The background of the slide is a photograph of sunlight filtering through a dense canopy of green trees. The light creates a bright, hazy glow in the upper left corner, with rays of light extending across the scene. The overall color palette is dominated by deep blues and greens, with the white text providing a sharp contrast.

# Wholeness Prayer

(Restoration and Discipleship)

Session 2

©2014, 2007, 2006 Freedom for the Captive Ministries

# Basic steps (K) in wholeness prayer:

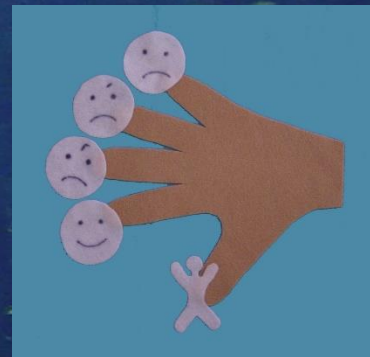
- Recognize
- Recent
- Root
- Receive
- Renew

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.



# Basic steps (K) in praying through emotional wounds based on false beliefs :

- Recognize
- Recent, root
  - Feelings
  - Memory
  - False beliefs
- Receive
- Renew



# Main goals of wholeness prayer:

- *Loving God*
- *Loving others*
- *Good fruit*

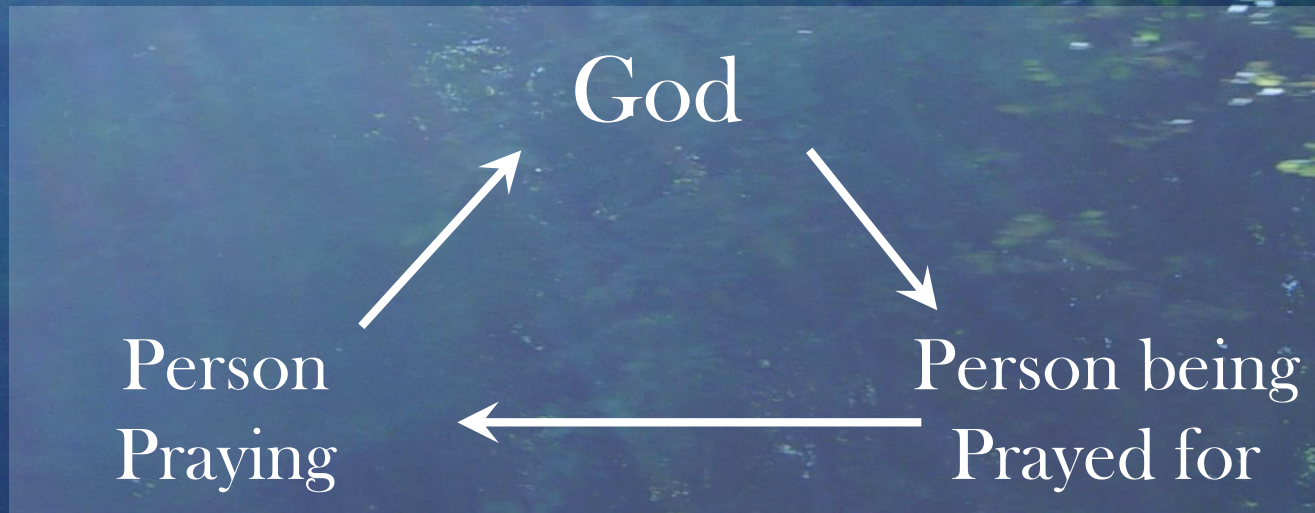


Key wholeness prayer *paradigm shifts* and basic principles:

- Hearing God speak directly to us
- Helping others to grow in hearing God speak directly to them
- Taking our thoughts captive and praying through any root issues

# Key wholeness prayer *paradigm shifts* and basic principles:

- 3-way prayer



# Key wholeness prayer *paradigm shifts* and basic principles:

- God leads the process
- We partner with God
- **Humility:**  $\leftrightarrow$  (same level)  
*not*  $\downarrow$  (one person higher than another)
- Keep confidentiality!



# 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

# More wholeness prayer principles:

- All followers of Christ
- 2- way
- Feelings aren't “stuffed”, hidden or addressed alone
- Empower the person being prayed for

# More wholeness prayer principles:

- Grow in intimate relationship with God
- It's not necessary for the person being prayed for to tell the whole story; it's enough to share the big picture
- Notice expressions and body language
- If someone seems stuck in a negative emotion, pray comfort and truth

# More wholeness prayer principles:

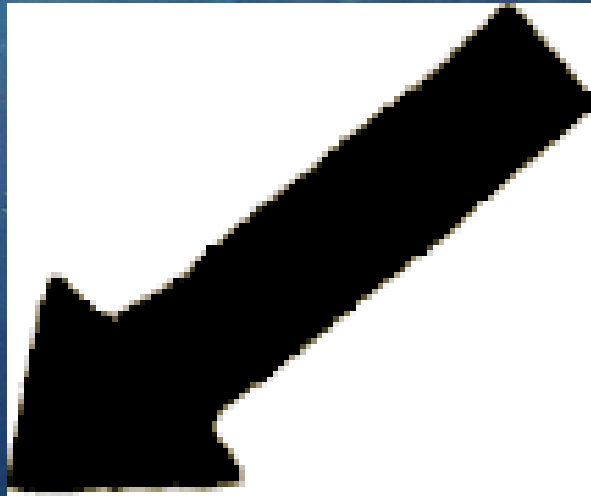
- Share the results of the prayer time
- Basic steps in the process
- If something is triggered in you, pray through this
- Practice compassionate detachment: care but don't carry the problem(s)



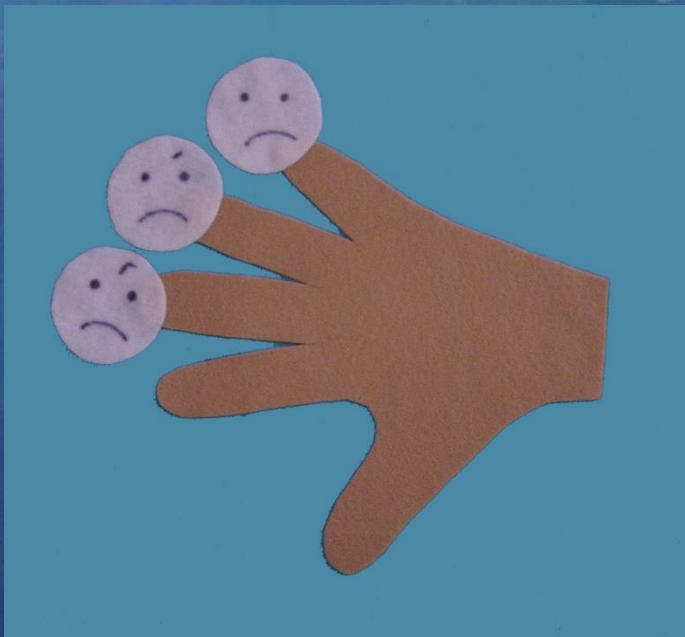
## Basic steps for working through emotional wounds based on false beliefs:

- Recognize
- Recent, root
  - Feelings
  - Memory
  - False beliefs
- Receive
- Renew
- Continue
- Give thanks

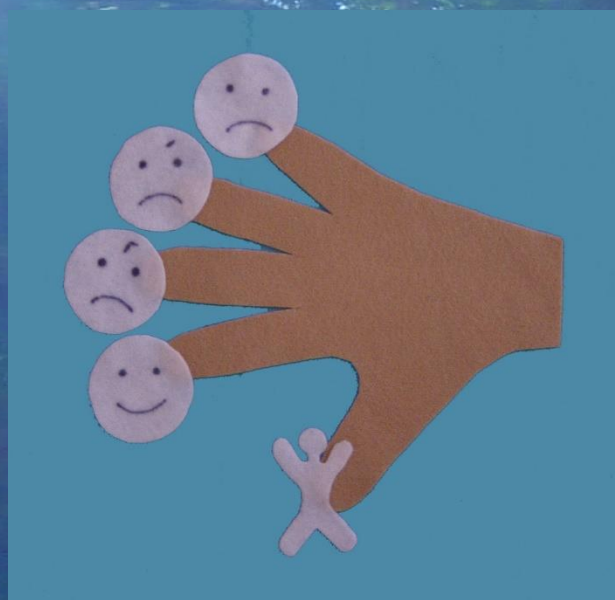
- *Recognize* the trigger: negative feelings, unhealthy thoughts and/or actions.



• Ask God to reveal a related *recent* memory, then the *root*.



- *Negative emotions*
- *Memory*
- *False beliefs*



- *Receive* God's perspective
- *Renew*



## Κ [Keys]:

- Recognize
- Recent, root
  - Emotion, Memory, False belief
- Receive
- Renew

# Basic steps for inviting God to carry unpleasant emotions based on truth:

- Recognize
- Give thanks
- Recent
- Root
- Receive
  - God carry
- Renew
  - Give thanks

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

# Basic steps in working through anger:

- Recognize
- Recent
- Root
- Receive
- Renew



- Recognize

- the negative emotion behind the anger

- The feeling just before the anger.

Often this is:

- Frustration

- Fear

- Shame

- Hurt



- Root

- Ask God to reveal whether or not you need your anger for any reason

- Ask God to take your anger

## ⌘ [Keys]:

- Anger is not a root emotion
- Pray through the root emotion:
  - usually
    - Frustration
    - Fear
    - Shame *and/or*
    - Hurt.

*Highlighted* steps regarding seeking  
healing from trauma:

- Pray through each event
- Ask God to carry the burden of the trauma
- Work through other issues
- Cast out any demonic elements in the name of Jesus

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



A few things to keep in mind when  
working through grief and loss:

- Working through grief and loss is a process.
- Different people grieve differently.
- There are stages that are usually experienced in the grieving process.
- People can get stuck in the grieving process. If this happens, it can be worked through.



# A few things to keep in mind when working through grief and loss:

- God wants to walk alongside those who grieve and carry their unpleasant emotions (Isaiah 53:4).
- Sometimes people who are grieving try to carry the burden of someone else's pain. If this happens, it needs to be worked through.
- It's very helpful for those who grieve to have a listening friend that they can share with.
- There are other steps involved in working through grief and loss.

# ⌘ [keys] to working through grief and loss:

- Working through grief is a process
- 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.

