

Wholeness Prayer

(Restoration and Discipleship)

Session 3

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Ministries

Basic steps (K) in wholeness prayer:

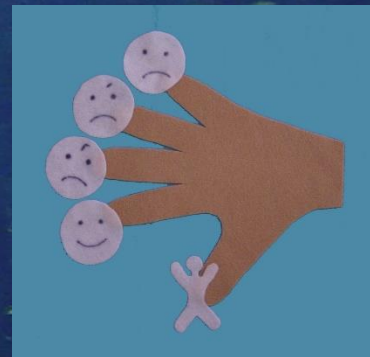
- Recognize
- Recent
- Root
- Receive
- Renew

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



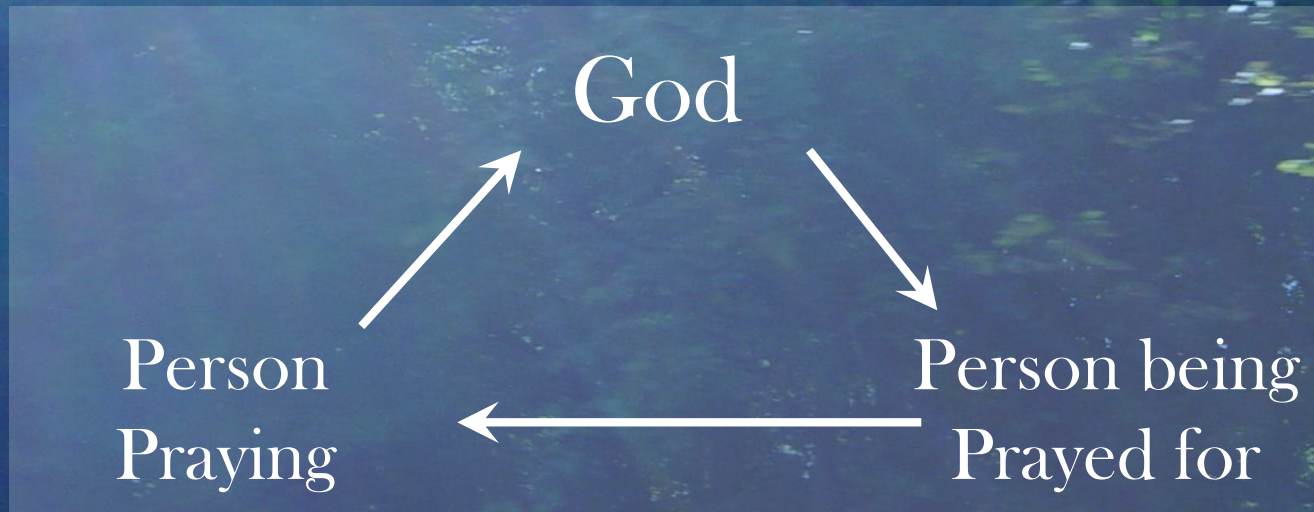


Key wholeness prayer *paradigm shifts* and basic principles:

- 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
- Feelings aren't "stuffed", hidden or addressed alone
- Empower the person being prayed for



Keys (K) regarding replacing family curses with God's blessings:

- Receive blessings
- Curses replaced with blessings



Keys (K) for inviting God to carry unpleasant emotions based on truth:

- Ask God to *carry* the burden.
- *Give* Him the burden.

Keys (K) for working through anger:

- Anger is not a root emotion
- **Work through the root emotion** together with God. This is usually:
 - Frustration
 - Fear
 - Shame and/or
 - Hurt.

Keys (K) regarding seeking healing from trauma:

- Pray through each event
- God carry the burden(s)
- Bind and cast out all evil spirits connected with the trauma

Keys (K) regarding 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.



We must forgive others from our
hearts.

(Matthew 18:21-35)




Indicators that you have fully forgiven someone:

- You have compassion on them
- You don't say negative things about them
- You can freely bless them
- You are free from all bitterness, anger, resentment, hate, and/or rage toward them.

A photograph of a sunlit forest path. The sun is shining from the upper left, creating a bright lens flare and illuminating the scene. The path is covered in fallen leaves and is flanked by dense green trees and foliage. The overall atmosphere is peaceful and natural.

Indicators that you have fully forgiven someone:

- You don't accuse, blame or judge them
- You don't seek repayment or revenge
- You let go of the offense



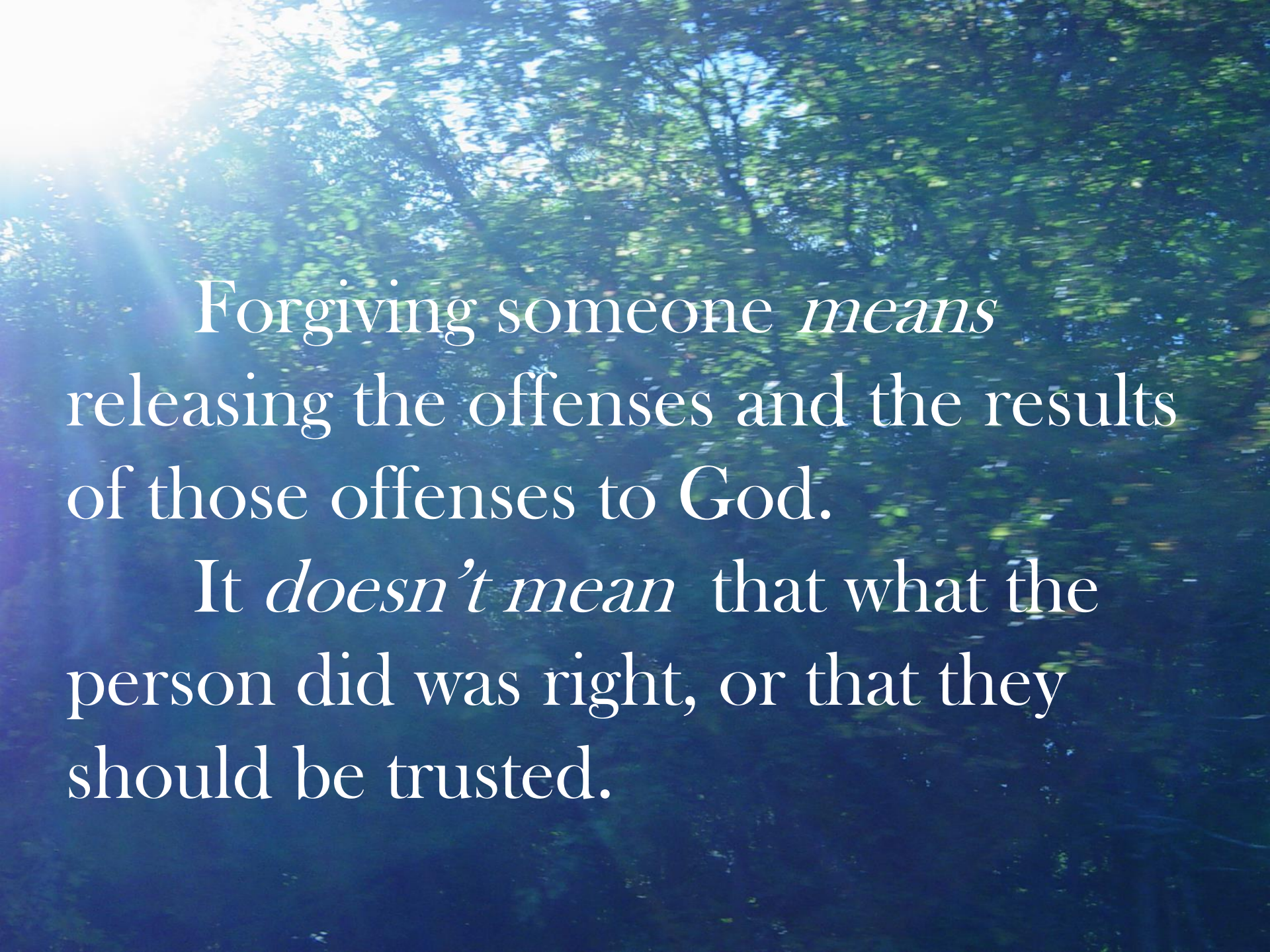
Indicators that you've not yet fully forgiven someone:

- You feel negatively about them
- You say negative things about them
- You curse them
- You feel bitterness, anger, resentment, hate, and/or rage toward them



Indicators that you've not yet fully forgiven someone:

- You accuse, blame or judge them
- You want repayment or revenge
- You hold onto the offense



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 steps related to forgiving
someone:

- *Bind and cast out evil spirits*
- *Forgive sin*
- *Receive person*

Basic steps for forgiving someone:

- *Recognize*
 - Who you need to forgive
 - Any things you've not yet forgiven them for



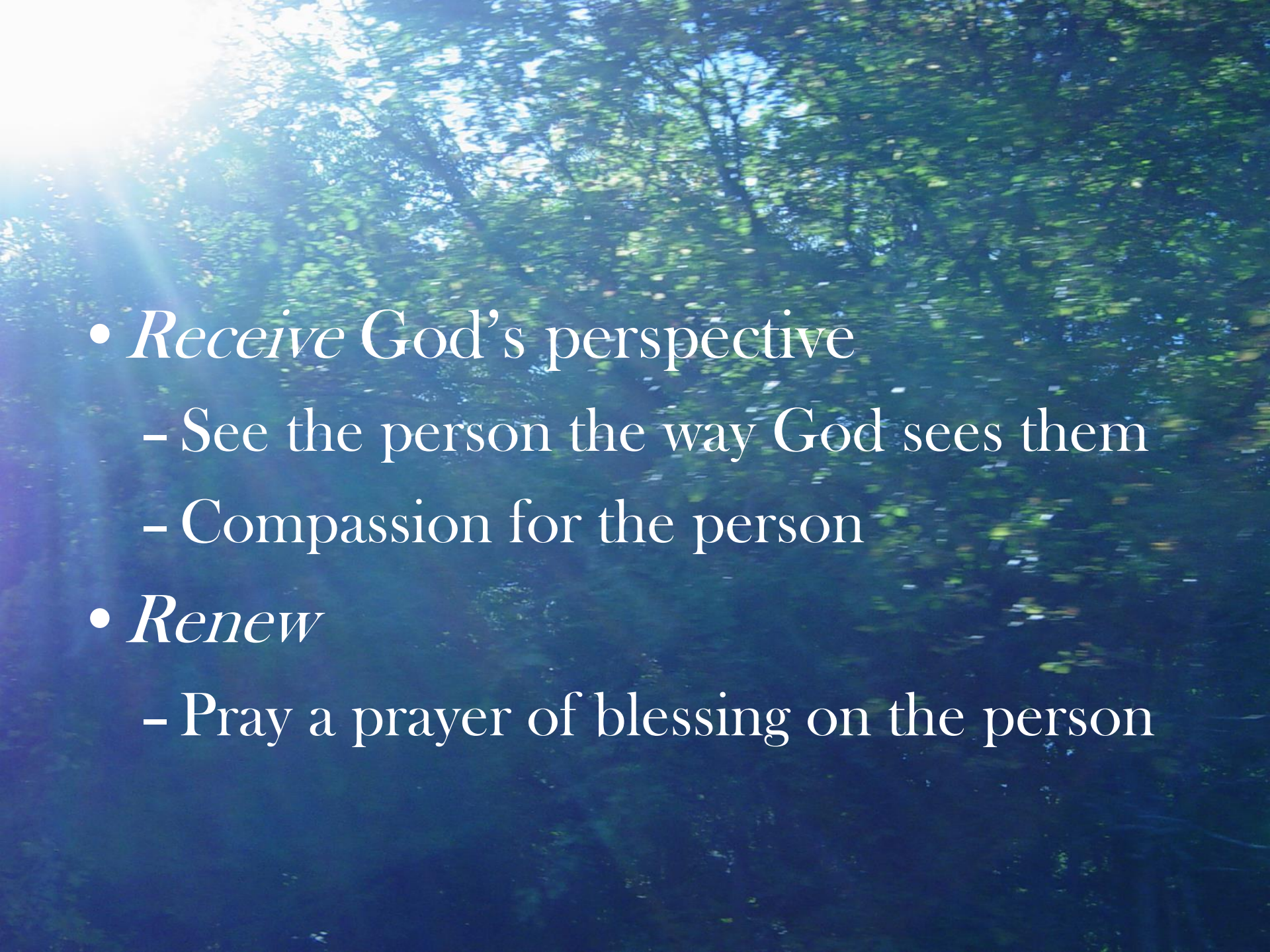
• *Recent, root:*

- See if you're able to fully give each item to Jesus
- For any issue that you don't feel able to fully release, ask God to show you why. Work through these.
- Give up any unwise decisions you've made.



• *Recent, root:*

- Give each item to Jesus
- Forgive the person for each offense
- Give up any resentment, anger, bitterness, hatred, rage, judgment, and/or remaining desire for revenge

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- *Receive* God's perspective
 - See the person the way God sees them
 - Compassion for the person
 - *Renew*
 - Pray a prayer of blessing on the person

Keys (K) regarding forgiving someone:

- *Bind and cast out (evil spirits)*
- *Forgive (pray through any "rubber bands")*
- *Receive (the person)*
- *Bless*

Highlighted steps for forgiving your parent(s):

- *Recognize*
 - See your parent objectively
 - See your parent as distinct from their sin
 - Recognize any areas where you're acting in reaction to your parent: vows or unhealthy thoughts or feeling you have toward your parent.

Highlighted steps for forgiving your parent(s):

- *Recent, root*
 - Compassion for your parent
 - Break vows and other internal strongholds.
 - Work through any other related issues.
 - Receive the person your parent is, and forgive their sin.



Highlighted steps for forgiving your parent(s):

- *Renew*

- Take responsibility for your own reactions to your parent
- Bless all that is good
- Pray a prayer of blessing and acceptance on your parent
- Continually love, forgive, and bless your parent

Keys (K) regarding 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*



⌘ [key] to working through negative
VOWS:

- *Pray through why chosen (root)*
- *Ask God to nullify.*



Highlighted steps regarding feeling cursed

- *Recognize, recent, root*
 - Anything that needs to be addressed before breaking the curse. Address these now.
 - Feeling cursed:
 - Because of some sin you've committed
 - Because of a sin of your ancestors
 - By another person



Highlighted steps regarding feeling cursed

- *Receive* His perspective
 - Ask God to break the curse and replace it with a blessing
- *Renew*
 - Forgive and pray a blessing
 - Ask God to protect you
 - Follow through with any action steps

⌘ (keys) regarding feeling cursed:

- *Pray through root and related issues*
- *God break and replace with a blessing*
- *God protect*

Highlighted steps regarding sin issues:

- *Recognize, recent, root*
 - Anything within you that contributed to your choice to sin. Work through these.
- *Receive*
 - Confess your sins to God and ask for His forgiveness.

⌘ (keys) regarding sin issues:

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

Basic steps in working through sexual sin:

- *Recognize:*
 - Any unhealthy one-flesh bonds
- *Recent, root*
 - Break, restore, cleanse
 - Ask God to show you anything within you that contributed to your decision to sin in this way.
Work through these issues.
- *Receive* His perspective
- *Renew:* Commit, decide, ask

⌘ (keys) regarding working through sexual sin:

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

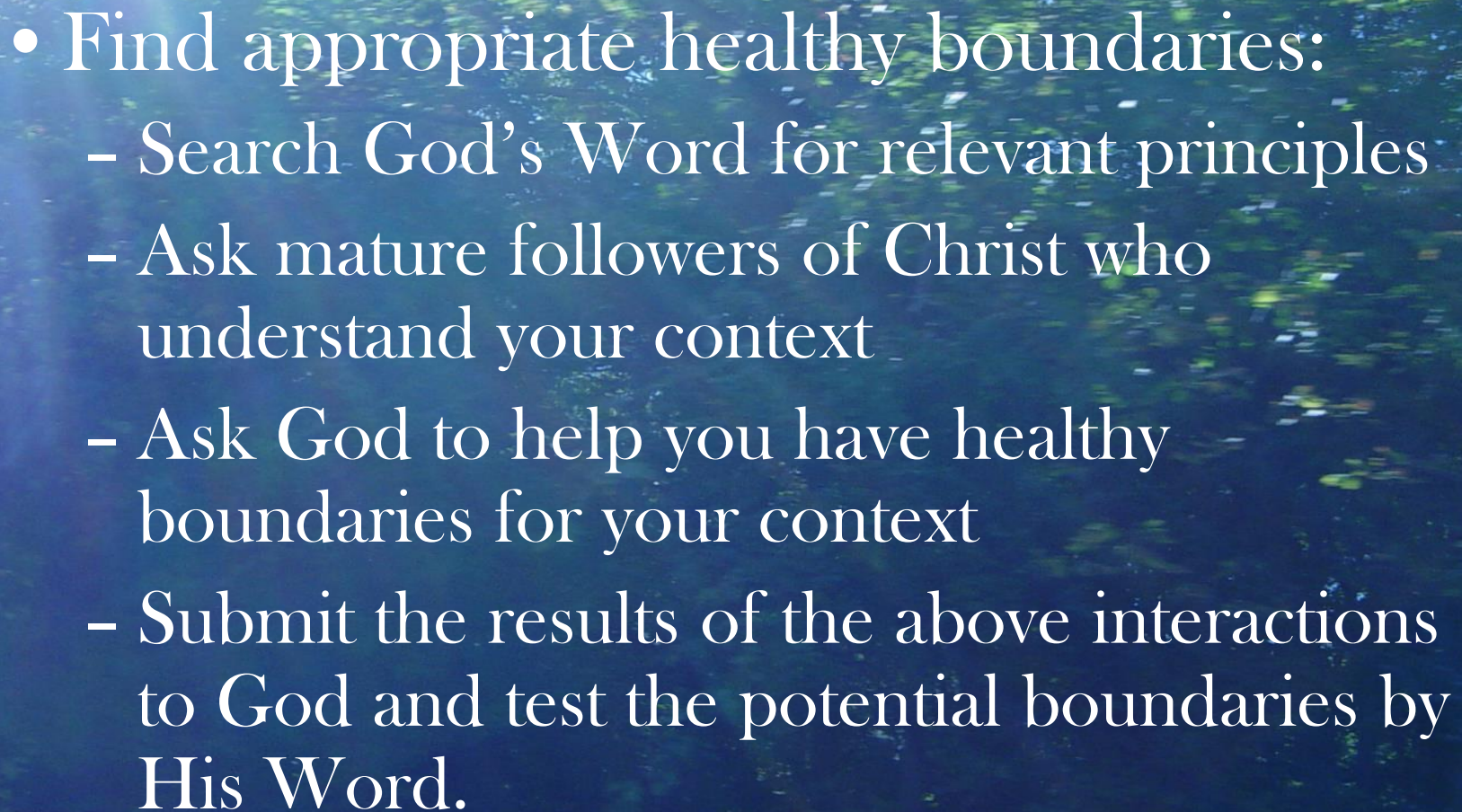
(Sample prayer)

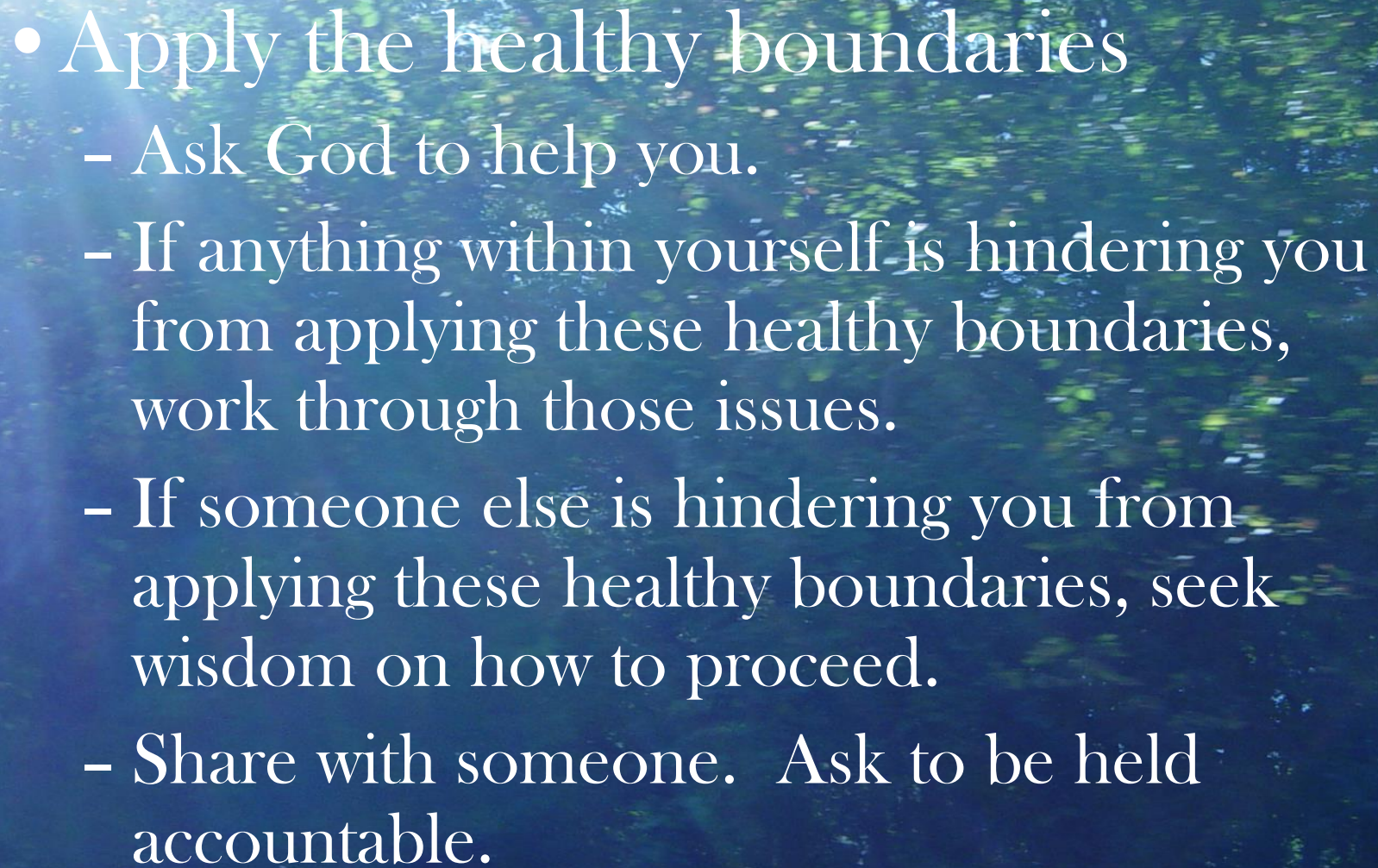
Steps in developing healthy boundaries (Overview):

(Develop healthy boundaries before you are involved in the situation.)

- *Find* appropriate healthy boundaries
- *Apply* the healthy boundaries

℔: *Find, Apply*

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- Find appropriate healthy boundaries:
 - Search God's Word for relevant principles
 - Ask mature followers of Christ who understand your context
 - Ask God to help you have healthy boundaries for your context
 - Submit the results of the above interactions to God and test the potential boundaries by His Word.

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- Apply the healthy boundaries
 - Ask God to help you.
 - If anything within yourself is hindering you from applying these healthy boundaries, work through those issues.
 - If someone else is hindering you from applying these healthy boundaries, seek wisdom on how to proceed.
 - Share with someone. Ask to be held accountable.



- Examples

- Balance of work and rest

- Holiness

- Knowing what is your job (and what is someone else's)

- Holding on to what you know is true

- Not following “the crowd”

- Healthy interdependent relationships

A photograph of a sun-dappled forest path. The sun is shining from the upper left, creating a bright lens flare and illuminating the scene. The path is covered in fallen leaves and is flanked by dense green trees and foliage. The overall atmosphere is peaceful and natural.

How can we apply these principles
in sharing the Good News?

