

Wholeness Prayer Training (Restoration and Discipleship) – Session 1

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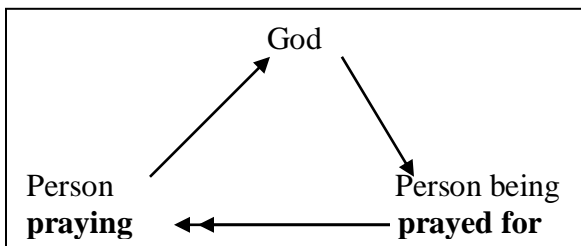
Page numbers in this document refer to FFCM Out of Darkness into Light Wholeness Prayer Basic Modules, Standard Version, ©2005, 2004

Session 1: Introduction.

- 1) Believers in Christ *already* have
 - a) Been _____ from the power of sin. *Romans 6:3-13.*
 - b) Received _____. *Ezekiel 36:26.*
 - c) The Holy Spirit living in us, and He loves _____ with us. *John 14:16-17, 26; 15:26; 16:13-15.*
 - d) Been given an incredible heritage:
 - i) Indescribable _____ *1 Peter 1:8-9*
 - ii) Living _____ *1 Peter 1:3*
 - iii) _____ with God *John 17:21*
 - iv) and much more. *Ephesians 1 and many other verses.*
- 2) Believers in Christ are *still* in _____.
 - a) *2 Corinthians 3:18b* “*And we...are being transformed into his likeness with ever-increasing glory...*”
 - b) *Matthew 12:33* “*_____ a tree good and its fruit will be good...*”
 - c) If the fruit isn’t good, look at the _____. *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 _____
 - ii) Problems from _____
 - iii) Problems because of choosing _____
 - iv) Other problems with our thought processes (including beliefs such as “I must protect myself.”)
- 3) We are engaged in _____. *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 _____ 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 _____ to us about our problems, etc.*
 - b) *Helping others to grow in hearing God speak _____ 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) _____ *leads the process* (not us!).
- f) We _____ *with God* and:
 - i) **Keep silent**
 - ii) **Listen**
- g) **Humility**: ↔ (same level) not ↓ (one person higher than another).
- h) **Keep confidentiality!**
- 7) Paradigms that don't fit with wholeness prayer principles include:
 - a) *Immediately* _____
 - b) *Immediately* _____
 - c) *Immediately* _____
 - d) *The usual pattern of* _____.
- 8) Steps in learning wholeness prayer principles include:
 - a) **Learn to apply the principles in your own life**
 - b) _____ *helping others* to pray through issues using the principles
 - i) In this group
 - ii) Outside of this group
 - c) **Facilitate a group** that's learning about the principles
 - d) **Learn** how to teach others to use the principles
 - e) _____ others how to use the principles.
- 9) 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)?
- 10) Homework – Work through Module 2 with your spouse if you are married, or with a friend if you are not married. (pages 21-25)