A background image showing sunlight filtering through a dense canopy of green trees, creating a bright, dappled light effect. The text is overlaid in white serif font.

Wholeness Prayer

(Restoration and Discipleship)

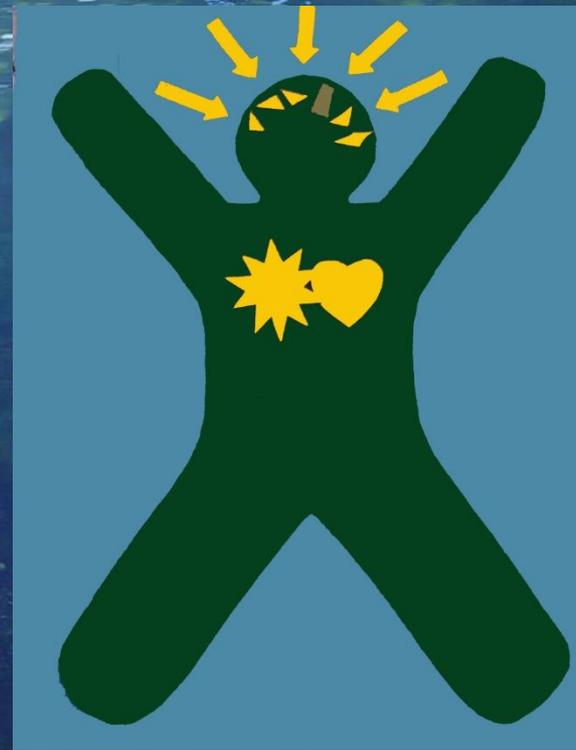
Session 2

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Basic steps (K) in wholeness prayer:

- Recognize
- Recent
- Root
- Receive
- Renew

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.



Basic steps (K) in praying through emotional wounds based on false beliefs :

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



Main goals of wholeness prayer:

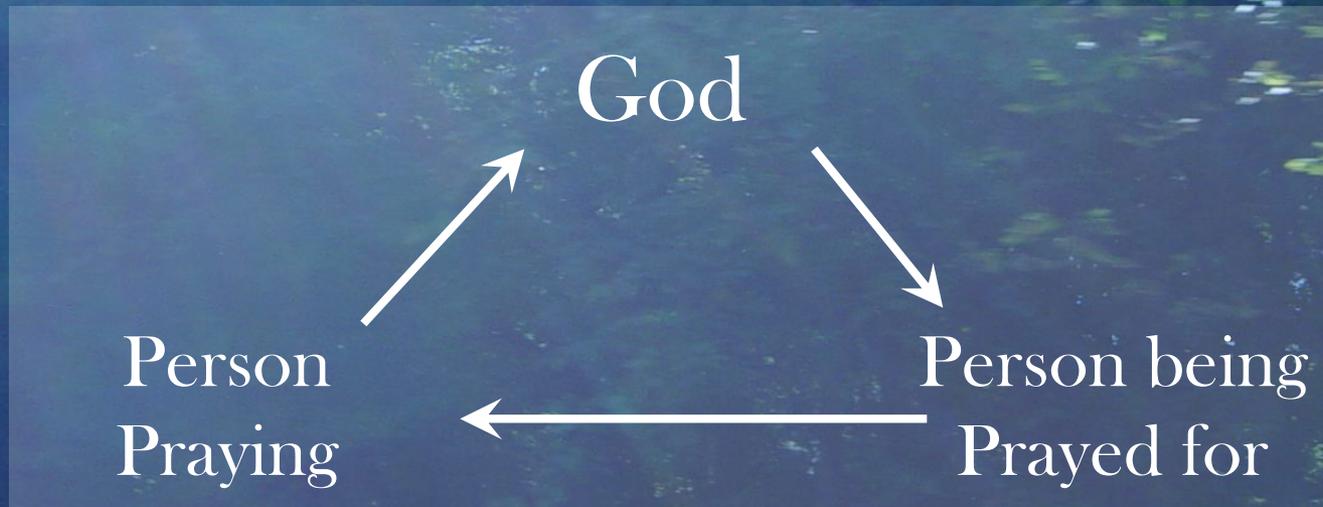
- *Loving God*
- *Loving others*
- *Good fruit*

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

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)

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 or a lack of blessing from your parents or other significant family members.
 - Ask God to replace these with a blessing.

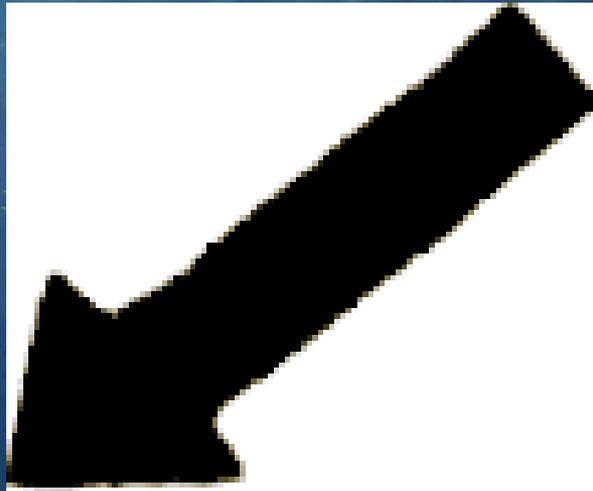
K: Receive blessings, Curses replaced with blessings.



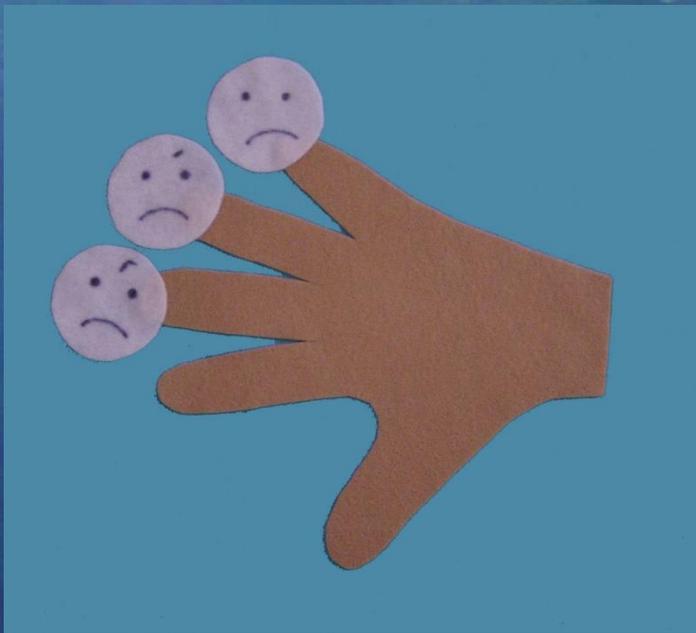
Basic steps for working through emotional wounds based on false beliefs:

- Recognize
- Recent, root
 - Feelings
 - Memory
 - False beliefs
- Receive
- Renew
- Continue
- Give thanks

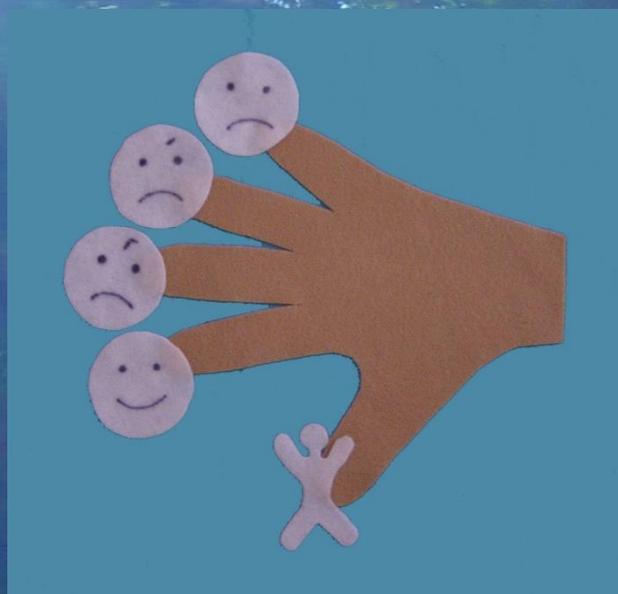
- *Recognize* the trigger: negative feelings, unhealthy thoughts and/or actions.



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



- *Negative emotions*
- *Memory*
- *False beliefs*



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

Κ [Keys]:

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

Basic steps for inviting God to carry unpleasant emotions based on truth:

- Recognize
- Give thanks
- Recent
- Root
- Receive
 - God carry
- Renew
 - Give thanks

K: Ask God to carry burden, Give burden

Basic steps in working through anger:

- Recognize
- Recent
- Root
- Receive
- Renew



- Recognize

- the negative emotion behind the anger

- The feeling just before the anger.

Often this is:

- Frustration

- Fear

- Shame

- Hurt

A photograph of a sunlit forest path. The sun is in the top left corner, creating a bright lens flare that spreads across the scene. The path is covered in fallen leaves and is flanked by dense green trees and foliage. The overall color palette is dominated by greens and blues, with the bright white light of the sun in the upper left.

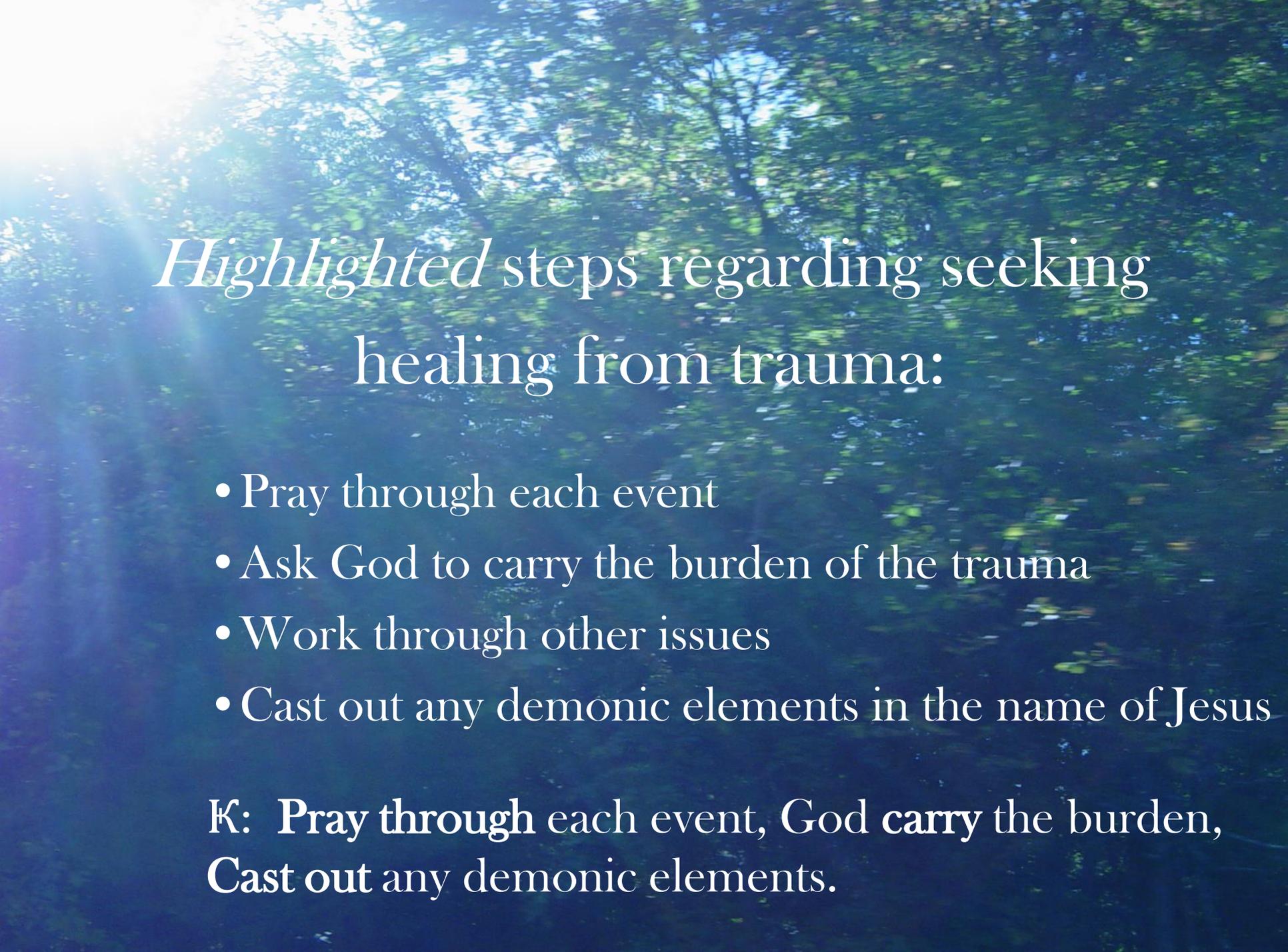
- Root

- Ask God to reveal whether or not you need your anger for any reason

- Ask God to take your anger

⌘ [Keys]:

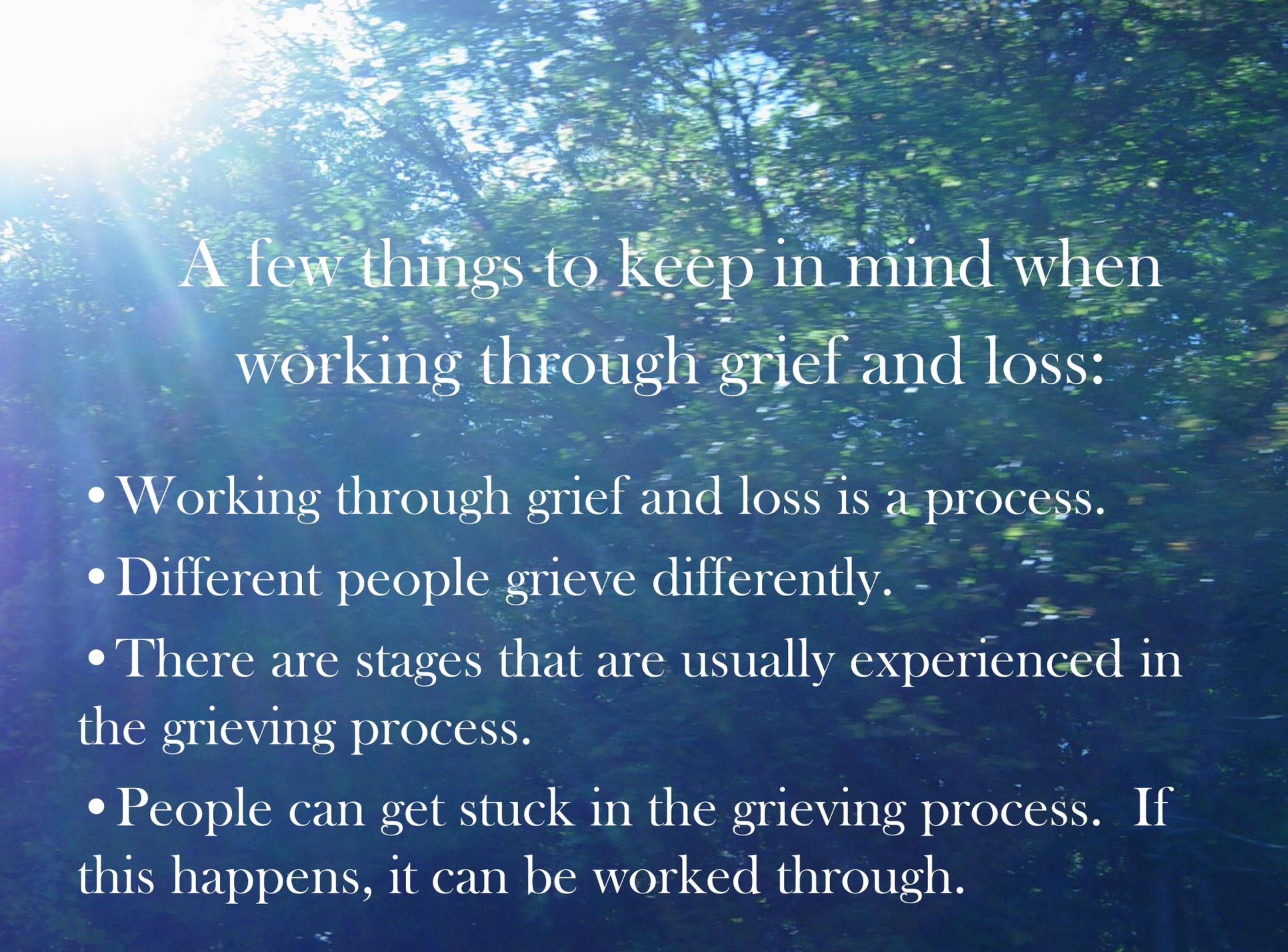
- Anger is not a root emotion
- Pray through the root emotion:
 - usually
 - Frustration
 - Fear
 - Shame *and/or*
 - Hurt.



Highlighted steps regarding seeking
healing from trauma:

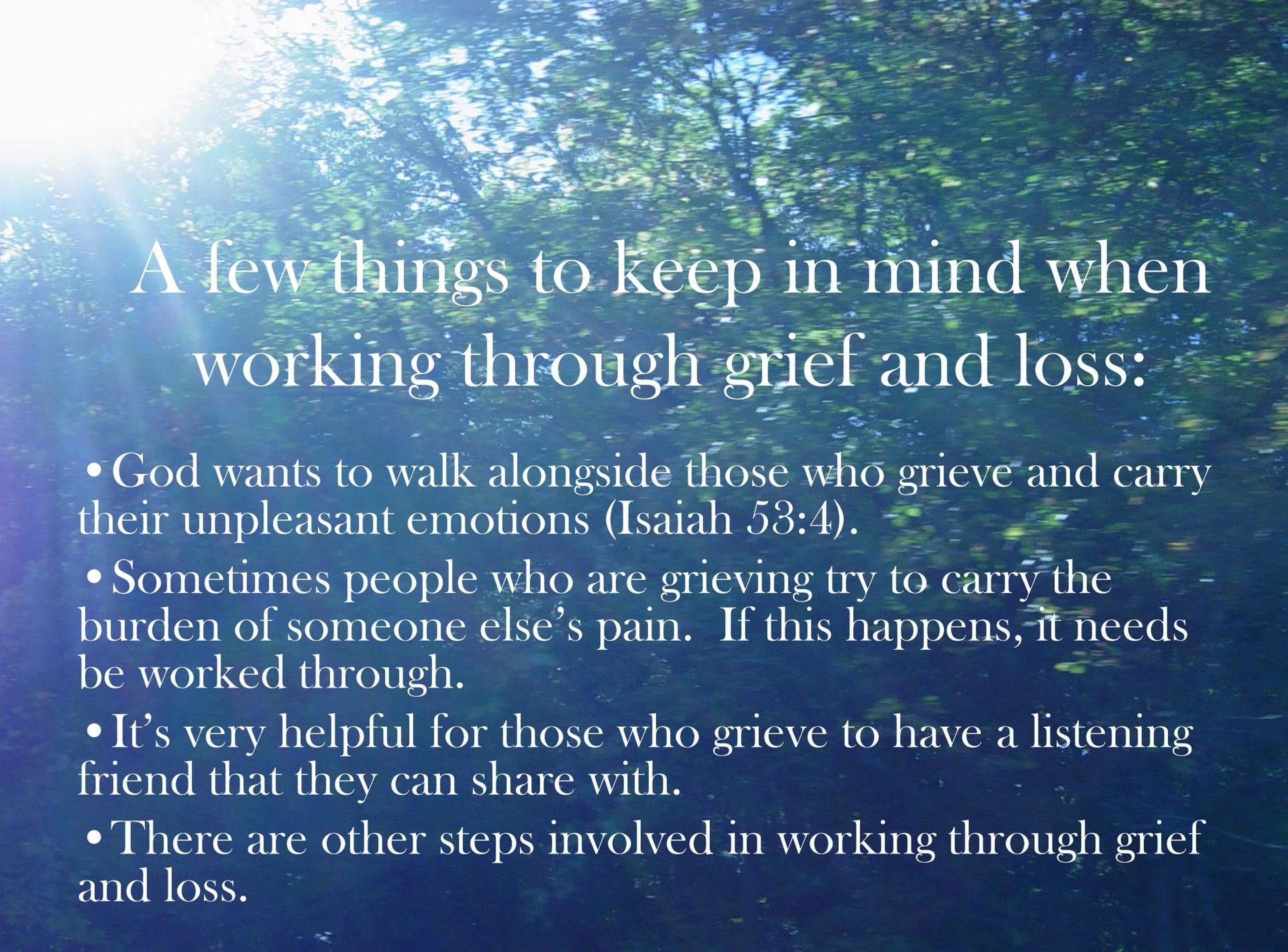
- Pray through each event
- Ask God to carry the burden of the trauma
- Work through other issues
- Cast out any demonic elements in the name of Jesus

⌘: Pray through each event, God carry the burden,
Cast out any demonic elements.



A few things to keep in mind when
working through grief and loss:

- Working through grief and loss is a process.
- Different people grieve differently.
- There are stages that are usually experienced in the grieving process.
- People can get stuck in the grieving process. If this happens, it can be worked through.



A few things to keep in mind when working through grief and loss:

- God wants to walk alongside those who grieve and carry their unpleasant emotions (Isaiah 53:4).
- Sometimes people who are grieving try to carry the burden of someone else's pain. If this happens, it needs to be worked through.
- It's very helpful for those who grieve to have a listening friend that they can share with.
- There are other steps involved in working through grief and loss.

⌘ [keys] to working through grief and loss:

- Working through grief is a process
- Pray through stuck places
- God wants to walk alongside the person and carry their burden
- A good listener can be of great help to the process.

