

Wholeness Prayer Training – Plan for Session 4¹

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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 4. (About 2 hours)

CONNECTION: (10 minutes)

- Open in prayer.
- Sharing personal experiences with wholeness prayer principles. (Only share your own story.)
- Questions from sessions 1-3.

CONTENT: (12 [+7] + 42 = 54 [+7] minutes)

- Review concepts from Sessions 1-3 (12 [+7] minutes), then teach concepts for Session 4 (42 minutes)

Review from Session 1: Introduction. (4 minutes)

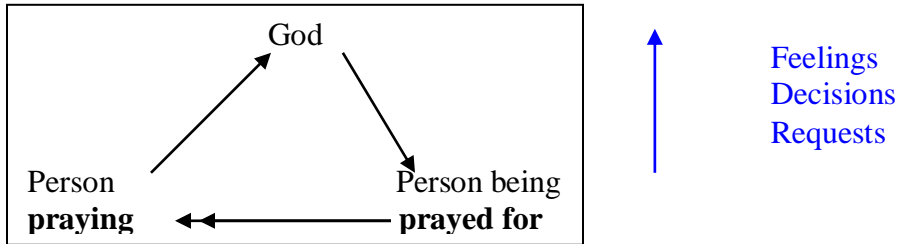
- 1) Basic steps in the wholeness prayer process:
 - i) **Recognize:** With God's help, identify (take captive) our negative feelings, thoughts, and actions (2 *Corinthians 10:4-5*)
 - ii) **Recent:** Bring these to God and ask Him to reveal a related recent memory
 - iii) **Root:** Ask God to reveal 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)*
- 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**
 - 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.*

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

- 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.***
- 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. (4 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.)
- 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.
- 3) **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.*

- 4) **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.
- 5) **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.**
- 6) What are types of situations are you aware of where wholeness prayer principles might be useful?

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

- 1) **We must forgive others from our hearts** (Matthew 18:21-35).
- 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) **Keys (K) for forgiving someone: Bind and cast out** (evil spirits), **Forgive** (pray through any "rubber bands" – connected to things hard to release), **Receive** (the person); **Bless**.
- 4) **Keys (K) regarding forgiving your parent(s): 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.**
- 5) **Keys (K) regarding negative vows: Pray through why chosen (root), ask God to nullify.**
- 6) **Keys (K) regarding feeling cursed: Pray through root and related issues, God break and replace with a blessing; God protect..**
- 7) **Keys (K) regarding sin issues: Pray through anything that contributed to the decision to sin in this way (why chosen)**
- 8) **Steps regarding occult involvement:** (Module 4, pages 44-49)
(It is recommended that you work through this process with another follower of Christ present who is reasonably mature.)

Skit: Ellie: angry because of her child's actions; shame, fear, low self-esteem, focused on herself; sin (putting herself first, often blowing up at her child, inappropriate and out of control anger toward her child); feeling cursed (won't succeed); need to forgive child and mother and self; vow (My child will always behave perfectly.); unhealthy patterns (learned from her parents about how to raise children); healthy boundaries (7 minutes)]

Session 4: Replacing unhealthy patterns, addressing sexual sin, overcoming addictions, growing in healthy boundaries. (42 minutes)

- 1) **Highlighted steps regarding replacing unhealthy patterns with healthy patterns:**
(Module 10, pages 159-166) (7 minutes)
 - a) Ask God to reveal to you any unhealthy patterns presently operating in your life.
 - b) Ask God to show you what triggered this unhealthy pattern (the first negative emotion in the sequence and what triggered it).
 - c) Ask God to show you a healthy way to get back to joy from the first negative emotion.
 - d) Ask God to show you what a healthy response would have been to the initial situation – the one that triggered your first negative emotion and unhealthy response.
 - e) Understand and apply the new healthy pattern.

K: *Identify unhealthy pattern, including "first" emotion and trigger; Get God's perspective at the root(s); Identify healthy pattern for responding to "first" emotion and trigger; Practice.*

Example: Ellie blowing up at her child, out of control, inappropriate anger.

My example:

Old pattern: fear → sadness → back to joy

New pattern: always protected, always safe to be joyful!

- 2) **Ways to learn healthy patterns include:**
 - a) Identifying people you know who have healthy patterns operating in their lives, (my spouse) then:
 - i) Seeing those patterns modeled.
 - ii) Asking questions to learn more about the pattern.
 - iii) Talking through case studies (while guarding confidentiality).
 - iv) Role-playing as appropriate to help you learn to apply the healthy pattern in your situation.
 - b) Learning about healthy patterns through books.
 - c) God directly helping you create and implement a healthy pattern. Note: This includes working through related issues and their roots.
- 3) **Replacing unhealthy patterns with healthy patterns facilitates building healthy relationships with others**, including: (pages 167-168)
 - a) Spouses and
 - b) Parents.

Example: Ellie working through her unhealthy pattern of child raising that she learned from her parents. Related issues include working through feeling she'll never succeed and a root of fear.

Example: A person with an eating problem. (This may involve an addiction.) Two questions that may help the person work through the issues are:

- (1) Just before I eat in this way I feel _____.
- (2) If I don't eat in this way, I will feel _____.

4) **Basic steps in working through sexual sin:** (pages 38-39, 86-87) (5 minutes)

a) ***Opening prayer***

c) ***Recognize***

(1) Ask God to help you remember any ***unhealthy one-flesh bonds*** in your life.

c) ***Recent, root***

(1) Ask God to ***break*** all unhealthy one flesh bonds in your life. Ask Him to ***restore*** to you any part of you that was lost as a result of the bond. Ask Him to ***cleanse you*** of any unholy thing that came as a result of the bond.

(a) Ask God to show you ***anything within you that contributed to your decision to sin in this way.***

(b) ***Work through these issues.***

d) ***Receive*** His perspective, including on root issues.

e) ***Renew:*** Apply His perspective in your life.

(1) ***Commit*** your body to God.

(2) ***Decide*** not to sin again in this way.

(3) ***Ask God*** to help you.

f) ***Closing prayer***

g) ***Follow-up: Develop healthy boundaries*** in this area. For example, a healthy boundary to help prevent sexual sin is: Don't be alone with someone in any context where sexual sin could conceivably happen.

h) See the ***sample prayer*** on pages 38-39.

K: ***Pray through anything that contributed to the decision to sin in this way (why chosen); Break, restore, cleanse; Develop healthy boundaries.***

5) **Steps in developing healthy boundaries:** (page 199) (6 minutes)

(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 than it is to tighten them.) Note: Part of this process can be done through prayer. Part probably will need to be taught to the person. Interacting with someone who is a healthy example can greatly facilitate the process.

- 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 healthy boundaries, 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.**

Example: Ettie (Doug): how to raise her/his children well. (May need to learn healthy patterns for raising children.)

K: Find, Apply

Note: Emotional fatigue can also be related to boundary issues. Often it results from too much busy-ness and not enough rest.

6) **Addictions²** (10 minutes)

- a) **Explanation**: Definition: An addiction is more than a habit. It also includes some type of chemical dependence (kick). At its root is a painful emotion that the person doesn't know how to get back to joy³ from. (See Module 10.)
- b) **A common progression**: painful emotion → unhealthy control → perfectionism (two faces) → addiction
- i) "Addicts in general **begin by using some substance or behavior in an inappropriate way to produce pleasure or avoid pain**, thus affecting their emotional state. The kinds of experience sought after are many and varied, but they have one thing in common: a desire to repeat the experience. There are **four kinds of such experience**:
- (1) **Creating a feeling of elation or excitement**
 - (2) **Relieving anxiety or some other emotional distress**
 - (3) **Creating a feeling of power or confidence**
 - (4) **Creating a feeling of connection or unity**."⁴
- c) **Three parts to address** in breaking free from addictions:
- i) **Painful underlying emotions**, including how to get back to joy from these. (See Modules 6, 10 and 11. There may also be *related issues* to work through, including *forgiveness, vows, feeling cursed, finding true security*, and so forth. See any modules that apply.) The painful underlying emotions result from:
- (1) **Family dysfunction**
 - (2) **Personal trauma**
- ii) **Chemical dependence**
- iii) **Pressure of society**. (For example: advertisements.)
- d) Overcoming an addiction is a process. A loving community can also be of great help.

K (The process for overcoming addictions is more involved than the other issues looked at so far. Some keys involved in overcoming addictions are):

- ***Root emotions, Family patterns, Social pressure***
- ***Mindset (unhealthy pattern – invite God to reveal His perspective at the roots), Lifestyle, Root, Cloak***
- ***Process, Practice and pray through with God until total victory is reached.***

Note for diagram: Often people wait to invite God into the process until they are at the stage of "Further shame and guilt." But it's much more effective to invite God to help with the initial feelings in "Destructive Core Concepts" and the "Fantasy" stage in the "Addictive Life Style" cycle.

² These brief thoughts on addictions are mainly based on concepts adapted (with permission) from a talk on *Addictions and Pornography*, which was presented by Alfred Davis during a seminar given in Jakarta in November, 2003. For more information, please contact Agape International, 79 Kerr Street, Oakville, Ontario, Canada L6K 3A2. Phone number (in Canada): 905-842-4270.

³ Concept (of getting back to joy) is taken from "*The Life Model: Living From the Heart Jesus Gave You*," by James G. Friesen, Ph.D.; E. James Wilder, Ph.D.; Anne M. Bierling, M.A.; Rick Koepcke, M.A.; and Maribeth Poole, M.A.,

⁴ Page 13, *Overcoming Addiction: A Common Sense Approach*, by Michael Hardiman, © 2000 Michael Hardiman



THE ADDICTIVE MIND-SET

**Destructive
Core Concepts:**

- Worthless
- Unlovable
- Alone
- Chemical high

THE ADDICTIVE ROOT

1. Family Dysfunction
2. Personal Trauma
3. An Addictive Society

THE ADDICTIVE LIFESTYLE



THE ADDICTIVE CLOAK

- Shame
- Denial
- Delusion
- Blame

⁵ This diagram is from the talk *Addictions and Pornography*, by Alfred Davis. See note 2.

- 7) **Highlighted steps for working through an addiction to pornography: (7 minutes)**
- a) **Ask God to reveal anything within yourself that contributed to your decision to sin in this way. Work through these issues.**
 - b) **Ask God to show you if you've chosen to follow after any counterfeit desires. If you have:** (page 185)
 - i) *Confess these.* (See also “Module 4: Confessing and Turning from Sin”).
 - ii) Ask God to show you what *true desires* you have that are *hidden underneath these*.
 - iii) Ask God to help you *pursue these true desires* instead of the false ones.
 - iv) Ask God to show you *anything within you* that makes it hard for you to choose to seek after the true desires instead of the counterfeits. (For example, you may fear rejection.)
 - v) For each thing He reveals, ask Him *where you first felt this*, or thought this was true. *Work through these issues. Get God's perspective* on this.
 - vi) As God reveals His perspective, *decide* if you would like to:
 - (1) *Choose to follow His ways*
 - (2) *Trust Him with your true desires in this area.*
 - vii) *If this is hard, work through why* together with God.
 - viii) *Continue* working through this process as needed.
 - c) **Work through feelings of shame** that are connected with this sin.
 - d) Ask God about **your relationship with Him.**
 - i) **Is there anything hindering you from having a healthy, intimate relationship with God?**
 - ii) **Is your relationship with God healthy and intimate?** (If not, *do you know how to have a healthy, intimate relationship with God?*)
 - iii) **Do you know that God hears and answers your prayers?**
 - iv) **Work through any issues together with God.**
 - e) Ask God about **your relationships with others:**
 - i) **Do you know how to have healthy relationships with other people?**
 - ii) A question for males only: **Do you know how to have a healthy relationship with a woman?**
 - (1) Treat “*older women as mothers, and younger women as sisters, with absolute purity*” (1 Timothy 5:2).
 - f) **Build healthy patterns,** related to:
 - i) Anything within you that contributed to your choice to sin in this way
 - ii) Trusting God with your true desires
 - iii) Overcoming unhealthy shame
 - iv) Developing a healthy relationship with God
 - v) Developing healthy relationships with others, especially women.
 - g) **Share your story with someone** (of the same gender) *who can be trusted* (to keep confidentiality and not to judge) and *who understands the issues*. Ask them to **hold you accountable.**

K: *Addiction; Counterfeit desires; Shame; Relationships; Healthy patterns; Accountability*

- 8) **Highlighted steps regarding replacing family curses with God's blessings** (pages 27-33)
(5 minutes)
- 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.**

Example: Ellie: Birth, youth, teen years, marriage, birth of first child, etc.

K: Receive blessings, Curses replaced with blessings

CHALLENGE: (15 minutes)

- Questions (5 minutes)
- **Review the 5 basic steps and the keys from each topic.** (2 minutes)
- **Evaluations** using role plays, in small groups (each does one role play), then discussion in large group: (5+3 minutes)
 - (1) Yesterday when I got home, my [wife] yelled at me for being late and not calling. I got angry and started yelling back at [her]. Now we're not speaking to each other. [She's] so unreasonable.
 - (2) I borrowed money from my friend R, but now he wants it back. Can you lend me [some money] so that I can repay R?
 - (3) I did the work my boss gave me, but he wasn't happy with it and criticized me. It's not fair! I did what he asked. I hate people like that. I'm not going to work for him any more. I'll never forgive him.
 - (4) Can you please pray for me? I've been having stomach trouble.

CHANGE: (25 minutes)

- How do you think God might like to partner with you in using these principles in the future? (5 minutes)
 - Pray for them and ask God to show them.
 - Ask God to equip, anoint, and empower some from within this group to train others in these principles (after understanding the principles, and practicing them - in their own lives as well as in partnering with God to pray for others)
 - Ask God to bless each person in the group, and
 - Help them to keep learning about and using the principles – in their own lives as well as in partnering with God to pray for others
 - Help them keep growing in intimacy with God and obedience to His ways
 - Help them, especially whenever their joy is stolen, to
 - **Take** their thoughts **captive**
 - **Bring** them to Jesus, including any roots, and work through related issues together with Him
 - **Receive** His perspective and return to joy
 - **Apply** His perspective and His truth in their everyday lives
- Pray for small groups, then 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)