

# Wholeness Prayer Introductory Training with Applications

## Sessions 1 and 2

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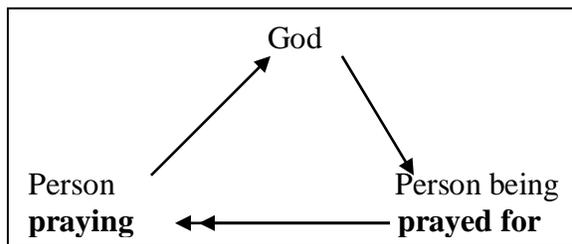
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### Session 1: Introduction

- 1) Followers of Christ *already* have
  - a) Been **set free** from the power of sin. *Romans 6:3-13.*
  - b) Received **a new heart**. *Ezekiel 36:26.*
  - c) The Holy Spirit living in us, and He loves **to communicate** with us. *John 14:16-17, 26; 15:26; 16:13-15.*
  - d) Been given an incredible heritage:
    - i) Indescribable **Joy** *1 Peter 1:8-9*
    - ii) Living **hope** *1 Peter 1:3*
    - iii) **Intimacy** with God *John 17:21*
    - iv) and much more. *Ephesians 1 and many other verses.*
- 2) Followers of Christ are *still* in **process**.
  - a) *2 Corinthians 3:18b* “*And we...are being transformed into his likeness with ever-increasing glory...*”
  - b) *Matthew 12:33* “**Make** a tree good and its fruit will be good...”
  - c) 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...*”
  - d) Our thought processes are not yet done being perfected. Some examples are:
    - i) Problems from our **heritage**
    - ii) Problems from **curses**
    - iii) Problems because of choosing **sin**
    - iv) Other problems with our thought processes (including beliefs such as “I must protect myself.”)
- 3) We are engaged in **spiritual warfare**. *Ephesians 6:12.*
  - a) One method of moving forward in the battle is to:
    - i) **Recognize**: With God’s help, identify (take captive) our negative feelings, thoughts, and actions (*2 Corinthians 10:4-5*)
    - ii) **Recent**: Bring these to God and ask Him to reveal a related recent memory
    - iii) **Root**: Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way
    - iv) **Receive**: Receive His perspective - first at the root, if there is one
    - v) **Renew**: Apply this perspective in everyday life.
  - K [key]: Recognize, Recent, Root, Receive, Renew (5 Basic Steps)**
  - b) 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.
- 4) The basic steps in praying through emotional wounds based on false beliefs are:
  - a) **Recognize**: **negative** feelings; unhealthy thoughts and/or actions
  - b) **Recent**: Bring these to God and ask Him to reveal a related recent memory
  - c) **Root**: Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way
    - i) *Negative feelings* (related to the trigger)

- ii) **False beliefs** in the **memory**
- d) **Receive** God's perspective
- e) **Renew**: Apply this perspective, first in the memories, then in everyday life.
- K**: *Recognize, Recent, Root (Emotion, Memory, False belief), Receive, Renew*
- 5) The main goals of wholeness prayer are:
  - a) **Loving God** with all our hearts, soul, mind and strength (growing in *intimacy* with God).
  - b) **Loving others** as we love ourselves (growing in *healthy relationship* with others).
  - c) **Good fruit** in
    - i) Sharing the Good News, discipleship and leadership development
    - ii) Transformed lives, relationships, groups, and societies.
- 6) Key wholeness prayer **paradigm shifts** and basic principles include:
  - a) *Hearing God speak **directly** to us about our problems, etc.*
  - b) *Helping others to grow in hearing God speak **directly** to them.*
  - c) **Taking** our thoughts **captive** (including our feelings and the reasons for our behavior) *and praying through any root issues*
  - d) **3-way** prayer



- e) **God** leads the process (not us!).
- f) We **partner** with God and:
  - i) **Keep silent**
  - ii) **Listen**
- g) **Humility**: ↔ (same level) not ↓ (one person higher than another).
- h) **Keep confidentiality!**
- 7) Paradigms that are different from wholeness prayer principles include:
  - a) *Immediately **offering advice***
  - b) *Immediately **giving direction***
  - c) *Immediately **teaching biblical principles***
  - d) *The usual pattern of **intercessory prayer**.*
- 8) What you can do to continue learning:
  - a) **Practice** using the principles *in your own life*. Ask someone to help you if you get stuck (or would prefer help).
  - b) **Practice helping others** to pray through issues using the principles
    - i) In a group that's learning about the principles
    - ii) Outside of that group
  - c) **Facilitate a group** that's learning about the principles
  - d) **Learn how to teach** others to use the principles
  - e) **Teach** others how to use the principles.

# Freedom from Generational Bondage<sup>1</sup>

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## **Step-by-Step Process – Simplified**

1. Begin with an opening prayer. (See Keys.)
2. Prayerfully look over the attachment. Ask God to reveal any generational sins or patterns (on either side of the family) that need to be prayed through (whether on the attachment or not).
3. Read silently through the sample prayer below and decide if it's something you'd like to pray and/or modify. If it is, pray the prayer out loud, with any modifications you've made.
4. Pray a closing prayer. (See Keys.)
5. Follow up as God leads. (Forgive, repent, develop healthy patterns, etc.)

## **Sample Prayer – Freedom from Generational Bondage<sup>2</sup>**

*I confess the following sins of my ancestors. (Read out all the sins from the list.) I renounce, reject and disown all the sins of my ancestors. I repent of their beliefs, their actions and their unrighteous behavior. I declare the assignments, the curses and the powers flowing from those curses to be null and void. I break all rights, grounds, or privileges that these sins have had in my life and I will live under their authority no longer, because I belong to Jesus Christ.*

*I place the cross of Jesus Christ between me and anything I need protection from regarding each member of my family (those named in the family tree) and all those I have not known or named. I reject any and every way that Satan claims ownership over me. By the authority that I have in Jesus Christ, I now command every family and ancestral spirit to be bound in chains and be stripped of all armor, weapons, power, authority and illusions. I command that they now throw down at the foot of the cross of Jesus Christ all plans, programs, agendas and assignments that they have had in my life. I command that they now return everything that they have stolen from me emotionally, mentally, physically and spiritually. I command that they go to the place Jesus sends them.*

*Jesus, I invite you to fill me now with your Holy Spirit. I ask you to build a spiritual wall of protection between me and anything I need protection from regarding my mother, and between me and anything I need protection from regarding my father and all their ancestors. Make these protective walls as high and wide as they need to be to provide complete spiritual protection, and seal those walls with the blood of Christ. At the same time, please bless my relationship with each member of my family who is still living and help us to grow in good and healthy ways together.*

*I come before you now God, as your child, purchased by the blood of Christ. Let the blood of Christ completely cleanse my own bloodline. I commit myself to the renewing of my mind, and I align my will with your good and perfect will. All this I do in the name and authority of the Lord Jesus Christ. Amen.*

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<sup>1</sup> Adapted with permission from "A Theory and Process for Christian Counseling & Inner Healing" by Alfred Davis  
<sup>2</sup> *ibid*, page 139-140

**Attachment 1.**

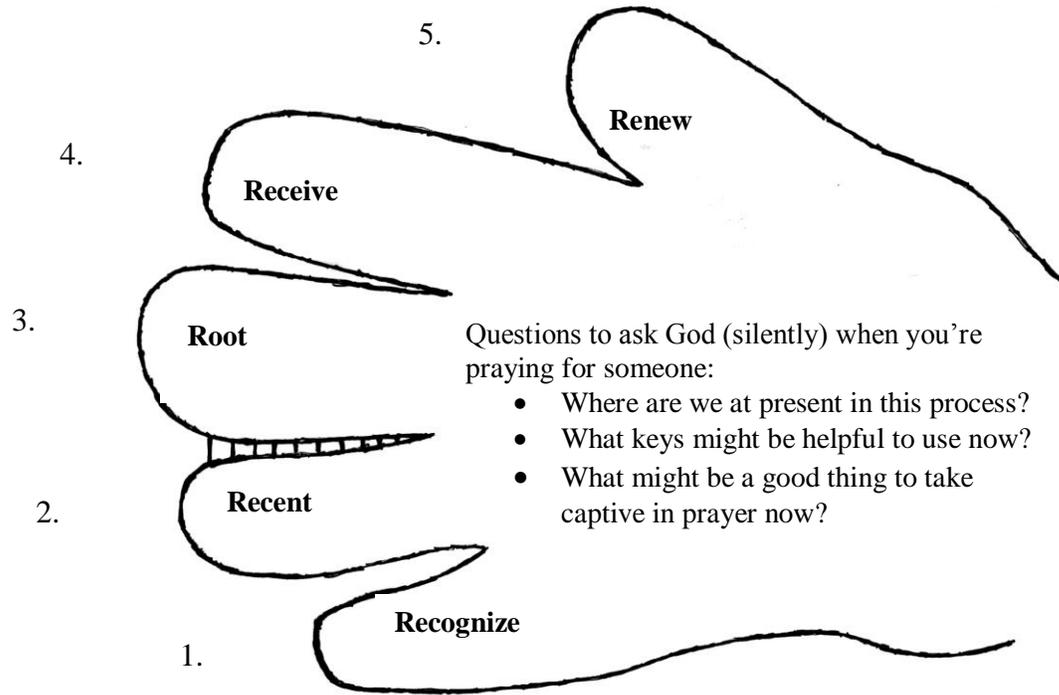
**List of Potential Generational Sins, Negative Patterns or Inherited Traits<sup>3</sup>**

<p><b>Sexual Sins</b></p> <p>fornication          adultery          perversions          pornography          sexual abuse          lust          incest</p>	<p><b>Addictions</b></p> <p>alcohol          tobacco          drugs          gambling          food          obsessive/compulsive          workaholism</p>	<p><b>Death</b></p> <p>miscarriages          abortions          still birth          early death          accidental death          suicide          murder</p>
<p><b>Physical Problems</b></p> <p>chemical imbalance          depression          mood disorders          schizophrenia</p>	<p><b>Abuse</b></p> <p>physical          emotional          spiritual          sexual</p>	<p><b>Unhealthy emotions</b></p> <p>anger/rage          unforgiveness          fear          guilt          rejection          hatred of women          control          bitterness          pride          worry/anxiety          shame          abandonment          hatred of men          perfectionism</p>
<p><b>Blame/ Self-Punishment</b></p> <p>self-blame          self-accusation          self-hatred          self-destruction          self-criticism          self-shame          self-anger</p>	<p><b>Personal and Relational</b></p> <p>lying          selfishness          laziness          gossip          negativity          deception          manipulating others          criticism          blame shifting          revenge          avoiding responsibility</p>	<p>hatred of women          control          bitterness          pride          worry/anxiety          shame          abandonment          hatred of men          perfectionism</p>
<p><b>Religious and/or Idolatrous</b></p> <p>freemasonry          occult          witchcraft          religious cults          new age          eastern religions          psychic practices</p> <p>rebellion          love of money          prejudice          envy          traditional ceremonies          spirit worship</p> <p>idol worship          worship of false gods          following false religions          curses          traditional healers          ancestor worship</p>		

<sup>3</sup> ibid, page 33-34. This list is not meant to be fully comprehensive.

# A Diagram of the Steps Involved in Wholeness Prayer

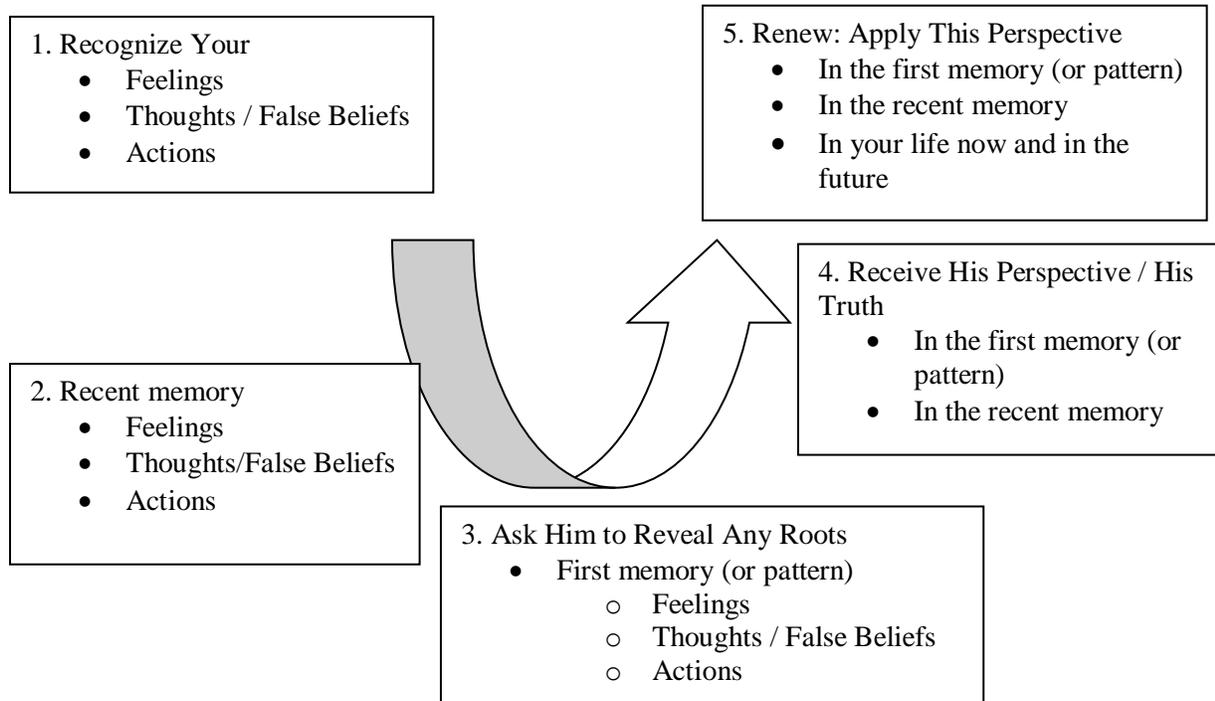
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# A Diagram of the Wholeness Prayer Process

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*Note: This process is done through prayer. Wholeness prayer helps people connect with God through prayer, and asks God to speak directly to the person being prayed for at their point of need.*



# Keys (K) involved in Wholeness Prayer – Session 1

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## K – Opening Prayer:

- *Invite God to lead and to accomplish all He desires through this time*
- *Ask for His protection*
- *Bind the evil one in Jesus name*

## 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 (Module 6)

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

## K – Closing Prayer:

- *Thank God for all He's done during the prayer time*
- *Ask Him to help the person apply His truth in their daily lives*
- *Ask Jesus to send any evil spirits connected with issues prayed through where ever He desires – never to return – and to protect all involved*

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.

# Keys (K) involved in Wholeness Prayer – Session 2

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## **K – Replacing Curses with God’s Blessings:**

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

## **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 – Working through 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 – Regarding Sin Issues:**

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

## **K – Regarding Sexual Sin:**

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

## **K – Developing Healthy Boundaries:**

- *Find*
- *Apply*

Additional keys can be found at [www.ent.freemin.org/keys](http://www.ent.freemin.org/keys) .

## Session 2 of 2: Applications

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### A few more principles regarding wholeness prayer:

- 1) **All followers of Christ** can learn to use wholeness prayer principles.
- 2) If the issue to be prayed through isn't too heavy, the person is a follower of Christ and they already understand wholeness prayer principles, they may wish to work through this process together with God (without a third party): ↑↓ (**2 way**)
- 3) In this paradigm **feelings aren't "stuffed" or hidden** (as if they didn't exist) **or addressed alone**, but instead are *taken captive, brought* to God, and *worked through* together with Him.
- 4) If we are praying for someone else, our goal is for that person to hear God speak directly to them and to grow in their personal relationship with Him. (Our role is to be God's friend and the person's friend. We put one hand in God's hand and our other hand in the other person's hand, and **empower the person we're praying for** to grasp God's hand directly.)
- 5) One result of wholeness prayer is that people **grow in intimate relationship** with God.
- 6) The person being prayed for **doesn't need to tell all about the issue or what's happening in the process** to the one praying for him/her. ***It's enough to share the big picture*** – so that the person praying for them knows where they're at in the process.
- 7) **Notice** people's expressions and body language as you pray with them.
- 8) **If someone seems stuck** in a negative emotion for longer than a minute or two, you may want to pray verses of comfort and truth. Ask God for wisdom on this.
- 9) The person being prayed for **sharing the results of the prayer time** with a trustworthy person can help facilitate them apply the truth received from God to their everyday lives.
- 10) **Adapt** the basic wholeness prayer principles to your situation. Follow God's leading.
- 11) **If something is triggered in you** as you pray for others, pray through this. Ask someone to help you if you'd like help.
- 12) Practice **compassionate detachment: care but don't carry** the problem(s).

### Forgiving Others

- 1) **We must forgive others from our hearts** (Matthew 18:21-35).
  - a) What are **indicators** that you have **fully forgiven** someone? (page 134)
    - i) You *have compassion* on them.
    - ii) You *don't say negative things* about them.
    - iii) You *can freely bless them*.
    - iv) You're *free from all bitterness, anger, resentment, hate, and/or rage* toward them.
    - v) You *don't accuse, blame or judge* them.
    - vi) You *don't seek repayment or revenge*.
    - vii) You *let go of the offense*.
  - b) What are **indicators** that you **have not fully forgiven** someone? (page 134)
    - i) You *feel negatively* about them.
    - ii) You *say negative things* about them.
    - iii) You *curse* them.
    - iv) You *feel bitterness, anger, resentment, hate, and/or rage* toward them.
    - v) You *accuse, blame or judge* them.
    - vi) You *want repayment or revenge*.
    - vii) You *hold onto the offense*.

- 2) 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) **3 steps** related to forgiving someone:
  - a) ***Bind and cast out*** evil spirits
  - b) ***Forgive*** the sin
  - c) ***Receive*** the person.
- 4) *Follow up step: pray a  **blessing** on the person.*
- 5) **Basic steps for forgiving someone:**
  - a) Opening prayer
  - b) **Recognize**
    - (1) Ask God to reveal to you the names of **people you need to forgive.**
    - (2) For each person, ask God to bring to your mind **any things you've not yet forgiven them for.**
  - c) **Recent, roots**
    - (1) See if you're able to **fully give each item to Jesus.**
    - (2) **For any issue** or negative emotion **that you don't feel able to fully release, ask God to show you why** Get God's perspective at the root of the emotions, conclusions, and perspectives involved.
    - (3) **Give up any unwise decisions you've made.** If this is hard, pray through the issues involved.
    - (4) **Give each item to Jesus** and ask Him to take all the hurt and pain from the offense(s). If this is hard, pray through the issues involved.
    - (5) **Forgive the person for each offense.**
    - (6) **Give up any resentment, anger, bitterness, hatred, rage, judgment, and/or remaining desire for revenge against them.**
  - d) **Receive** God's perspective
    - (1) Ask God to help you **see the person the way He sees them.**
    - (2) Ask God to give you **compassion for the person.**
  - e) **Renew:** Apply this perspective
    - (1) **Pray a prayer of blessing** on the person.
  - f) Closing prayer.
  - g) Follow-up.

**K:** *Bind and cast out* (evil spirits), *Forgive* (pray through any “rubber bands” – connected to things hard to release), *Receive* (the person); *Bless*.

#### **Highlighted steps regarding replacing family curses with God's blessings**

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

**Steps in developing healthy boundaries:** (*Note: Whenever possible, develop healthy boundaries before you are involved in the situation. Beginning with healthy boundaries is much easier than developing them later on. It's much easier to ease up on boundaries than it is to tighten them.*)

- a) **Find out what healthy boundaries are** for your context.
  - i) **Search God's Word for relevant principles.** (You can ask others to help you.)
  - ii) **Ask mature followers of Christ who understand your context.**
  - iii) **Ask God to help you know healthy boundaries for your context.** Keep in mind the bigger picture.
  - iv) **Submit the results of the above interactions to God and test the potential boundaries by His Word.**
- b) **Apply the healthy boundaries** God has given you.
  - i) **Ask God to help you.**
  - ii) **If anything within yourself is hindering you from applying these healthy boundaries, work through those issues.**
  - iii) **If someone else is hindering you from applying these, seek wisdom on how to proceed.** Seek wisdom by:
    - (1) Asking God for it.
    - (2) Asking Him *how to apply* the wisdom He gives.
    - (3) Asking mature followers of Christ for advice.
    - (4) Testing their advice to see if it's consistent with God's word.
  - iv) **Share** with someone *you can trust* (to guard confidentiality and not to judge those involved) and *who understands the issues involved*. Ask them to **hold you accountable.**
- c) **Examples** of areas where you may need to develop healthy boundaries are:
  - i) **Balance** of work and rest
  - ii) **Holiness**, including sexual purity
  - iii) **Knowing what is your job** and what is someone else's
  - iv) **Holding on to what you know is true**, even if others disagree
  - v) **Not following "the crowd"** into sin or unwise choices
  - vi) For developing healthy **interdependent relationships.**

## Overview of [www.freemin.org](http://www.freemin.org)<sup>4</sup>

The [www.freemin.org](http://www.freemin.org) website provides **wholeness prayer resources and other materials** to equip and empower followers of Christ to partner with God, to see Him get the glory,

- as many who were formerly spiritually or emotionally held captive are set free to live in truth, *and*
- as we are all transformed more and more into His likeness.

Wholeness prayer resources include basic modules and training materials. Following is a general overview of the Wholeness Prayer Basic Modules.<sup>5</sup>

***Introduction:*** Module 1

### **Out of Darkness – Put off the Old**

- **External**
  - *Generational Bondage* – Module 2
  - *Family Curses* – Module 3
- **Internal**
  - *Sin* – Module 4
  - *Strongholds* – Module 5
  - *Emotional Wounds* – Module 6

### **Into Light – Put on the New**

- **Internal**
  - *Forgiveness* – Modules 7, 8, and 9
  - *Healthy Patterns* – Module 10
  - *True Security* – Module 11
- **External**
  - *Godly Living and Kingdom Advance* – Module 12

Training materials include participant notes, facilitator notes, role plays, keys, and power points.

Other resources include:

Growing in Hearing God  
Developing and Maintaining Healthy Priorities  
Connecting with Feelings  
Raising Godly Children  
Living in the Path of Peace – Conflict Management.

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<sup>5</sup> This schematic is a simplified picture. There is much crossover between the categories.

# Application Questions

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1. How do you think wholeness prayer principles might be helpful in addressing the kinds of issues you are aware of in your context (including in your own life)?

2. What are your (SMART) goals for learning and using wholeness prayer? (SMART = Specific, Measurable, Action-Oriented, Realistic, Time-based.)

*Samples: To learn more about wholeness prayer and apply the principles through:*

- *Memorizing the 4 steps +3 and the other key by \_\_\_\_\_.*
- *Writing down my questions about wholeness prayer and asking someone these questions face-to-face, or via phone or email by \_\_\_\_\_.*
- *Using the 4 steps in my own life, when I notice my joy is lost or I feel stuck in an area, with the goal of getting God's perspective at the root of an issue and applying this perspective in my daily life.*
- *Asking a friend to help me pray through the issue using the 4 steps, whenever I feel stuck trying to pray through an issue on my own (or would just rather have help).*
- *Using the 4 steps to help others pray through issues in their lives, as God provides opportunity.*
- *Reading through modules 1-12 on [www.freemin.org](http://www.freemin.org) by \_\_\_\_\_.*
- *Applying the material in modules 1-12 in my own life, as God leads.*

3. What would help you reach these goals?

4. Who would you like to ask to help you reach (and/or hold you accountable to) these goals?

5. By when would you like to ask this person?