don’t push) to *offer to introduce* the person to this amazing Jesus who has helped them
 - ii. Transformed lives, relationships, groups, and societies.

14) Key wholeness prayer **paradigm shifts** and basic principles: (5 minutes)

- a. *Hearing God speak **directly** to us about our problems, etc.* (not through someone else) [Jn 10:3,4,10, 27 “my sheep listen to my voice”]
- b. *Helping others to grow in hearing God speak **directly** to them.* This helps them to grow in intimate relationship with God and in hearing His voice.
- c. **Taking** our thoughts **captive** (including our feelings and the reasons for our behavior) and praying through any root issues – in ourselves, and when choosing what to next pray when praying with someone else
- d. **3-way prayer**



↑ Feelings (i.e. in the memory)
Decisions (i.e. forgive someone)
Requests (i.e. nullify a negative vow)

- e. Note: ↑ There are times that it’s appropriate for the person being prayed for to pray out loud to God. These include: (1) *Decisions* (such as forgiving someone), (2) *Requests* for God to break or restore something, (such as nullifying a negative vow or breaking a fear bond and replacing it with a love bond), (3) *Pouring out* one’s heart to God regarding *emotions* in a memory.

- f. ← The person being prayed for tells the person praying for them (1) what God is doing (reminding them of something, revealing His perspective, etc.), (2) what emotions they are feeling in a memory, (3) as much as they desire of what happened in the memory. (*So that the person praying for them knows what to take captive.*)
- g. ↑ The person praying for someone prays out loud to ask God to speak directly to the person to (1) reveal, (2) remind, (3) give His perspective, (4) break or replace something, etc.
- h. **God** leads the process (not us!). We surrender the prayer time and its results to Him.
- i. We **partner** with God and:
 - i. **Keep silent**
 - ii. **Listen – to God; To the person being prayed for – for what to take captive through prayer**
- j. **Humility**: ↔ (same level) not ↓ (one person higher than another).
- k. **Keep confidentiality!**

15) Paradigms that don't fit with wholeness prayer principles:

- a. *Immediately* **offering advice** (not praying first)
- b. *Immediately* **giving direction** (including telling the person what God says they should do)
- c. *Immediately* **teaching biblical principles**
- d. *The usual pattern of* **intercessory prayer**.

16) **Skits** – look for what follows the wholeness prayer principles and what doesn't. Specific things to look for include: listening, and following God's leading, not leading or talking much. Also discuss **results** and **background**. (5 minutes)

17) Steps in learning wholeness prayer principles: All followers of Christ can use these principles to pray through their own issues and to pray for others. All those who are willing to be prayed for in the name of Jesus can be. (2 minutes)

- i. *Learn to apply the principles in your own life - experience*
- ii. **Practice** helping others to pray through issues using the principles
 - 1. In this group
 - 2. Outside of this group
- iii. *Facilitate a group* that's learning about the principles
- iv. **Learn** how to teach others to use the principles
- v. **Teach** others how to use the principles.

18) [optional] Biblical foundation and answer questions, including, "My sheep hear my voice..." (John 10:27). (5 minutes)

CHALLENGE: (Total 11 minutes)

- 1) Testimonies using wholeness prayer (3 minutes)
- 2) Review 5 basic steps and keys to topics (1 minute)
- 3) Questions (5 minutes)
- 4) How do you think wholeness prayer principles might be helpful in addressing the kinds of issues you are aware of in your context (including in your own life)? (2 minutes)

CHANGE: **(Total 15 [+8] minutes)**

- 1) [Optional] Homework – Work through Module 2 with your spouse if you are married, or with a friend if you are not married. (pages 21-25)
 - a) Explain briefly (3 minutes)
 - i) *Ask God to reveal generational sins and negative patterns* that affect (or have affected) you or other members of your family.
 - ii) *Pray through the sample prayer*, out loud, changing it as desired.
 - b) Pray for participants - through the first section (if there is time) (5 minutes)
- 2) Pray for someone in front of the group (or pray for everyone), using wholeness prayer principles (10 minutes)
- 3) Closing prayer (2 minutes)
- 4) Plans for session 2. Modules 1, (3), and 6. (1 minute)
- 5) Announcements. (2 minutes)