

I didn't know what wholeness prayer was and didn't know what to expect, but J was visiting and after hearing her mention it to others I invited her to come pray with me. After chatting a little bit, we dove right in. I sat with my arms out and open hands palms up, expectant for what the Lord would do. J prayed a simple prayer, then I tried to listen to the Lord, and then J asked what I saw/heard. At first I wasn't really sure, but we repeated the process: prayer, listening, then sharing. Gradually a pattern emerged - I saw many of the more serious situations where I had failed or let others down, and pinpointed Satan's lie telling me that "I'm a failure." Then God replaced that lie with his truth - he knows each of those situations where I failed but he still loves me, adopted me as his child, covered my failures with his blood shed on the cross and gives me his perfect righteous record to make me blameless in His sight.

While I knew all these truths, I don't know that I had specifically confronted those past failures and Satan's lie, or allowed God to speak his truth over me like that. Because I didn't know what to expect (and my failures were not on my agenda for the prayer time) I was a little surprised when my failures and Satan's lie came out as we prayed. But I believe that God knew what I needed to hear and these things were on his agenda for me that day. This was a freeing experience and I'm continuing to seek to walk in that truth and freedom.