

# Wholeness Prayer Training – Plan for Session 2<sup>1</sup>

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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 2. (About 2 hours)

### CONNECTION: (10 minutes)

- a. Open in prayer. (2 minutes)
- b. Questions and stories from Session 1, including praying through Module 2. Only share your own story. Keep confidentiality. (8 minutes)

### CONTENT: (66 minutes)

Review concepts from Session 1, then teach Session 2.

#### Review from Session 1: (10 minutes)

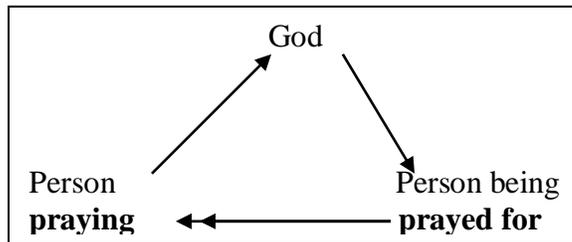
- 1) Basic steps in the wholeness prayer process:
  - i) **Recognize:** With God's help, identify (take captive) our negative feelings, thoughts, and actions (*2 Corinthians 10:4-5*)
  - ii) **Recent:** Bring these to God and ask Him to reveal a related recent memory
  - iii) **Root:** Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way
  - iv) **Receive:** Receive His perspective - first at the root, if there is one
  - v) **Renew:** Apply this perspective in everyday life.

**K [key]: Recognize, Recent, Root, Receive, Renew (5 Basic Steps)**  
God desires to communicate with us.
- 2) 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.
- 3) The basic steps in praying through emotional wounds based on false beliefs are:
  - 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**
  - d) **Receive God's perspective**
  - e) **Renew:** Apply this perspective, first in the memories, then in everyday life.

**K:** *Recognize, Recent, Root (Emotion, Memory, False belief), Receive, Renew*  
Example of a false belief: "I always fail."
- 4) Main goals of wholeness prayer are:
  - 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
    - ii) Transformed lives, relationships, groups, and societies.

<sup>1</sup> Black – participant notes, Blue – facilitator notes, Purple – estimated time

- 5) Key wholeness prayer **paradigm shifts** and basic principles:
- Hearing God speak **directly** to us about our problems, etc.*
  - Helping others to grow in hearing God speak **directly** to them.*
  - Taking** our thoughts **captive** (including our feelings and the reasons for our behavior) and praying through any root issues*
  - 3-way** prayer*



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

- God** leads the process (not us!).*
- We **partner** with God and:*
  - Keep **silent******Listen** – to God; to the person being prayed for – for what to take captive through prayer*

*Review 5 basic steps.*

*For each of the following examples, (1) What issues might it be good to take captive through prayer? (2) What might be a first thing to pray?:*

- I'm furious with my boss because he/she didn't keep his/her promise. (anger, need for forgiveness; How did he/she feel just before he/she got angry?)*
- I had trouble sleeping last night. (unclear; Why?)*
- I'd hoped to get the job, but it was offered to someone else. (unclear; How does he/she feel about that?)*
- I'm afraid to share the Good News. (why; What does he/she fear? When did he/she first feel this way?)*
  - Humility:** ↔ (same level) not ↓ (one person higher than another).*
  - Keep confidentiality!***

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

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

*Remind of the role play examples in Session 1.*

6) Questions

Session 2: Emotional Wounds Based on False Beliefs, Unpleasant Emotions Based on Truth, Anger, Trauma, Grief and Loss (May want to add some of #1 and #2 to Session 1.) (56 minutes)

- 1) A few more principles regarding wholeness prayer: (8 minutes)
  - a) **All followers of Christ** can learn to use wholeness prayer principles.
  - b) 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**)
  - c) 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.
    - i) **Take thoughts captive – including emotions – and bring to God**
      - (1) **Power of the cross and the resurrection**
      - (2) **Stuffing emotions doesn't help**
  - d) 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** friend ↔ friend to grasp God's hand directly.)
  - e) One result of wholeness prayer is that people **grow in intimate relationship** with God.
  - f) 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.
  - g) **Notice** people's expressions and body language as you pray with them. ***i.e. repeatedly moving their leg or hand***
  - h) **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.
  - i) 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.
  - j) **Basic steps in the process** are general steps for working through an issue. Adapt these steps to your situation. Follow God's leading.
  - k) **If something is triggered in you** as you pray for others, pray through this. Ask someone to help you if you'd like help.
  - l) Practice **compassionate detachment: care but don't carry** the problem(s).
- 2) Module 1 (pages 16-18) – Suggestions for: (3 minutes)
  - a) Opening prayer
  - b) Closing prayer
  - c) Steps to follow if there is spiritual interference
  - d) Things to do after the prayer time: for the person being prayed for *and* for the person praying for someone else.
- 4) Module 6B (pages 96-114) – **Basic steps for working through emotional wounds based on false beliefs** (page 100): (15 minutes)
  - a) Opening prayer
  - b) **Recognize** the trigger: negative feeling, unhealthy thoughts or actions.  
***i.e. I always fail.***
    - (1) Ask God to reveal (to the person) the negative emotions that are related to the trigger. **Hopelessness.**

- (2) Ask God to reveal a **recent** memory where the negative emotion(s) was triggered. *My boss criticized my work.*
- (3) Ask God to reveal anything in the memory that needs to be worked through (such as unhealthy thoughts and/or beliefs). *I always fail.*
- c) *Bring these to God and ask Him to reveal any **roots**:*
  - i) **Negative emotions**
    - (1) Think and feel (as much as God desires) the negative feelings, thoughts and beliefs in the memory. *Hopelessness. I always fail.*
  - ii) **Memory** (original or key)
    - (1) Ask God to reveal (to the person) the first time (or a key time) he/she felt this way. (God may also reveal that this is a pattern that has gone on for as long as the person can remember.) *When I was young my father often criticized my work. One day I made something. He looked at it and said, "You never get it right."*
  - iii) **False beliefs** in the memory (or memories)
    - (1) Ask God to reveal all false beliefs (or other issues to work through) in the memory (or memories). *I always fail. It's better not to try.*
- d) **Receive** *God's perspective:*
  - (1) Think and feel (as much as God desires) the negative feelings, thoughts and beliefs in the memory.
  - (2) Ask God to reveal His truth in the memory. *(God may reveal this through giving a thought, a picture, a verse, speaking (in their heart or audibly), or another way.) Partner with God, my help and my strength. Phil 4:13 "I can do all things through Him who strengthens me."*
  - (3) Test whether or not what is revealed is consistent with biblical truth, then receive all the truth that God has revealed. *True*
  - (4) Ask God to reveal if there is anything in the memory that is not yet peaceful. There may be other negative feelings to process, someone that's not yet been forgiven, an unhealthy vow that needs to be broken, or other issues to work through. Follow God and work through all that He reveals. *Forgive father, negative vow (will cover in Session 3)*
  - (5) Follow this process until the memory feels completely peaceful. *Sad. (Covered on page 5 of this session.)*
  - (6) Receive God's perspective in the recent (trigger) memory. *Actually only a small part of the work I submitted to my boss needs to be changed. I can do it. ☺*
- e) **Renew:** *Apply this perspective:*
  - (1) Ask God to reveal how the truth He has revealed applies to the person's everyday life – from today onward. *Partner with God. Remember Phil 4:13. Surrender the results of my work to God.*
- f) **Continue the process:**
  - (1) Ask God if there are other things He would like to help the person work through during this prayer time. Follow Him to other memories, other negative feelings, or other issues. Work through these together with Him.
- g) **Give thanks**
- h) Closing prayer
- i) Follow-up: See Module 1 and page 114.

**K:** *Take captive, Bring (Emotion, Memory, False belief), Receive, Apply*

Note: If someone has **trouble either knowing how they feel or feeling it**, it's possible they may have made a **vow** (Session 3) at some point, such as, "Feelings are too painful. I'll never feel anything again." There is likely a memory attached to this vow. It can help for the person to

**choose** in prayer that they want to feel whatever God wants them to. Sometimes it feels like the choice is to open the door to all the person feels (which seems overwhelming) or to keep the door shut tight. Another option is to ask Jesus to be the “**screen door**” and regulate the person’s emotions. In addition to working through the impact of the vow (and replacing this vow with a healthy focus on Christ) the person may also need to learn what feelings are and what they feel at certain times. (The person still feels the emotions at some level even if they stuffed them and sought to extinguish them.)

- Notes: (1) The first thing that comes to the person’s mind is usually the thing to take captive.  
(2) Take the thought captive and ask for God to reveal/do something.  
(3) Give thanks often.

Module 6A (page 94-95) – **Basic steps for inviting God to carry unpleasant emotions based on truth:** (Can be used together with principles in 6B.) (5 minutes)

- a) Opening prayer
- b) **Recognize:** unpleasant emotions based on truth
  - (1) Ask God to reveal (to the person) any unpleasant emotions based on truth.  
*Continuing with the above example: Sad because of his/her father’s words.*
  - (2) If these are related to grief or loss: see attachment 1.
  - (3) If the unpleasant emotion is anger: see attachment 2.
- c) *Give thanks* to God, that as a follower of Christ:
  - (1) You are yoked together with Him (Matthew 11:28-30).
  - (2) He offers you rest (Matthew 11:28-30).
  - (3) He carries all your sorrows (Isaiah 53:4b).
  - (4) If these truths are hard to receive, work through this. (See 6B.)
- d) **Recent:**
  - (1) Ask God to reveal a recent time when you felt this way
- e) **Root:**
  - (1) Ask God to reveal the first time you felt this way (or if it’s a pattern).
  - (2) Ask God to help you feel as much of the pain as He wants you to feel now, in His presence. (You might feel this pain physically, as well as emotionally.)
- f) **Receive:**
  - (1) Ask God to carry this load.
  - (2) Give Him your burden.
- g) **Renew:**
  - (1) Give thanks to God for what He has done.
- h) Closing prayer
- i) Follow-up: See Module 1. Also see note on page 95.

**K:** *Ask God to carry the burden, Give Him the burden*

5) **Basic steps in working through anger:** (5 minutes)

- a) Opening prayer
- b) Ask God to reveal a **recent** time you felt angry.
- c) Ask God to reveal the *feeling you felt just before the anger*, together with any *false beliefs*. Feelings that often underlie anger are: *frustration, fear, shame, and/or hurt*.  
*Behind his/her anger is fear of failure.*
- d) **Root:** Ask God to reveal the first time you felt this way / believed this (or if it’s a pattern)
- e) **Receive** His perspective
  - (1) Follow the healing process described in 6A or 6B, starting with the emotion behind your anger.

- f) **Renew:** Apply this truth to your everyday life.
  - (1) In the original (or key or representative) memory, ask *God to reveal whether or not you need your anger* for any reason. Work through any reasons He reveals.
  - (2) **(If you still feel angry)** Ask *God to take your anger* and give you His peace. (You may also need to forgive someone. See Modules 7-9.)
  - (3) Continue to work through the healing process in 6A or 6B.
- e) **Give thanks**
- f) Closing prayer
- g) Follow-up: See Module 1.

**K:** *Anger isn't a root emotion. Pray through the root emotion – usually frustration, fear, shame, and/or hurt.*

- 3) **Highlighted steps regarding seeking healing from trauma:** (page 125-131). (5 minutes)
  - a) **Work through each event** in the trauma that does not yet feel peaceful. (See 6B.)
  - b) Ask God to **carry the burden of the trauma.**
  - c) **Work through** issues of forgiveness, grief and loss, fear, and any other issues related to the trauma.
  - d) **Command, in the name of Jesus,** *all demonic elements that previously had a foothold because of the trauma to go now where Jesus sends them and never return.*

**K:** *Pray through each event in the trauma, God carry the burden(s), Bind and cast out all evil spirits connected with the trauma.*

Example: A pastor accused by someone he'd been helping of lying and stealing. Although the accusations were false, he feels that his name has been dragged through the mud.

- 4) **A few things to keep in mind when working through grief and loss:** (page 115-119). (5 minutes)
  - a) **Working through grief and loss is a process.**
  - b) **Different people grieve differently.**
  - c) **There are stages that are usually experienced in the grieving process.**
  - d) **People can get stuck in the grieving process. If this happens, it can be worked through.**
  - e) **God wants to walk alongside those who grieve and carry their unpleasant emotions (Isaiah 53:4).**
  - f) **Sometimes people who are grieving try to carry the burden of someone else's pain. If this happens, it needs to be worked through.** Example: Best friend's fiancé killed in an accident.
  - g) **It's very helpful for those who grieve to have a listening friend that they can share with.**
  - h) **There are other steps involved in working through grief and loss.** (See pages 117-119.)

**K:** *Working through grief is a process, Can pray through stuck places, God wants to walk alongside the person and carry their burden, A good listener can be of great help to the process.*

Skit using Wholeness Prayer principles – Part 1. Listen for things to take captive through prayer. (10 minutes)

**CHALLENGE: (11 minutes)**

- Questions (5 minutes)
- It's helpful to **remember the 5 basic steps and the keys from each topic**. Review. (1 minute)
- What are types of situations are you aware of where wholeness prayer principles might be useful? **Short responses (2 minutes)**

**Note (3 minutes):** Wholeness prayer principles can be used **in everyday situations**.

(1) You don't need to wait for a problem to arise. You can pray and ask God: "What's your perspective in this situation?", "What would you like to do here?", etc. **3-way conversation (and 2-way) – often pray and listen.**

(2) You can apply these principles for things that **don't** necessarily **feel large** and awful. i.e. frustration because someone didn't fulfill a promise, money problems, feeling overwhelmed, feeling discouraged with the results of your work and/or ministry, frustration because of someone else's actions.

(3) If there is **no root**, you can still ask God to reveal His perspective on the situation.

(4) People can pray through things **while** traveling, working (such as washing dishes), exercising, etc.

**CHANGE: (32 minutes)**

- 1) Pray for each other in groups of 2 or 3 using wholeness prayer principles. One person is prayed for, one prays for them, (and an optional third person prays quietly). Ask the facilitator(s) if you have questions. Refer to related steps. Also see the sample opening and closing prayers. (20 minutes)
- 2) Questions (5 minutes)
- 3) Closing prayer and follow-up (3 minutes) **Ask God to anoint the participants.**
- 4) Encourage participants to **practice!**
- 5) Plan for Session 3: Forgiveness (Modules 7-8), Vows (Module 5.A.2), Feeling cursed (Module 5.B.2), Sin and the occult (Module 4), Healthy Boundaries, Ev. (1 minute)
- 6) Announcements (3 minutes)