

Wholeness Prayer Training – Plan for Session 3¹

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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 3. (About 2 hours)

CONNECTION: (10 minutes)

- Open in prayer.
- Share personal experiences with wholeness prayer – only tell your story – not others.
- Questions from Sessions 1&2.

CONTENT: (61 [+7] minutes)

- Biblical basis (2 minutes) - 2 Corinthians 3:18 “*But we all, with unveiled face beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.*”
 - Followers of Christ **can change** in areas where they’ve long been stuck (Transformation, growing in maturity)
 - There are **many ways** God uses to transform His people into His image. Wholeness prayer is one of these.
- Review concepts from Sessions 1 and 2(5+5 [+7] minutes), then teach concepts for Session 3 (49 minutes)

Review from Session 1: Introduction. (5 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)

Note: I often thank God for what He’s just done in the previous step.

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. (like a rat in the house – wreaks havoc until destroyed)

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**

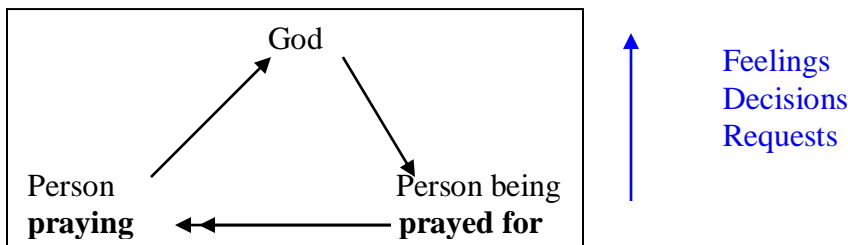
¹ Black – participant notes, Blue – facilitator notes, Purple – estimated time

- 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

- 4) Key wholeness prayer **paradigm shifts** and basic principles:
 - a) *Hearing God speak **directly** to us about our problems, etc.*
 - b) *Helping others to grow in hearing God speak **directly** to them.* **Basic principle: Partner with God to help the person being prayed for to grow in intimacy with God and receive His perspective at the roots of any stuck places.**

Note: One part of partnering with God is to offer relevant biblical truth to the person being prayed for if they haven't yet been taught any truth related to this issue. (For example, if the person doesn't yet know the biblical principle of not dating those who don't yet follow Christ.)

 - c) **Taking** our thoughts **captive** (including our feelings and the reasons for our behavior) and praying through any root issues
 - d) **3-way** prayer



- e) **God** leads the process (not us!).
 - f) We **partner** with God and:
 - i) **Keep silent**
 - ii) **Listen**
 - g) **Humility**: ↔ (same level) not ↓ (one person higher than another).
 - h) **Keep confidentiality!**
- 5) Paradigms that don't fit with wholeness prayer principles:
 - a) **Immediately offering advice**
 - b) **Immediately giving direction**
 - c) **Immediately teaching biblical principles**
 - d) **The usual pattern of intercessory prayer.**

Review from Session 2: Emotional Wounds Based on False Beliefs, Unpleasant Emotions Based on Truth, Anger, Trauma, Grief and Loss. (5 [+7] minutes)

- 1) A few more principles regarding wholeness prayer:
 - a) **All followers of Christ** can learn to use wholeness prayer principles.
 - b) 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.
 - c) 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.)

Note: If someone doesn't want to continue with the prayer process, they may not hear God speak to them. (Even through God is speaking and wants them to hear.) There are also other reasons why someone may not hear God speak to them. (See Module 1.)

2) **Keys (K) regarding inviting God to carry unpleasant emotions based on truth:**

- a) Ask God to **carry** the burden
- b) **Give** Him the burden.

My experience: My joy was robbed. I felt empty and disappointed. There were many disappointments I'd yet to surrender fully to God. When I surrendered these, my joy returned. In addition, there were issues of healthy boundaries to work through (including getting enough rest). **It's important to fully surrender outcomes (what will happen) to God.**

3) **Keys (K) regarding inviting God to carry unpleasant emotions based on truth:**

- a) Ask God to **carry** the burden.
- b) **Give** Him the burden.

4) **Keys (K) regarding working through anger:**

- a) Anger is not a root emotion
- b) **Work through the root emotion** together with God. This is usually frustration, fear, shame, and/or hurt.

5) **Keys (K) regarding seeking healing from trauma:** (page 125-131).

- 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) **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.

6) **Keys (K) regarding working through grief and loss:** (page 115-119).

- a) **Working through grief is a process.**
- b) **People can get stuck in the grieving process. If this happens, it can be worked through.**
- c) **God wants to walk alongside those who grieve and carry their unpleasant emotions (Isaiah 53:4).**
- d) **It's very helpful for those who grieve to have a listening friend that they can share with.**

7) What are types of situations are you aware of where wholeness prayer principles might be useful? From your own experience, from counseling others, from helping someone. (Share only what is consistent with confidentiality.)

[Skit – facilitator becomes the person being prayed for. Her (His) name is Ellie (or Doug). Students pray for her (him), taking turns, and use the materials from the sessions and from Module 6 (worksheet and Attachment 3 on anger). (7 minutes)

Ellie (or Doug) are angry because of what her (his) child recently did. Behind her (his) anger she (he) feels shame and fear of rejection. She (He) also has low self-esteem. Other issues that may come up in the prayer time are:

- *Unwillingness to forgive (her/his child, herself/himself, and her/his parents);*
- *Making a vow ("My child will always behave well. "),*
- *Feeling cursed (You'll never succeed.)*
- *Sin (putting herself/himself first)*
- *Unhealthy patterns (passed down from her/his parents – how to raise children).]*

Session 3. Forgiveness (Modules 7-8), Vows (Module 5.A.2), Feeling cursed (Module 5.B.2), Sin and the occult (Module 4). (49 minutes)

1) **We must forgive others from our hearts** (Matthew 18:21-35). (5 minutes)

- 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*. Release it to God for Him to take care of.
- 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.** (2 minutes)

A story to illustrate that forgiving someone is not the same as trusting them: A robber came to your house and stole something. He was later caught by the police. Forgiving him doesn't mean that you invite him and his friends into your house, and leave them unattended.

3) **3 steps** related to forgiving someone: (1 minute)

- a) **Bind and cast out evil spirits**
- b) **Forgive sin** (and have compassion for their wounds and weaknesses)
- c) **Receive person.** (with appropriate healthy boundaries)

4) **Basic steps for forgiving someone:** (page 133-140) (9 minutes)

- a) Opening prayer
- b) **Recognize:** Ask God to reveal to you the names of **people you need to forgive.**
- c) **Recent, root:**
 - i) For each person, ask God to bring to your mind **any things you've not yet forgiven them for.**
 - (1) See if you're able to **fully give each item to Jesus.**
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, and perspectives involved. *Paddle ball illustration: Ask God to reveal if the person is ready to release all the offenses, or if there are any that still feel hard to release, or come back when they try to release them – the way a rubber band pulls the ball back to the paddle of a paddle ball. If any offenses feel hard to release, then ask God to reveal why - what the "rubber band" is, then work through these issues. (These may include attempts to protect themselves [physically, emotionally, or spiritually – including attempting to "ward off"*

hurtful words including “curses”], or attempting to get revenge.) When the issues are worked through, ask God to “cut the rubber band.”

- ii) **Give up any unwise decisions you’ve made.** If this is hard, pray through the issues involved.
- iii) **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.
- iv) **Forgive the person for each offense.**
- v) **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.

Note: For **more serious offenses**, including ongoing unhealthy patterns such as some form of abuse, complete forgiveness will involve a **process**.

In addition to forgiving the person, **other related issues** to be worked through together with God may include: grief and loss, sadness, disappointment, various results of the offense, trauma, developing healthy boundaries, and replacing unhealthy patterns with healthy ones.

You **may only gradually be aware** of all the issues to work through. If you become aware of something more to work through, work through this together with God. You may want to ask a friend to help you.

The **first step** in forgiveness is (1) to **choose** to forgive the person, step-by-step if needed. The **second step** is (2) to continue to **process** what you are aware of, and walk out your commitment to forgive step-by-step.

If you are **still in an unhealthy situation**, you will probably need to **continue to forgive** the person for future offenses as they occur. It would also be good to develop **healthy boundaries**.

Example from earlier: angry at child. [Ellie (or Doug) are angry because of the actions of their child. Behind her/his anger (root emotions) are shame and fear of rejection. She/he also feels insecure.]

K: Bind and cast out (evil spirits), **Forgive** (pray through any “rubber bands”), **Receive** (the person); **Bless**.

- 4) **Highlighted steps regarding forgiving your parent(s):** (page 141-147) (7 minutes) Many of these steps are also helpful for forgiving others.
 - a) **Recognize, recent, root**
 - i) Ask God to help you **objectively see your parent** as He sees them.
 - ii) Ask God to help you **see your parents as distinct from their sin.**
 - iii) Ask God to help you to **receive the person your parent is, and forgive their sin.**
 - iv) Ask God to give you **compassion for your parent.**
 - v) Ask God to reveal **any areas where you’re acting in reaction to your parent.**

- (1) For each area, ask God to reveal any **vows** you've made that are still in effect, **or** any **unhealthy thoughts or feelings you have toward your parent**. Work through breaking these internal strongholds.
- (2) **Work through any other related issues.**
- c) **Receive** God's perspective
- d) **Renew**
 - (1) **Take responsibility for your own reactions to your parent.** Confess and repent of your own sins relative to the issues involved.
 - (2) **Bless** (or ask someone else to pray a prayer of blessing over **all that is good** in you that was passed on by your parents.
 - (3) **Pray a prayer of blessing and acceptance on your parent.**
 - (4) Ask God to help you **continually** choose to **love, forgive, and bless your parent.**

K: Differentiate between the person God created your parent to be (**receive**) and their sin (**forgive**), pray through any negative vows, take responsibility for your reactions, **bless**.

Example: Feeling like the only choices are to feel angry or worthless.

5) **Highlighted steps regarding vows:** (5.A.2. pages 58-60) (3 minutes)

- a) **Recognize**
 - (1) Ask God to reveal **any unwise or negative vows** you've made. (See examples and a brief explanation on page 58.)
- b) **Recent, root**
 - (1) For **unwise vows**, ask God to forgive you. Ask Him to show you what, if any, part of it He still wants you to fulfill.
 - (2) For **negative vows**:
 - (a) Ask God to show you anything within you that contributed to your decision to make this vow. Work through these issues.
 - (b) Ask God to forgive you for making this vow.
 - (c) Ask God to nullify this vow.
- c) **Receive** God's perspective
 - (1) Ask God to show you His truth, as it applies to yourself; and as it affects how He wants you to relate to others.
- d) **Renew:** Apply this truth in your life.

K [key] to working through negative vows: pray through **why** chosen (**root**), ask God to **nullify**. Example from earlier: "My child will always behave well." (Actually part of this is outside her/his control. But parents are also accountable to God for how they raise their children.)

6) **Highlighted steps regarding feeling cursed:** (5.B.2. pages 72-75) (4 minutes)

- a) **Recognize:** Any ways in which you feel cursed.
- b) **Recent, root:**
 - (1) Ask God to reveal to you **anything that needs to be addressed before breaking the curse.** Address these now.
 - (2) If you **feel** you've been **cursed because of some sin you've committed:**
 - (a) Confess your sin to God. Ask for His forgiveness.
 - (b) Ask Him to cleanse you and set you free from any further effects of the curse.
 - (3) If you **feel you've been cursed because of a sin of your ancestors,** see Module 2.
 - (4) If you **feel you've been cursed by another person:**
 - (a) Ask God to show you anything within you that may have contributed to your vulnerability to this curse. Work through any issues He reveals.

- (b) Ask God to show you anything else you need to know related to breaking the curse.
- c) **Receive** God's perspective
 - (1) **Ask God to break the curse and replace it with a blessing.**
- d) **Renew:** Apply God's perspective to your life.
 - (1) **Forgive** the one who cursed you and **pray a blessing** on them.
 - (2) Ask **God to protect you** from all curses and their effects.
 - (3) **Follow through with any action steps** God has shown you.

K: *Pray through root and related issues, God break and replace with a blessing; God protect.*
 Example from earlier: Feeling cursed (“You’ll never succeed.”) and making a vow (“I won’t try to succeed.”)

5) **Highlighted steps regarding sin issues:** (Module 4, pages 35-43) (3 minutes)

- a) **Recognize**
 - (1) Ask God to reveal to you any sins that you need to confess and turn from.
- b) **Recent, root**
 - (1) Ask God to reveal **anything within you that contributed to your choice to sin.**
Work through these.
- c) **Receive** God's perspective
 - (1) **Confess** your sins to God **and ask for His forgiveness.**
 - (2) Get God's perspective on any underlying issues.
- d) **Renew:** Apply God's perspective to your life.
 - (1) Ask God to reveal any follow-up steps.

K: *Pray through anything that contributed to the decision to sin in this way (why chosen)*
 Example from earlier: Putting herself/himself first, disciplining a child inappropriately (for example in anger or through manipulation and shame).

7) **Steps regarding occult involvement:** (Module 4, pages 44-49) (1 minute)

(It is recommended that you work through this process with another follower of Christ present who is reasonably mature.)

Skit using Wholeness Prayer Principles – Part 2. (10 minutes)

How to continue with wholeness prayer when an issue is prayed through over multiple sessions: (2 minutes)

- (1) At the end of each session (when an issue isn't yet resolved) ask God to
 - (a) **Protect** the person and the places that aren't yet healed
 - (b) **Soon** heal these places and **give victory** over this/these issue(s).
- (2) At the beginning of each subsequent session ask God
 - (a) **Remind** the person of **where they are in the process**
 - (b) **Reveal** to them **where He wants to start** for this session.

- 8) How can we apply these principles in sharing the Good News? (We can use some of the principles with those who don't yet follow Christ – for example Module 6 **asking God to speak, help, etc.** Other principles are only appropriate for use with followers of Christ – for example Module 2 and Module 9 (forgive and receive ourselves because we've been forgiven and received by Christ (agreeing with Him) (2 minutes)

Note: Casting out evil spirits – don't leave the house empty or the later condition may prove to be worse than the former. We need the protection of Christ (which His followers have).

CHALLENGE: (8 minutes)

- Questions (5 minutes)
- It's helpful to **remember the 5 basic steps and the keys from each topic**. Review. (2 minutes)
- Two things to remember: (1 minute)
 - (1) Opening and closing prayer, including binding and casting out evil spirits.
 - (2) Often giving thanks for what God did in the previous step.

CHANGE: (30 minutes)

- Questions (5 minutes)
- Pray for the small groups. Also ask God to bring people forward who want to train others (and already understand the principles and practice them – in their own lives and in praying for others). (2 minutes)
- Take turns using wholeness prayer principles to pray for one another in groups of 2 or 3. One person is prayed for, one prays for them, (and an optional third person prays quietly – and whisper to the one praying if they want to give input). Ask the facilitator(s) if you have questions. Refer to related steps. Also see the sample opening and closing prayers. (20 minutes)
- Plan for Session 4: Replacing unhealthy patterns, addressing sexual sin, overcoming addictions, growing in healthy boundaries.
- Announcements (3 minutes)