

# Wholeness Prayer Training (Restoration and Discipleship) – Session 1

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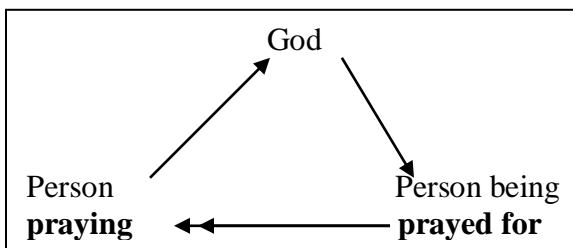
Page numbers in this document refer to FFCM Out of Darkness into Light Wholeness Prayer Basic Modules, Standard Version, ©2005, 2004

## Session 1: Introduction.

- 1) 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 don't fit with 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) Steps in learning wholeness prayer principles include:
    - a) *Learn to apply the principles **in your own life***
    - b) **Practice** 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) **Teach** 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)