Wholeness Prayer

Questions on 1st Skit



- If you were Diane, how might you feel? (Diane, how did you feel?)
- Have you ever been in a situation similar to Diane's?
- If you were Marie, how might you feel? (Marie, how did you feel?)
- Have you ever been in a situation similar to Marie's?
- What issues do you think needed to be addressed in this situation with Diane?

Followers of Christ already:



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

Followers of Christ already:



• Have received <u>a new</u> heart (Ezekial 36:26)

Followers of Chirst 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)



• 2 Corinthians 3:18b "And we...are being transformed into his likeness with everincreasing glory..."



• Matthew 12:33

"Make a tree good and its fruit will be good..."



• If the fruit isn't good, look at the <u>root</u>.

Matthew 12:35a "The good man brings good things out of the good stored up in him..."



- Our thought processes are not yet done being perfected. Some examples are:
 - -Problems from our heritage
 - -Problems from <u>curses</u>
 - -Problems because of choosing <u>sin</u>
 - Other problems with our thought processes (such as "I must protect myself.")

We are engaged in <u>spiritual</u> warfare (Ephesians 6:12).





One method of moving forward in the battle is:



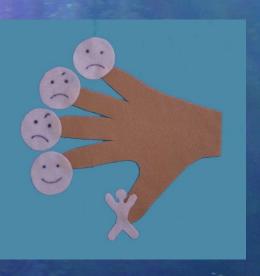
- Recognize
- Recent
- Root
- Receive
- Renew

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



• 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



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



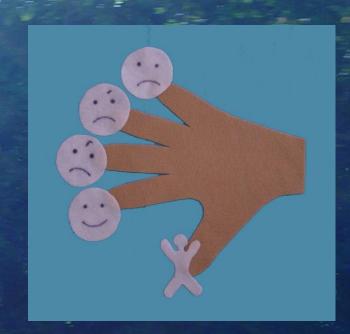
- -Feelings
- -Memory
- -False beliefs



K [Keys]:

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





Paradigms that are different from wholeness prayer:

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

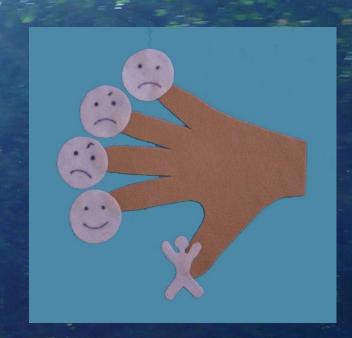
Questions on the 2nd skit:

- If you were Diane, how might you feel? (Diane, how did you feel?)
- If you were Marie, how might you feel? (Marie, how did you feel?)
- Where did you see God work in this prayer time?
- How might wholeness prayer be useful in your context?

K [Keys]:

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





Main goals of wholeness prayer:

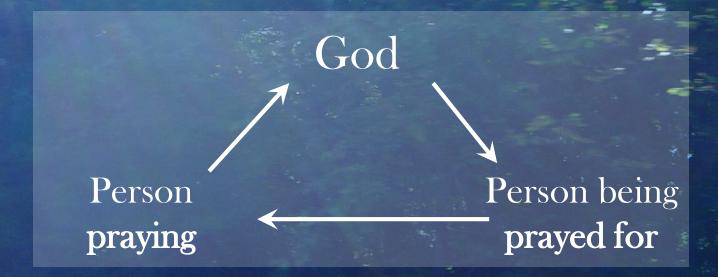
- Loving God
- Loving others
- Good fruit

Key wholeness prayer *paradigm* shifts and basic principles:

- Hearing God speak directly to us
- Helping others to grow in hearing God speak <u>directly</u> 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:

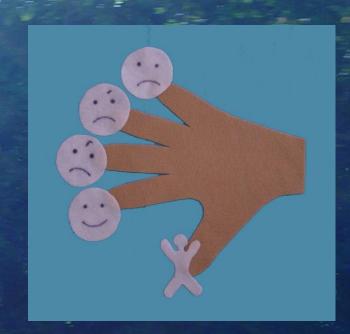
- God leads the process
- We partner with God
- Humility:
 ↔ (same level)
 not ↓ (one person higher than another)
- Keep confidentiality!

Who can use wholeness prayer principles?

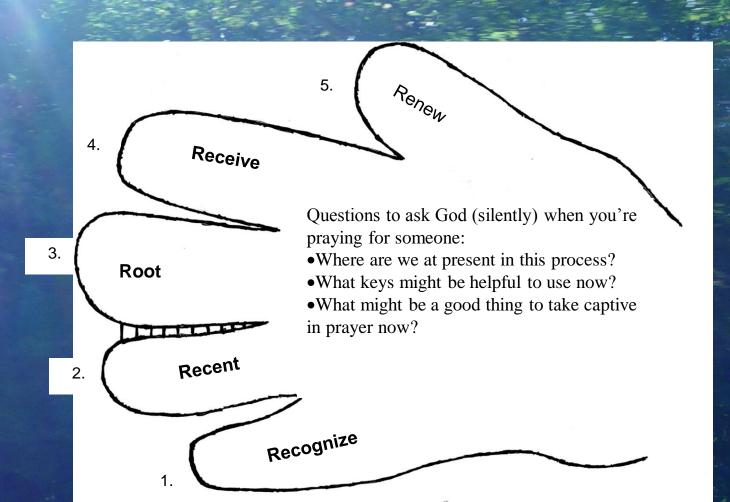
K [Keys]:

- Recognize
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Steps Involved in Wholeness Prayer:



The Wholeness Prayer Process:

- 1. Recognize Your
- Feelings
- •Thoughts / False Beliefs
- Actions

2. Recent memory

oFeelings
oThoughts
oActions

- 5. Renew: Apply This Perspective
- •In the first memory (or pattern)
- •In the recent memory
- •In your life now and in the future



- 4. Receive His Perspective / His Truth
- •In the first memory (or pattern)
- •In the recent memory
- 3. Roots: First memory (or pattern) oFeelings
 - oThoughts / False Beliefs
 - oActions

Keys Part 1

Ideas for small group time:

- 1. Start with an opening prayer. In addition to the ideas above, also ask God to reveal who He'd like to facilitate, and who has something they'd like prayer for.
- 2. Have a 3-way conversation with God (like the second skit). Use these Keys as God leads. Ask for help if you get stuck or have questions.
- 3. End with closing prayer.

Follow-up questions on the prayer time:

- How was your experience?
- Where, if anywhere did you feel stuck?
- What are your questions?
- What, if anything, would you like to share about what God did for you during the prayer time?

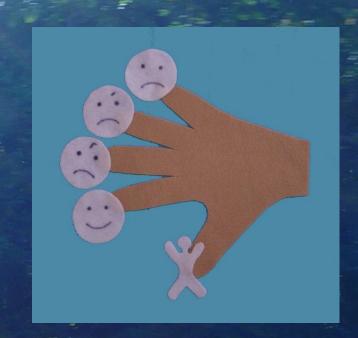
What you can do to continue learning:

- Practice using the principles in your own life
- Practice helping others to pray through issues using the principles
 - In a group that's learning about the principles
 - Outside of that 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.

K [Keys]:



- Bring
 - -Emotion
 - -Memory
 - -False belief
- Receive
- Apply



More wholeness prayer principles:

- All followers of Christ
- 2- way
- Feelings aren't "stuffed", hidden or addressed alone
- Empower the person being prayed for

More wholeness prayer principles:

- Grow in intimate relationship with God
- It's not necessary for the person being prayed for to tell the whole story; it's enough to share the big picture
- Notice expressions and body language
- If someone seems stuck in a negative emotion, pray comfort and truth

More wholeness prayer principles:

- Share the results of the prayer time
- Basic steps in the process
- If something is triggered in you, pray through this
- Practice compassionate detachment: care but don't carry the problem(s)

We must forgive others from our hearts. (Matthew 18:21-35)

Indicators that you have fully forgiven someone:

- You have compassion on them
- You don't say negative things about them
- You can freely bless them
- You are free from all bitterness, anger, resentment, hate, and/or rage toward them.



- You don't accuse, blame or judge them
- You don't seek repayment or revenge
- You let go of the offense

Indicators that you've not yet fully forgiven someone:

- You feel negatively about them
- You say negative things about them
- You curse them
- You feel bitterness, anger, resentment, hate, and/or rage toward them



- You accuse, blame or judge them
- You want repayment or revenge
- You hold onto the offense

Forgiving someone *means* releasing the offenses and the results of those offenses to God.

It doesn't mean that what the person did was right, or that they should be trusted.

3 steps related to forgiving someone:

- Bind and cast out evil spirits
- Forgive sin
- Receive person

Follow-up step when forgiving someone:

• Pray a blessing on the person.

Common "Rubber bands":

- "If I forgive it means that what happened is okay."
- "If I forgive it means it could happen again." (I won't be protected by my unforgiveness.)
- Desire for revenge
- Desire to punish
- Self-protection

Basic steps for forgiving someone:

- Recognize
 - Who you need to forgive
 - Any things you've not yet forgiven them for

Ask God to reveal any recent memories or roots:

- See if you're able to fully give each item to Jesus
- For any issue that you don't feel able to fully release, ask God to show you why. Work through these.
- Give up any unwise decisions you've made.

• Ask God to reveal any recent memories or roots:

- Give each item to Jesus
- Forgive the person for each offense
- Give up any resentment, anger, bitterness, hatred, rage, judgment, and/or remaining desire for revenge

- Receive God's perspective
 - See the person the way God sees them
 - Compassion for the person
- Renew
 - Pray a prayer of blessing on the person

Keys (K) regarding forgiving someone:

- Bind and cast out (evil spirits)
- Forgive (pray through any "rubber bands")
- Receive (the person)
- Bless

Questions on the 2nd skit:

- If you were Diane, how might-you feel? (Diane, how did you feel?)
- If you were Marie, how might you feel? (Marie, how did you feel?)
- Where did you see God work in this prayer time?
- How else might you want to use wholeness prayer in your context? What additional kinds of issues might it be helpful for?

Highlighted steps regarding replacing family curses with God's blessings:

- Ask God to reveal to you significant times in your life:
 - When you felt blessed by your parents or other significant family members.
 - Receive these blessings in the name of Jesus.
 - When you felt either a curse of a lack of blessing from your parents or other significant family members.
 - Ask God to replace these with a blessing.

K: Receive blessings, Curses replaced with blessings.

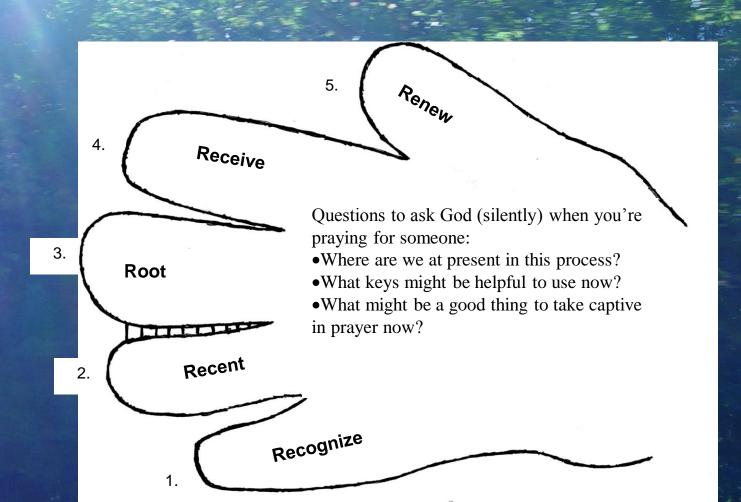
Steps in developing healthy boundaries (Overview):

(Develop healthy boundaries before you are involved in the situation.)

- Find appropriate healthy boundaries
- Apply the healthy boundaries

K: Find, Apply

Steps Involved in Wholeness Prayer:



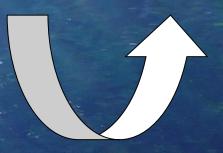
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- 4. Receive His Perspective / His Truth
- •In the first memory (or pattern)
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- 3. Ask Him to Reveal Any Roots
- •First memory (or pattern)
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Keys Part 2

Ideas for small group time:

- 1. Start with an opening prayer. In addition to the ideas above, also ask God to reveal who He'd like to facilitate, and who has something they'd like prayer for.
- 2. Have a 3-way conversation with God (like the second skit). Use these Keys as God leads. Ask for help if you get stuck or have questions.
- 3. End with closing prayer.

Follow-up questions on the prayer time:

- How was your experience?
- Where, if anywhere did you feel stuck?
- What are your questions?
- What, if anything, would you like to share about what God did for you during the prayer time?

Where you can go to learn more:

- To the ffcm website: www.freemin.org.
 - -If someone has difficulty hearing God see "Growing in Hearing God"
- To people who use the principles.
 - Ask them questions.
 - Pray with them.
 - Observe as they pray with someone.
- Email questions to me at ffcm@emailglobe.net.

Application Questions:

- 1. What are your (SMART) goals for learning and using wholeness prayer? (SMART = Specific, Measurable, Action-Oriented, Realistic, Time-based.)
- 2. What would help you reach these goals?
- 3. Who would you like to ask to help you reach (and/or hold you accountable to) these goals?
- 4. By when would you like to ask this person?

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