

Keys (K) involved in Wholeness Prayer

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K – 4 Basic Steps:

- *Recognize*
- *Recent*
- *Root*
- *Receive*
- *Renew*

K – Emotional Wounds

- *Recognize*
- *Recent (Emotion, Memory, False belief)*
- *Root (Emotion, Memory, False belief)*
- *Receive*
- *Renew*

K – Unpleasant Emotions Based on Truth

- *Ask God to carry the burden*
- *Give Him the burden*

K – Anger

- *Anger isn't a root emotion*
- *Pray through the root emotion – usually frustration, fear, shame, and/or hurt*

K – Trauma

- *Pray through each event in the trauma*
- *God carry the burden(s)*
- *Bind and cast out all evil spirits connected with the trauma*

K – Grief

- *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.*

K – Forgiving Others

- *Bind and cast out (evil spirits)*
- *Forgive (pray through any "rubber bands" – connected to things hard to release)*
- *Receive (the person)*
- *Bless*

K – Forgiving Your Parents

- *Differentiate between the person God created your parent to be (**receive**) and their sin (**forgive**)*
- *Pray through any negative vows*
- *Take responsibility for your reactions*
- *Bless*

K – Negative Vows

- *Pray through **why** chosen (root)*
- *Ask God to **nullify***

K – Feeling Cursed

- ***Pray** through root and related issues*
- *God **break** and **replace** with a blessing*
- *God **protect***

K – Sin Issues

- ***Pray through** anything that contributed to the decision to sin in this way (**why** chosen)*

K – Unhealthy Patterns

- *Identify the **unhealthy pattern**, including "first" emotion and trigger*
- *Get **God's perspective** at the root(s)*
- *Find a **healthy pattern** for responding to "first" emotion and trigger*
- ***Practice***

K – Sexual Sin

- ***Pray through** anything that contributed to the decision to sin in this way (**why** chosen)*
- ***Break, restore, cleanse***
- ***Develop** healthy boundaries*

K – Healthy Boundaries

- ***Find***
- ***Apply***

K – Addictions

- ***Root emotions, Family patterns, Social pressure***
- ***Mindset** (unhealthy pattern – invite God to reveal His perspective at the roots), **Lifestyle, Root, Cloak***
- ***Process, Practice and pray through** with God until total victory is reached.*

K – Addiction to Pornography

- ***Addiction***
- ***Counterfeit desires***
- ***Shame***
- ***Relationships***
- ***Healthy patterns***
- ***Accountability***

K – Replacing Family Curses with God's Blessings

- ***Receive blessings***
- ***Curses replaced** with blessings*