

## Praying through Stuck Places: Discovery Bible Studies for Wholeness Prayer

The following Bible verses can be used with the usual DBS meeting pattern of questions for Biblical study. Additional ideas and questions to reflect on, together with God, are included in each section. Later sections often build on the previous concepts. Specific plans for DBS studies covering these topics are in the accompanying folder: "Praying through Stuck Places."

### Part 1. Foundations.

1. Basic principles
  - a. Claim your Heritage. Ps 62:5-8 (come to Jesus & bring Him your stuck places)
  - b. Come to Jesus. 1 Peter 1:3-9 (claim your heritage, reclaim it when robbed)
  - c. 3-Way Prayer. Matt 18:18-20 (ask and receive, two or more, 3-way prayer)
  - d. Hearing God. John 10:27-30 (God speaks to His sheep, give time for silent listening)
  - e. Test and Give Thanks. 1 Thess 5:16-22 (give thanks frequently, test that all is consistent with Scripture)
  - f. Follow Jesus. John 8:12, 31-32 (follow Jesus as He leads the process)
  - g. Confidentiality. Rom 1:28-32, Prov 20:19 (don't gossip, share only your own story, not someone else's)
  - h. Resource: "Growing in Hearing God"
2. 5 R's + 2
  - a. Begin with an Opening Prayer: Psalm 143:10 (ask God to lead), Prov 18:10 (ask God to protect), Matt 18:18-20 (bind evil in Jesus name – believers, 2-3 gathered)
  - b. Ask God for answers to the following questions. Spend time listening for His response.
    - i. Recognize: Where do you struggle (with feelings, thoughts, or actions)? Which of your struggles would God like to talk to you about today? 2 Cor 10:3-5
    - ii. Recent: What's a recent time this (feeling, thought, or action) occurred? How did you feel? What did you believe at a heart level? As you connect with this...
    - iii. Root: What's the first time this (feeling, thought, or action) occurred (or has it been a pattern in your life)? How did you feel? What did you believe at a heart level? Matt 12:33, Luke 6:43-45. As you connect with this...
    - iv. Receive: Would you like to invite God into this memory (or pattern)? What is His perspective? Are there ways He wants you to respond? (i.e. forgive someone) Is there anything that does not yet feel peaceful in this memory (or pattern)? Matt 7:7-11. When you feel His peace throughout the root memory...
    - v. Renew: How does this same truth apply to the recent memory? To similar situations in the future? Are there follow-up steps to pursue? 1 John 1:5-7.
    - vi. If you get stuck anywhere in this process, ask God to reveal why.
  - c. End with a Closing Prayer: Luke 17:11-19 (thank God for what He's done), John 8:31 (ask God for empowerment to walk in His truth), Luke 10:17-19 (bind evil and send away in Jesus' name, ask God to protect).
  - d. Resource: "Facilitating a Time of Wholeness Prayer"
3. Freedom from Generational Bondage
  - a. The Promise. Is 61:1-4 (freedom from generational bondage, newness)
  - b. The Covenant. Ex 34:6-17 (worship God alone, generational blessings and curses, need for individual and generational forgiveness)

- c. The Problem. 2 Sam 11 (David and Bathsheba, Uriah) with 2 Sam 13 (Amnon and Tamar, Absalom) - (example of generational sin)
  - d. The Fulfillment. Gal 3:8-14 (redeemed from the curse), Gal 5:1, 13-26 (set free to live in freedom)
  - e. Sample Prayers. Ps 106 (sample prayer for repenting from generational bondage)
  - f. Questions:
    - i. What generational sins have you observed/experienced?
    - ii. What generational sins, negative patterns or inherited traits might be in your family of origin?
    - iii. Are there challenges in your life that might have generational roots?
    - iv. What would you like to ask God to do for you and your descendants?
  - g. Resource: "Module 2 – Freedom from Generational Bondage" in "Wholeness Prayer – Simplified Version Fourth Edition"
4. Freedom from Occult Bondage
- a. Forbidden Practices. Deut 18:9-14 (do not be involved in detestable practices)
  - b. The Choice. Joshua 24:14-18 (serve God alone, give up other gods)
  - c. The Source. Psalm 68:19-20, 32-35 (God gives power and strength to His people)
  - d. The Provision. Acts 2:38-42; Acts 3:19-26 (Repent of evil practices. Receive the Holy Spirit.)
  - e. Test and Overcome. 1 John 4:1-6 (Overcome through Christ. Practice discernment.)
  - f. Review Foundations Module 1 Basic Principles: Matt 18:18-20 (pray together with others, bind and loose)
  - g. Questions
    - i. Have you been involved in any occult activity?
    - ii. Have others been involved in any occult activity on your behalf?
    - iii. Are you in possession of any occult objects?
    - iv. What would you like to ask God for?
  - h. Resource: "Module 3 – Freedom from Occult Bondage" in "Wholeness Prayer – Simplified Version Fourth Edition"

**Part 2. Applications.** If these truths are hard to receive (at a heart level) and live from, ask God to show you why. Then work through any underlying issues using "Resource: Facilitating a Time of Wholeness Prayer".

- 1. Curses to Blessings
  - a. Review
    - i. Foundations Module 1 Basic Principles) Claim your Heritage. 1 Peter 1:3-9 (an inheritance that can never fail, living hope, indescribable joy)
    - ii. Foundations Module 3 Freedom from Generational Bondage. The Covenant. Ex 34:6-17 (generational blessings and curses)
  - b. Our Identity. Eph 1 (our inheritance, His great power at work in us)
  - c. Our Value. Luke 12:4-7 (more valuable than many sparrows), John 3:16-17 (worth dying for), and 1 Pet 2:9-10 (chosen, special possession, His people)
  - d. Our Position. Eph 2 (saved, made alive, raised, seated, reconciled, saints, members, dwelling place, access to the Father)
  - e. Lavish Love. Eph 3:14-21 (God's lavish love, His great power at work in us, He is able)
  - f. Life and Godliness. 2 Peter 1:1-8 (given everything we need to live a godly life)
  - g. Questions
    - i. What blessings are yours in Christ?

- ii. What blessings have passed down to you from your earthly family?
  - iii. What curses or lack of blessing have passed down to you from your earthly family?
  - iv. What would you like to ask God for?
  - i. Resources: “Replacing Curses with Blessings” in “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
2. Healing from Emotional Wounds
- a. Review Applications Module 1 Curses to Blessings. Lavish Love. Eph 3:14-21 (understand God’s incomprehensible love).
  - b. Be Made New. Ephesians 4:17-24 (take off old self, be made new) and Song of Songs 2:10-12 (arise and come, winter is past, time for joy and singing)
  - c. Into the Light. 1 Peter 2:9-10 (called out of darkness into light, have received mercy) and Psalm 43:3-4 (guided by God’s light and truth, praise, joy, live honorably)
  - d. Share your struggles. Ps 55:1-8 (pour out your heart to God, tell Him your struggles), Ps 69:13-18 (seek truth, ask to be rescued)
  - e. Come and Receive. Hebrews 4:14-16 (come with confidence, receive mercy and grace in time of need) and Ps 68:19 (God our savior carries us daily)
  - f. Burdens lifted. Is 53:4 and Matthew 11:28-30 (Jesus carries our burdens and sorrows, find rest)
  - g. Resources: “Healing from Emotional Wounds” in “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
3. Confessing and Turning from Sin
- a. Review: Foundations Module 4 Freedom from Occult Bondage. The Provision. Acts 2:38-42; Acts 3:19-26 (Repent of evil practices. Receive the Holy Spirit.)
  - b. Internal Conflict. Rom 7:14-25 (old and new natures collide) and Mark 7:20-23 (evil actions need heart-level healing)
  - c. Holy Hearts. 1 John 3:1-10, 18-24 (practice righteousness, Jesus came to destroy the work of the devil) and 1 Pet 1:14-16 (be holy)
  - d. Set free. Rom 8:1-11 (no condemnation, live by the Spirit) and Ps 119:32 (“I run in the path of your commandments, for you have set my heart free.” WEB)
  - e. Our Advocate. 1 John 1:5-10, 1 John 2:1-6 (God is light, Jesus is our advocate, confess sin and be forgiven)
  - f. Our Victory. Rom 8:26-39 (God is for us) and James 5:13-18 (confess sin to one another and pray for one another)
  - g. Holy and Unholy Bonds. Gen 2:23-24 (one flesh) and 1 Cor 6:13-20 (flee sexual immorality) and Matthew 18:18 (bind and loose). Bring before God any unholy sexual activity you’ve been involved in (whether or not it was your choice). Confess any sin involved on your part (in some cases there will not be any of your own sin) and ask God to forgive you. Ask God to break any unholy one flesh bonds. Ask Him to cleanse you of anything unholy or unclean, and restore to you anything that was lost.
  - h. Walk in the Light. 1 John 1:7 (walk in the light) and Eph 5:1-14 (expose darkness, live in the light)
  - i. Resources: “Confessing and Turning from Sin” in “Wholeness Prayer – Simplified Version Fourth Edition”, “Developing Healthy Boundaries” and “Facilitating a Time of Wholeness Prayer”
4. Overcoming Strongholds
- a. Review
    - i. Foundations Module 1 Basic Principles. Test and Give Thanks: 1 Thess 5:21-22 (test everything, choose good, flee evil)

- ii. Applications. Module 2 Healing from Emotional Wounds. Be Made New. Ephesians 4:17-24 (take off old self, be made new)
  - b. Be Aware. 2 Corinthians 10:3-5 (take every thought captive, demolish strongholds), 2 Timothy 3:1-5 and Romans 8:28-31 (improper behavior)
  - c. Be Proactive. Colossians 3:1-17 (put on new self) and Rev 3:20 (invite Jesus in)
  - d. Be Renewed. Rom 12:1-2 (living sacrifice, Be transformed, test and approve God's will) and Ephesians 4:25-32 (new patterns)
  - e. Questions:
    - i. What potential strongholds do you see in these passages?
    - ii. What strongholds are operating in your life?
    - iii. Examples: vows, decisions, invitations, etc.
    - iv. What would you like to ask God to do?
  - f. Resources: "Breaking Internal Strongholds" in "Wholeness Prayer – Simplified Version Fourth Edition" and "Facilitating a Time of Wholeness Prayer"
5. Forgiving Others
- a. Review 1 Cor 6:13-20 (honor God with your bodies)
  - b. The inspiration. Matthew 6:12-15 and Ephesians 4:32 (forgive as God forgave you)
  - c. The extent. Matt 18:21-35 (forgive from the heart, keep forgiving) and Eph 6:2-3 (honor parents and forgive them)
  - d. The contrast. Romans 12:14-21 (bless those who persecute you, overcome evil with good) and Luke 6: 27-36 (love your enemies, do good to them, be merciful) – *Note on healthy boundaries: find, apply.*
  - e. The outworking. Matt 5:7 (merciful shown mercy) and Matthew 7:1-5 (do not judge, measure you use will be used for you)
  - f. Resources: "Forgiving Others" in "Wholeness Prayer – Simplified Version Fourth Edition", "Developing Healthy Boundaries" and "Facilitating a Time of Wholeness Prayer"
6. Healing from Trauma
- a. Our Cry. Psalm 70 (bring Him the burden, ask Him to help without delay) and Psalm 34 (He delivers us from all our fears and struggles, no shame, He is good, take refuge in Him)
  - b. God Hears. Psalm 10:12,17,18, Ps 22:19-31 (God hears and defends, praise and glorify Him)
  - c. God Responds. Psalm 102:17, Is 49:13 (God will respond, He comforts and has compassion) and Rom 16:20 (God of peace will soon crush Satan under our feet)
  - d. Resources: "Praying through Trauma" in "Wholeness Prayer – Simplified Version Fourth Edition" and "Facilitating a Time of Wholeness Prayer"
7. Grieving the Losses of Life
- a. Review Applications Module 2 Healing from Emotional Wounds. Burdens lifted. Is 53:4 & Matthew 11:28-30 (Jesus carries our burdens, griefs and sorrows)
  - b. Our Comfort. Matt 5:4 (those who mourn will be comforted), 2 Corinthians 1:2-7 (God of all comfort) and 2 Corinthians 7:4-7 (God comforts the downcast).
  - c. Our Hope. Rom 5:1-5 (we exult in hope of the glory of God, much fruit comes from suffering) and 1 Thessalonians 4: 13-18 (God will bring with Jesus His followers who have died)
  - d. Questions:
    - i. Are you stuck anywhere in the grieving process (i.e. anger outward, anger inward)?
    - ii. Who will you share your journey with?

- e. Resources: “Grieving the Losses of Life” in “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
8. Understanding God’s Character
    - a. Review Eph 1:15-23 (eyes of our hearts enlightened to know Him as He is)
    - b. Trust Him. Jer 17:7-8 (those who trust God are blessed) and Prov 3:5-8 (trust God with all your heart)
    - c. God’s Character. Isaiah 11:1-5 (the Spirit of the Lord) and Ps 145 (His goodness)
    - d. Resources: “Wholeness Prayer – Simplified Version Fourth Edition”, “Facilitating a Time of Wholeness Prayer” and “Understanding God’s Character”
  9. Overcoming Doubt and Unbelief
    - a. The Challenge. James 1:5-8 (those who doubt are unstable), Matt 14:22-32 (have faith and don’t doubt) and Mark 9:14-28 (all things are possible to those who believe)
    - b. Our Response. Mark 11:22-24 (believe and receive), 1 John 5:3-5 (overcome the world, faith) and Jude 1:20-23 (stay in God’s love, show mercy)
    - c. Our Encouragers. Heb 11:1-12:3 (consider those who’ve come before us, look to Jesus)
    - d. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
  10. Overcoming Ungodly Anger
    - a. Review Ps 145:8-9 (God is slow to anger, rich in love and compassion, good to all)
    - b. How to Walk. Eph 4:17-32 (don’t let sun go down while you are still angry, flee anger) and James 1:20 (man’s anger does not bring about the righteous life that God desires)
    - c. Question: How did you feel right before you became angry? Was there any shame, fear, hurt, and/or frustration?
    - d. Resources: “Keys for Anger” in “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
  11. Overcoming Worldly Pride
    - a. The Contrast. Prov 11:2, 16:18, 29:23 and Matt 23:12 (pride and humility)
    - b. Our Instruction. Matt 18:1-6 (be humble as a child) and 1 John 2:15-17 (don’t love the world or its lusts and pride)
    - c. Our Example. Matt 11:28-30 and Phil 2:5-11 (Jesus)
    - d. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
  12. Overcoming Jealousy
    - a. Ungodly Jealousy. Prov 27:4 (jealousy more destructive than anger and wrath), Rom 13:13-14 (make no provision for the flesh) and 1 Cor 3:1-9 (examples of fleshly jealousy and strife)
    - b. Greater Joy. Ps 4:6-7 (God the source of true joy), Ps 16:5-11 (In Him is fullness of joy), and Phil 4:11-13 (we can be content)
    - c. Godly Jealousy. 1 Cor 10:13-24 (flee idolatry) and 2 Cor 11:1-3 (be devoted to God alone)
    - d. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
  13. Overcoming Self-Pity
    - a. Review: Applications. Module 2 Healing from Emotional Wounds.
    - b. Remember. Gen 4:1-10 (fruit of self-pity)
    - c. Refocus. Ps 42 (bring your struggles to God, hope in Him)

- d. Rejoice. 1 Thess 5:16-18 (rejoice, pray, give thanks in all circumstances) and 1 Chron 16:8-12 (give thanks, call on God, make Him known, sing praises to Him, glory in Him, be glad in Him, seek Him)
  - e. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
14. Overcoming Unhealthy Guilt and Shame
- a. Review: Ps 34:5 (those who look to Him are radiant), Romans 8:1-2 (no condemnation), Eph 1:4-8 (chosen to be holy and blameless in His sight, redeemed, lavished with grace) and Eph 2:8-9 (saved by grace, not works), Eph 4:32 (forgive others as God forgave you), Romans 15:7 (accept one another as Christ accepted you), and Eph 5:1-2 (imitate God as dearly loved children)
  - b. Forgiving and Accepting Ourselves. Rom 3:21-30 (freely justified by his grace), Col 2:13-15 (forgiven by Christ) and 1 Cor 11:1 (imitate me as I imitate Christ).
  - c. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
15. Overcoming Unhealthy Fear
- a. Review Ps 34:4-10 (He delivers us from all our fears and struggles, no shame, He is good, take refuge in Him), Eph 3:14-21 (God’s lavish love, His great power at work in us), Rom 8:38-39 (nothing can separate us from the love of God)
  - b. Our Refuge. Ps 34:4-10 (He delivers us from all our fears and struggles, no shame, He is good, take refuge in Him)
  - c. God of Peace. Philippians 4:6-9 and John 14:27 (experiencing God’s peace)
  - d. Love Conquers Fear. 1 John 4:18-19 (no fear in love) and Rom 8:14-17 (not slaves living in fear, but His children)
  - e. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
16. No Longer a Victim
- a. Review:
    - i. Applications. Module 15 Overcoming Unhealthy Fear.
    - ii. Eph 1:17-21 (God’s power at work in us)
  - b. Set Free. Gal. 5:1 (set free, stand firm) and Col 1:13-14 (rescued, redeemed, forgiven)
  - c. Protected by God. Ps 32:6-7 and Ps 91 (hidden, protected, surrounded)
  - d. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
17. Overcoming Unhealthy Control
- a. All for Jesus. Matt 22:37-39 (love the Lord your God with all your heart, soul and mind; love your neighbor as yourself) and Matt 6:9b-10 (His kingdom come, His will be done)
  - b. Trust and Rest. Is 30:15-18 (wait for God), 1 Sam 13:8-14 (Saul’s impatience) and 1 Sam 24:1-7 (David’s patient submission to God)
  - c. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
18. Overcoming Perfectionism
- a. Review Gal 5:1 (set free, stand firm), Applications. Module 17 Overcoming Unhealthy Control.
  - b. Not Yet Perfect. Phil 3:7-16 (losing all things to gain Christ and know Him, pressing on)
  - c. Reflecting His Glory. 2 Cor 3:17-18 (being transformed) and 2 Cor 4:5-7 (His light, jars of clay)
  - d. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”

## 19. Overcoming Insecurity

- a. Our Foundation. Is 28:16 and 1 Pet 2:4-6 (He is our sure foundation)
  - i. Review
    1. Eph 1 (holy and blameless, His great power at work in us), Eph 2 (raised, seated, reconciled), Eph 3:14-21 (God's lavish love, His great power at work in us)
    2. Applications Module 15 Overcoming Unhealthy Fear
    3. Applications Module 16 No Longer a Victim
  - b. Our Focus. Ps 37:1-13 (delight in God, trust Him, wait for Him)
    - i. Review: Ps 34:4-10 (He delivers us from all our fears and struggles, no shame, He is good, take refuge in Him), 1 John 4:18-19 (no fear in love), Matt 22:37-39 (love the Lord your God with all your heart, soul and mind; love your neighbor as yourself), Heb 12:1-3 (fixing our eyes on Jesus)
- c. Resources: "Wholeness Prayer – Simplified Version Fourth Edition" and "Facilitating a Time of Wholeness Prayer"

## 20. Living in the Light

- a. Review
  - i. Ephesians 4:22-23 (put off your old self, which is being corrupted by its deceitful desires), Ephesians 5:8-11 (expose fruitless deeds of darkness, live as children of the light), 2 Cor 10:5 (take every thought captive), John 3:21 (live by the truth, come into the light)
  - ii. Applications. Module 19 Overcoming Insecurity.
- b. Deception. Jer 17:9-10 (heart is deceitful, God searches our hearts) and 1 Peter 2:1 (rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind)
- c. Hypocrisy. Matthew 23:23-28 (warnings to hypocrites) and 2 Timothy 3:2-5 (those who have a form of godliness but deny its power)
- d. Light of the World. John 8:12 (Jesus, the light of the world) and Matt 5:14-16 (you are the light of the world, let your light shine)
- e. Idea: Ask God to unveil any deception or hypocrisy in your life and fill those places to overflowing with His light.
- f. Resources: "Wholeness Prayer – Simplified Version Fourth Edition" and "Facilitating a Time of Wholeness Prayer"

## 21. Replacing Counterfeits

- a. Review:
  - i. Col 3:14 (love, perfect unity), Applications. Module 20 Living in the Light.
- b. Broken Cisterns. Jer 2:11-13 (God was exchanged for worthless idols, living water was exchanged for broken cisterns that couldn't hold water)
- c. Holiness. Matt 15 (counterfeit holiness)
  - i. Review 1 Pet 1:14-16 (be holy), Eph 4:24 (true righteousness and holiness)
- d. Love. Rom 12:9-10 (love must be sincere), 1 Peter 1:22 (love one another deeply from the heart) and 1 John 3:18 (love in deed and truth)
- e. Peace. Jer 6:13-15 & 8:8-12 (counterfeit peace), John 14:27 & Phil 4:6-7 (true peace)
- f. Unity. John 17:20-26 (complete unity, God in us that the world may know) and Eph 4:1-6 (make every effort to keep the unity of the Spirit)
- g. Fasting. Is 58:1-12 (counterfeit and true fasting contrasted)
- h. Wisdom. James 3:13-18 (counterfeit and true wisdom contrasted)
- i. Questions: What would true \_\_\_\_ look like? How can we identify counterfeit \_\_\_\_?

- j. Ideas: Ask God to unveil (and keep unveiling) any counterfeits in your life (i.e. counterfeit peace, grace, truth, holiness, wisdom, unity), show you what true desires are hidden underneath, and replace any counterfeits with what's true. Use Wholeness Prayer to pray through any underlying issues that emerge.
- k. Resources: "Wholeness Prayer – Simplified Version Fourth Edition" and "Facilitating a Time of Wholeness Prayer".

### Part 3. Supplements.

#### 1. Hearing God

- j. Review
  - i. Foundations Module 1 Basic Principles Hearing God. John 10:27-30 (God speaks to His sheep, give time for silent listening)
  - ii. Foundations Module 1 Basic Principles Test and Give Thanks. 1 Thess 5:16-22 (pray about everything, rejoice and give thanks, test everything)
- a. Listen and Obey. Ps 46:10-11 (be still), John 16:12-15 (Holy Spirit speaks) and Rev 2:1-7 (listen to the Spirit and obey)
- b. New Testament Examples. Acts 10:1-35 (Peter and Cornelius hearing God)
- c. Idea: Ask God what He'd like to say to you. Spend time listening for His response.
- d. Resources: "Growing in Hearing God" and "Facilitating a Time of Wholeness Prayer".

#### 2. Being Transformed

- a. Old Testament Examples. Genesis 32:24-32 (Jacob wrestling with angel) and Exodus 3 (Moses at burning bush)
  - i. Review Rom 12:1-2 (Jesus our living sacrifice, be transformed, mind be renewed) and 2 Cor 3:17-18 (we are being transformed)
  - ii. Questions
    - 1. How were they transformed?
    - 2. What was God's part?
    - 3. What was their part?
    - 4. Where, if anywhere, did they get stuck?
- b. Free in Christ. 2 Cor 5:17 (the new has come) and John 8:31-36 (in Christ we are free indeed)
  - i. Review Gal 5:1 (set free to live in freedom) and Ephesians 4:22-24 (put off old, be made new)
  - ii. Questions:
    - 1. How are you being transformed?
    - 2. What is God's part?
    - 3. What is your part?
    - 4. Where, if anywhere, do you feel stuck?
- c. Abundant Fruit. Mark 4:1-20 (parable of seeds) and John 15:1-17 (bear abundant fruit that remains)
- d. Resources: "Wholeness Prayer – Simplified Version Fourth Edition" and "Facilitating a Time of Wholeness Prayer"

#### 3. Spiritual Warfare

- a. Stand and Fight. Ephesians 6:10-20 (put on your spiritual armor, stand and fight)
- b. Empowered by God. Psalm 18 (empowered by God to do battle, give Him all the praise)
- c. Releasing His Power. 2 Chronicles 20:3-23 (invite God to move in power in situations)
- d. Resources: "Ideas for Intercession" and "Facilitating a Time of Wholeness Prayer"