

## Facilitating a Time of Wholeness Prayer

### Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

### 5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) negative feelings, thoughts, and actions. 2 Cor 10:3-5
  - Ask God to show the person being prayed for:
    - Where they struggle (with negative feelings, thoughts, or actions)
    - Which of their struggles God would like to talk to them about today.
  - Intercede silently as the person listens for God's voice. After a minute or so, ask them to share with you (as much as they desire) of what God's showing them.
- **Recent** – Bring these struggles to God and ask Him to reveal a related recent memory. 2 Cor 10:5
  - Thank God for what He has revealed, then ask Him to show the person being prayed for:
    - A recent time this (feeling, thought, or action) occurred
    - How they felt
    - What they believed at a heart level.
  - Intercede silently as the person listens for God's voice. After a minute or so, ask them to share with you (as much as they desire of) what God's showing them.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when the person being prayed for thought, felt, and/or acted this way. Matt 12:33
  - Thank God for what He has revealed, then ask Him to help the person being prayed for to connect with this recent memory and the related feelings and beliefs. As they do, ask God to show them:
    - The first time this (feeling, thought, or action) occurred in their life (or if it has been a pattern)
    - How they felt
    - What they believed at a heart level.
  - Intercede silently as the person listens for God's voice. After a minute or so, ask them to share with you (as much as they desire) of what God's showing them.
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
  - Thank God for what He has revealed, then ask God to show the person being prayed for whether or not they would like to invite Him into this memory (or pattern).
    - If they would, encourage them to do so.

- If not, but they would still like to pursue the process, ask God to show them why not. Use the 5 R's to work through those reasons before returning to this step.
  - Ask God to help the person being prayed for to connect with this root memory (or pattern) and the related feelings and beliefs. As they do, ask God to reveal in the root memory (or pattern):
    - His perspective
    - Any ways He wants them to respond (i.e. forgive someone)
    - Anything that does not yet feel peaceful.
  - Intercede silently as the person listens for God's voice. After a minute or so, ask them to share with you (as much as they desire of) what God's showing them.
  - Encourage them to pray out loud when making any decisions (i.e. forgiving someone) or requests (i.e. break unhealthy emotional bonds).
  - Test what they are hearing by God's Word.
    - Look together at Scriptures that confirm this as God's truth.
    - If anything they're hearing is not consistent with God's Word, look at related Scriptures together with the person. Then, if they are willing to continue to pursue the process, pray through the inconsistency they heard using the 5 R's.
  - Thank God for the things He's revealing.
  - Continue to pray through the root memory (or pattern) until it is filled with peace.
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
  - Thank God for what He has revealed, then ask God to show the person being prayed for:
    - How this same truth applies in the recent memory
    - How this same truth applies to similar situations in the future
    - Any follow-up steps to pursue.
  - Intercede silently as the person being prayed for listens for God's voice. After a minute or so, ask them to share with you (as much as they desire of) what God's showing them.
  - Test what they are hearing.
    - Look together at Scriptures that confirm this as God's truth.
    - If anything they're hearing is not consistent with God's Word, look at related Scriptures together with the person. Then, if they are willing to continue to pursue the process, pray through the inconsistency they heard using the 5 R's.
  - Thank God for the things He's revealing.
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

*Notes:*

- *If the person being prayed for gets stuck anywhere in this process, ask God to reveal why. If they're still stuck, pray a closing prayer of protection, then ask your mentor for help (with the person's permission).*
- *If there's not time to finish the Wholeness Prayer process in one setting, pray a closing prayer of protection and ask God to continue the healing process. The next time you meet for Wholeness Prayer, ask God to show the person being prayed for where they're at in the process and what is on God's heart and the person's heart to pray through next.*