

Wholeness Prayer Skits

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What Wholeness Prayer Is *Not*

Sam (sharing with his accountability partner Mike):

I yelled my teammate, Jim, again today. I know I shouldn't yell at him, but he's so irresponsible. I remember you shared those Bible verses with me last week - Colossians 3:12-14 [NIV]. I memorized them: *"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity."* And I really tried to apply them.

But yesterday Jim got busy with his email and forgot to meet, Yuhei, our national ministry partner again. Yuhei called me because he couldn't get through to Jim. Yuhei said he feels like Jim doesn't really care about him or the ministry. When I finally got a hold of Jim I said a lot of harsh things to him.

Mike: I noticed in your story that you called Jim irresponsible. It's not good to label someone that way.

Sam, hanging his head in shame: I know you're right. You've told me that before. But he is irresponsible. And he just won't change.

Mike: Let's pray and ask God to give you more patience. God, please help Sam to be more patient with Jim. Amen.

What Wholeness Prayer Is

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But yesterday Jim got busy with his email and forgot to meet, Yuhei, our national ministry partner again. Yuhei called me because he couldn't get through to Jim. Yuhei said he feels like Jim doesn't really care about him or the ministry. When I finally got a hold of Jim I said a lot of harsh things to him.

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Mike: That sounds hard. Would you like to pray about this situation together?

Sam: Sure, that sounds good.

Mike: If it's okay with you, I'd like to pray using Wholeness Prayer principles. I've just been learning about them and I think they might be useful in this situation.

Sam: What's Wholeness Prayer?

Mike: There are 5 basic steps: (1) Recognize: With God's help, you identify and take captive negative feelings, thoughts, and actions; (2) Recent: Bring these to God and ask Him to reveal a related recent memory; (3) Root: Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way; (4) Receive: Receive God's perspective - first at the root, if there is one; and (5) Renew: Apply this perspective in your everyday life.

I would focus on praying out loud and I'd ask God to speak directly to you. You'd focus on listening, and on whatever's going on inside of you, including your thoughts and emotions. You can tell me as much as you want to about what He reveals, then I'll pray again. Does that sound okay?

Sam: Yes.

Mike: God, we thank you that we can come to you with all of our problems and struggles. We bring to you now Sam's situation with Jim. We ask that you would lead our prayer time, and accomplish all you want to through this time. We ask that you would bring to Sam's mind anything that you want him to remember, and that you would reveal to him all that you want to.

Please fill this place and each of us with yourself, and surround us with your protection. We ask that you would move aside any powers or principalities that would seek to interfere with this prayer time. In the name of Jesus, we bind any evil spirits that would seek to interfere, and command them to stand aside as you work. We thank you for all that you're going to do.

Lord, we ask that you would bring to Sam's mind right now whatever you want him to remember about today's situation with Jim.

Sam [*after about 3 seconds*]: I'm remembering how angry I felt at Jim.

Mike: God, I pray you'd help Sam to remember how he felt right before he got angry. Please especially show him if he felt any fear, frustration, shame, or hurt.

Sam: I felt really frustrated because Jim forgot to meet Yuhei. And afraid that Yuhei would leave the ministry.

Mike: God, we thank you for showing Sam that he was feeling frustrated and afraid. I ask that you'd help him to feel his frustration and fear as much as you want him to for a moment, and, as he does, please show him the first time he felt this way.

Sam: Wow, this is weird! I haven't thought of this in a long time! When I was 12 I was working on a project in the backyard. My dad came out to look at it, then took over. He said I never did things right. I felt frustrated, ashamed, and afraid that I could never please him. But I vowed that I would please him even if it killed me – and that I would always succeed in anything I did.

Mike: God, we thank you for revealing this memory to Sam. Please show him anything else in this memory that's important for us to know.

Sam: I felt like I had to do things “right” to be loved.

Mike: God, we come to you with all these things. Please help Sam to think and feel as much as you want him to in this memory right now of his fear, his frustration, and his feeling that he had to do things “right” to be loved. [*Wait about 5 seconds.*] As you do, please show your perspective in this place.

Sam [*after about 5 seconds*]: God says that he loves me. And that it's not because I succeed at some project - but all the time, even when I fail. He was there with me when my dad said I never did things right. He says it's not true. And that I'm not alone. I've always felt so alone – like I had to do everything myself. But I can partner with God, my help and my strength. This is what I choose.

Like Philippians 4:13 says: “*I can do all things through Him who strengthens me.*” I can do whatever He wants by His power. He's saying that I truly “succeed” when I trust and surrender, not when I push for what I want or think is best.

Mike: God, we thank you that you were there, and that you love Sam all the time. And thank you that he's not alone. Please continue to reveal your perspective.

Sam: I think God wants me to give up the vow I made to always succeed. He wants me to trust Him with the results of what I do, not try to control things myself.

Mike: Would you like to tell God that now?

Sam: Yes. Dear God, I give you the vow I made when I was 12 to always succeed. I choose to trust you with my life, and with the results of what I do. Please help me to learn how to walk in this new way. Amen.

Mike: God, we thank you that Sam has given up this vow. We ask you to bless this new pattern, and to show us if there's anything else you'd like to reveal to Sam regarding this memory.

Sam: I think I need to forgive my dad for this. I've worked through forgiving him for lots of things, but I haven't yet forgiven him for this.

Mike: God, we thank you for revealing this to Sam. Would you please show him if he can release this to you and forgive his dad for this, or if there's anything to pray through first?

Sam: I feel ready to release it. God, I release this hurt to you. Please forgive my dad for this, and bless him. Please help him to be all you want him to be. Thank you. In Jesus name, Amen.

Mike: God we thank you for this. Please show us if there's anything else you'd like us to pray about now, related to this memory, or to Jim.

Sam: I need to forgive Jim but I feel stuck.

Mike: God, we thank you for showing Sam his need to forgive Jim. Will you please reveal to him now any reservations he has about forgiving Jim?

Sam: I think I feel like Jim will "get away with" hurting Yuhei if I forgive him. But even as I say that, I'm realizing that God can take care of this. So I feel ready to forgive Jim.

God, I choose now to release Jim from this offense. Would you please take care of this, and help both Jim and me to grow? And would you please bless and comfort Yuhei, and show me what my part is, if any, for follow-up. [*Wait a few seconds.*] I think God wants me to ask Jim's forgiveness for yelling at him. I'll plan to do that tonight. I also think God wants me to talk with Jim about the pattern of him forgetting things. But I don't know how to do that.

Mike: How about we close in prayer, then talk about that?

Sam: That sounds good.

Mike: God we thank you for all you've done during this prayer time. We exalt your name and ask that your Kingdom come and your will be done, in our lives as it is in heaven.

In the name of Jesus we bind any demonic that was connected to any of these issues, and command that they go now to the place Jesus sends them, and never return.

God, we ask that you fill every empty place in us with yourself and protect us by your power. Please especially bless the places in Sam that you've healed today. Please help Sam to live in the truth that you've revealed to him, and apply this truth in his life. Please help him to continually catch any negative thoughts, feelings, or actions; pray through any root causes; get your perspective; and apply it in his life and to his relationships. Please help him to keep growing in intimacy with you. Thank you that you've brought us out of darkness into your marvelous light, that you love to walk with us, and that you transform our minds. Please continue your healing in us. We give you all the praise and honor and glory. In Jesus' name, Amen.