

Wholeness Prayer (Restoration and Discipleship)

Session 1

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Followers of Christ *already*:



- Have been set free from the power of sin (*Romans 6:3-13*)

Followers of Christ *already*:



- Have received a new heart (*Ezekial 36:26*)

Followers of Christ *already*:



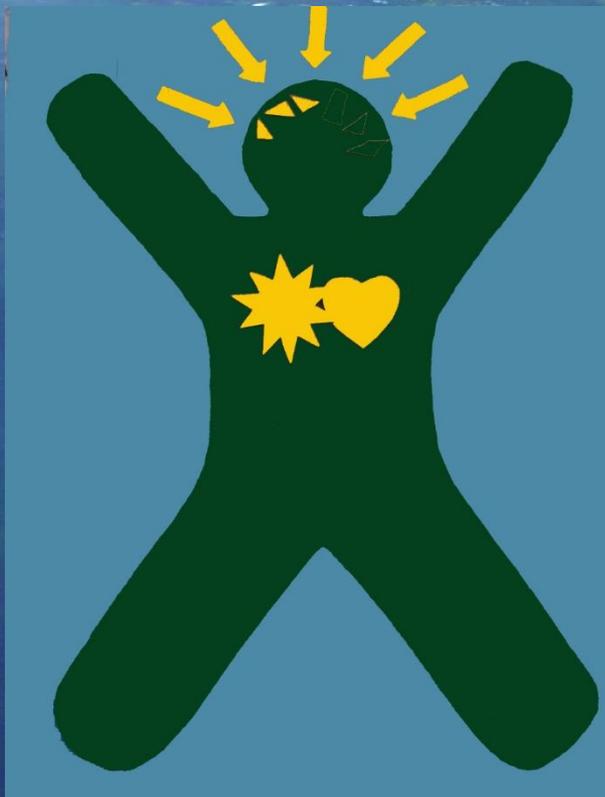
- Have the Holy Spirit living in us, and He loves to communicate with us (*John 14:16-17, 26; 15:26; 16:13-15*)

Followers of Christ *already*:



- Have been given an incredible heritage:
 - Indescribable joy (*1 Peter 1:8-9*)
 - Living hope (*1 Peter 1:3*)
 - Intimacy with God (*John 17:21*)
 - And much more (*Ephesians 1 and many other verses*)

Followers of Christ are *still* in
process:



- *2 Corinthians 3:18b*
“And we...are being transformed into his likeness with ever-increasing glory...”

Followers of Christ are *still* in
process:



- *Matthew 12:33*
“Make a tree good
and its fruit will be
good...”

Followers of Christ are *still* in
process:



- If the fruit isn't good, look at the root.
Matthew 12:35a "The good man brings good things out of the good stored up in him..."

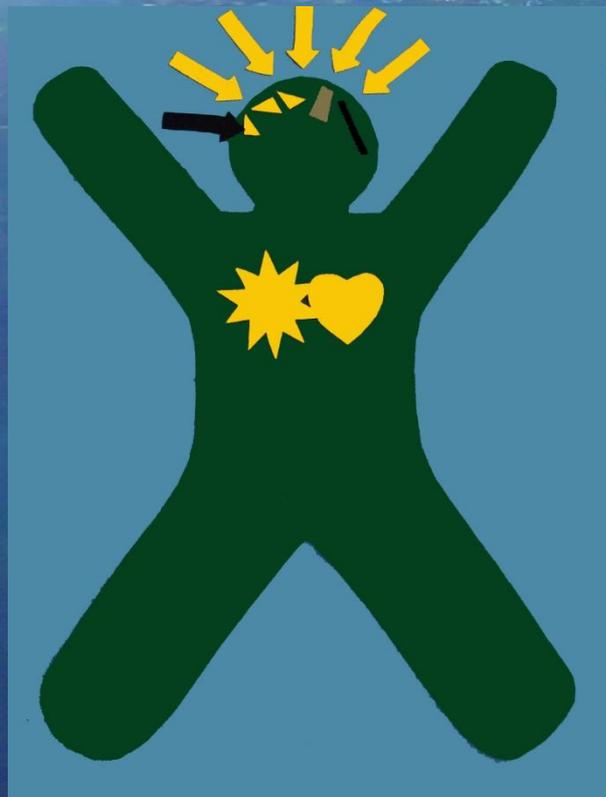
Followers of Christ are *still* in process:



• *Our thought processes are not yet done being perfected. Some examples are:*

- *Problems from our heritage*
- *Problems from curses*
- *Problems because of choosing sin*
- *Other problems with our thought processes (such as “I must protect myself.”)*

We are engaged in spiritual warfare (*Ephesians 6:12*).



One method of moving forward in the battle is to:

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

K [key]: Recognize, Recent, Root, Receive, Renew (5 Basic Steps)

We are engaged in spiritual warfare (*Ephesians 6:12*).



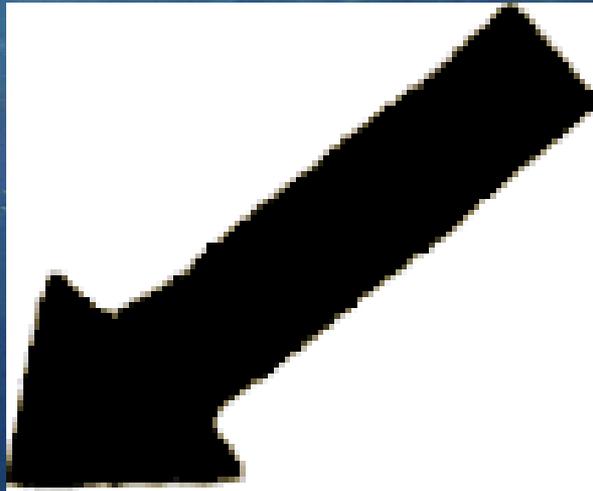
- If our joy is stolen or if we have unhealthy thoughts or are acting in unhealthy ways, these are signs that there is something we need to take captive and pray through.



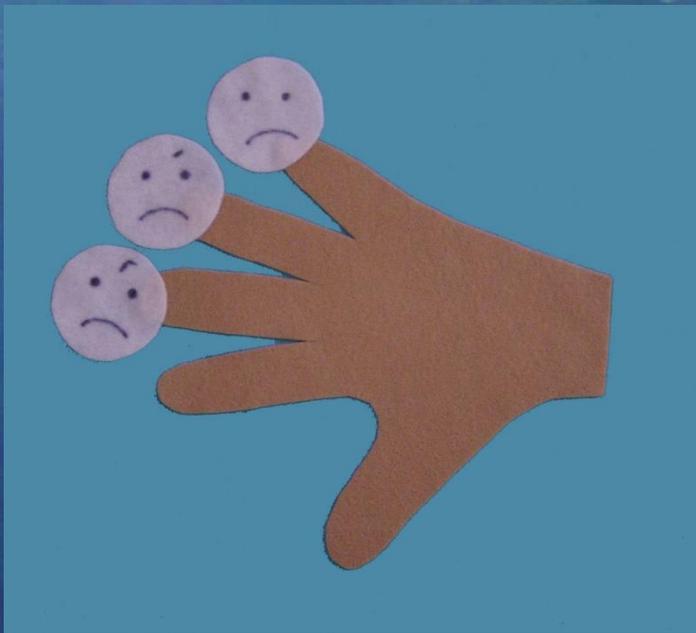
The basic steps in praying
through emotional wounds
based on false beliefs are:

- Recognize
- Recent, Root
 - Feelings
 - Memory
 - False beliefs
- Receive
- Renew

- *Recognize* the trigger: negative feelings, unhealthy thoughts and/or actions.



• Ask God to reveal a related *recent* memory, then the *root*.



- *Feelings*

- *Memory*

- *False beliefs*



- *Receive* God's perspective
- *Renew*

Κ [Keys]:

- *Recognize*
- *Recent, root*
 - *Emotion, Memory, False belief*
- *Receive*
- *Renew*

Main goals of wholeness prayer:

- *Loving God*
- *Loving others*
- *Good fruit*

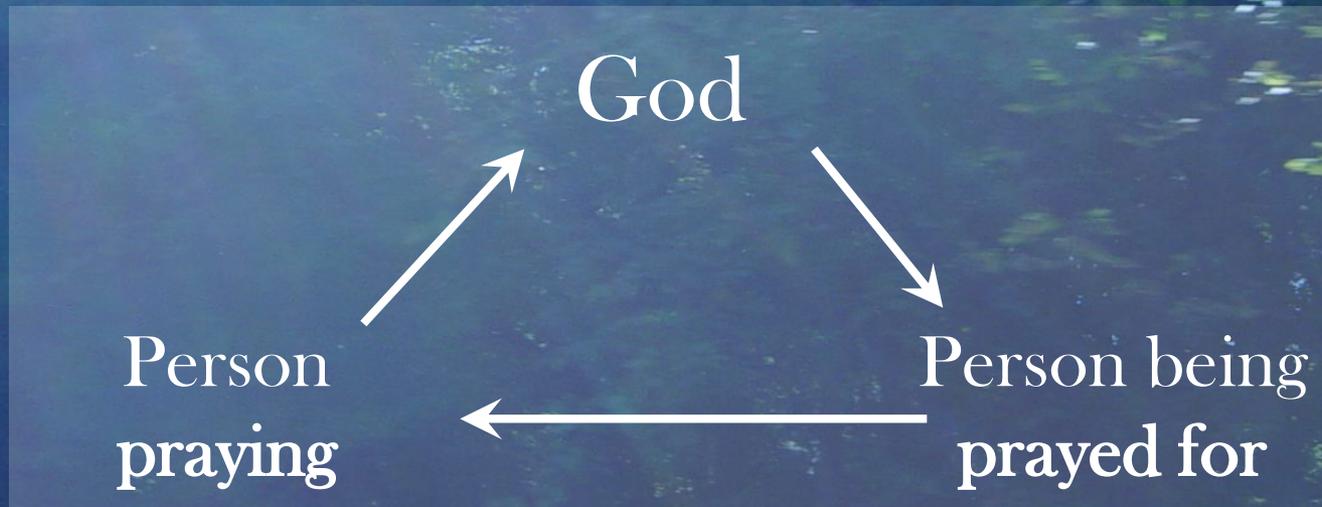


Key wholeness prayer *paradigm shifts* and basic principles:

- Hearing God speak directly to us
- Helping others to grow in hearing God speak directly to them
- Taking our thoughts captive and praying through any root issues

Key wholeness prayer *paradigm shifts* and basic principles:

- 3- way prayer



Key wholeness prayer *paradigm shifts* and basic principles:

- God leads the process
- We partner with God
- **Humility:** \leftrightarrow (same level)
not \downarrow (one person higher than another)
- Keep confidentiality!

Paradigms that don't fit with wholeness prayer principles:

- Immediately offering advice
- Immediately giving direction
- Immediately teaching biblical principles
- The usual pattern of intercessory prayer

Steps in learning wholeness prayer principles:

- Learn to apply the principles **in your own life**
- Practice helping others to pray through issues using the principles
 - In this group
 - Outside of this group
- Facilitate a **group** that's learning about the principles
- **Learn** how to teach others to use the principles
- Teach others how to use the principles.

