

# Wholeness Prayer Training (Restoration and Discipleship)

## Session 2

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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

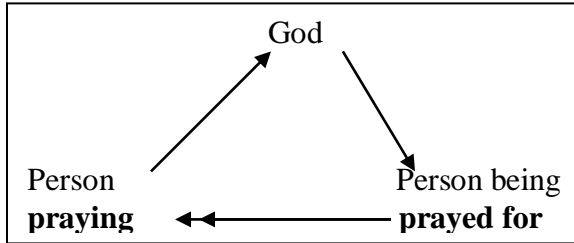
Review from Session 1: Introduction.

- 1) Basic steps in the wholeness prayer process:
  - 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)**
- 2) 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.
- 3) 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**
- 4) 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.
- 5) 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!**

- 6) 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.**

Session 2: Emotional Wounds Based on False Beliefs, Unpleasant Emotions Based on Truth, Anger, Trauma, Grief and Loss (Modules 1 and 6)

- 1) A few more principles regarding wholeness prayer:
- a) **All followers of Christ** can learn to use wholeness prayer principles.
  - b) 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**)
  - c) 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.*
  - d) 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.)
  - e) One result of wholeness prayer is that people **grow in intimate relationship** with God.
  - f) 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.
  - g) **Notice** people's expressions and body language as you pray with them.
  - h) **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.
  - i) 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.
  - j) **Basic steps in the process** are general steps for working through an issue. Adapt these steps to your situation. Follow God's leading.
  - k) **If something is triggered in you** as you pray for others, pray through this. Ask someone to help you if you'd like help.
  - l) Practice **compassionate detachment: care but don't carry** the problem(s).

- 2) Module 1 (pages 16-18) – Suggestions for:
  - a) Opening and closing prayer
  - b) Steps to follow if there is spiritual interference
  - c) Things to do after the prayer time: for the person being prayed for *and* for the person praying for someone else.
  
- 3) **Highlighted steps regarding replacing family curses with God’s blessings** (pages 27-33)
  - 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.**

**K: Receive blessings, Curses replaced with blessings**

- 4) Module 6B (pages 96-114) – **Basic steps for working through emotional wounds based on false beliefs** (page 100):
  - a) Opening prayer
  - b) **Recognize** the trigger: negative feeling, unhealthy thoughts or actions.
    - (1) Ask God to reveal (to the person) the negative emotions that are related to the trigger.
  - c) Ask God to reveal a **recent** memory where the negative emotion(s) was triggered.
    - (1) Ask God to reveal anything in the memory that needs to be worked through (such as unhealthy thoughts and/or beliefs).
  - d) **Bring these to God and ask Him to reveal any roots:**
    - i) **Negative emotions**
      - (1) Think and feel (as much as God desires) the negative feelings, thoughts and beliefs in the memory.
    - ii) **Memory** (original or key)
      - (1) Ask God to reveal (to the person) the first time (or a key time) he/she felt this way. (God may also reveal that this is a pattern that has gone on for as long as the person can remember.)
    - iii) **False beliefs** in the memory (or memories)
      - (1) Ask God to reveal all false beliefs (or other issues to work through) in the memory (or memories).
  - e) **Receive God’s perspective:**
    - (1) Think and feel (as much as God desires) the negative feelings, thoughts and beliefs in the memory.
    - (2) Ask God to reveal His truth in the memory.
    - (3) Test whether or not what is revealed is consistent with biblical truth, then receive all the truth that God has revealed.
    - (4) Ask God to reveal if there is anything in the memory that is not yet peaceful. There may be other negative feelings to process, someone that’s not yet been forgiven, an unhealthy vow that needs to be broken, or other issues to work through. Follow God and work through all that He reveals.
    - (5) Follow this process until the memory feels completely peaceful.
    - (6) Receive God’s perspective in the recent (trigger) memory.

- f) **Renew:** *Apply this perspective:*
    - (1) Ask God to reveal how the truth He has revealed applies to the person's everyday life – from today onward.
  - g) **Continue the process:**
    - (1) Ask God if there are other things He would like to help the person work through during this prayer time. Follow Him to other memories, other negative feelings, or other issues. Work through these together with Him.
  - h) **Give thanks**
  - i) Closing prayer
  - j) Follow-up: See Module 1 and page 114.
- 5) **K:** *Recognize, Recent, Root (Emotion, Memory, False belief), Receive, Renew*
- 6) Module 6A (page 94-95) – **Basic steps for inviting God to carry unpleasant emotions based on truth:** (Can be used together with principles in 6B.)
- a) Opening prayer
  - b) **Recognize:** unpleasant emotions based on truth
    - (1) Ask God to reveal (to the person) any unpleasant emotions based on truth.
    - (2) If these are related to grief or loss: see attachment 1.
    - (3) If the unpleasant emotion is anger: see attachment 2.
  - c) *Give thanks* to God, that as a followers of Christ:
    - (1) You are yoked together with Him (Matthew 11:28-30).
    - (2) He offers you rest (Matthew 11:28-30).
    - (3) He carries all your sorrows (Isaiah 53:4b).
    - (4) If these truths are hard to receive, work through this. (See 6B.)
  - d) **Recent:**
    - (1) Ask God to reveal a recent time when you felt this way
  - e) **Root:**
    - (1) Ask God to reveal the first time you felt this way (or if it's a pattern).
    - (2) Ask God to help you feel as much of the pain as He wants you to feel now, in His presence. (You might feel this pain physically, as well as emotionally.)
  - f) **Receive:**
    - (1) Ask God to carry this load.
    - (2) Give Him your burden.
  - g) **Renew:**
    - (1) Give thanks to God for what He has done.
  - h) Closing prayer
  - i) Follow-up: See Module 1. Also see note on page 95.
- K:** *Ask God to carry the burden, Give Him the burden*
- 7) **Basic steps in working through anger:**
- a) Opening prayer
  - b) Ask God to reveal a **recent** time you felt angry.
  - c) Ask God to reveal the *feeling you felt just before the anger*, together with any *false beliefs*. Feelings that often underlie anger are: *frustration, fear, shame, and/or hurt*.
  - d) **Root:** Ask God to reveal the first time you felt this way / believed this (or if it's a pattern)
  - e) **Receive** His perspective
    - (1) Follow the healing process described in 6A or 6B, starting with the emotion behind your anger.
  - f) **Renew:** Apply this truth to your everyday life.

- (1) In the original (or key or representative) memory, ask *God to reveal whether or not you need your anger* for any reason. Work through any reasons He reveals.
  - (2) Ask *God to take your anger* and give you His peace. (You may also need to forgive someone. See Modules 7-9.)
  - (3) Continue to work through the healing process in 6A or 6B.
- g) Give thanks
  - h) Closing prayer
  - i) Follow-up: See Module 1.

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

- 8) **Highlighted steps regarding seeking healing from trauma:** (page 125-131).
  - a) **Work through each event** in the trauma that does not yet feel peaceful. (See 6B.)
  - b) Ask God to **carry the burden of the trauma.**
  - c) **Work through** issues of forgiveness, grief and loss, fear, and any other issues related to the trauma.
  - d) **Command, in the name of Jesus,** *all demonic elements that previously had a foothold because of the trauma to go now where Jesus sends them and never return.*

**K:** *Pray through each event in the trauma, God carry the burden(s), Bind and cast out all evil spirits connected with the trauma.*

- 9) **A few things to keep in mind when working through grief and loss:** (page 115-119).
  - a) **Working through grief and loss is a process.**
  - b) **Different people grieve differently.**
  - c) **There are stages that are usually experienced in the grieving process.**
  - d) **People can get stuck in the grieving process. If this happens, it can be worked through.**
  - e) **God wants to walk alongside those who grieve and carry their unpleasant emotions (Isaiah 53:4).**
  - f) **Sometimes people who are grieving try to carry the burden of someone else's pain. If this happens, it needs to be worked through.**
  - g) **It's very helpful for those who grieve to have a listening friend that they can share with.**
  - h) **There are other steps involved in working through grief and loss.** (See pages 117-119.)

**K:** *Working through grief is a process, Can 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.*

- 10) What are types of situations are you aware of where wholeness prayer principles might be useful?

- 11) Plan for Session 3: Forgiveness (Modules 7-8), Vows (Module 5.A.2), Feeling cursed (Module 5.B.2), Sin and the occult (Module 4), Healthy Boundaries.