

Wholeness Prayer Training (Restoration and Discipleship) – Session 3

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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.

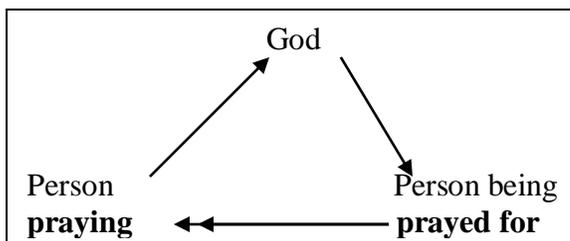
3) The basic steps in praying through emotional wounds based on false beliefs are:

- 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) Key wholeness prayer **paradigm shifts** and basic principles:

- 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!**

- 5) Paradigms that don't fit with wholeness prayer principles:
 - a) *Immediately offering advice*
 - b) *Immediately giving direction*
 - c) *Immediately teaching biblical principles*
 - d) *The usual pattern of intercessory prayer.*

Review from Session 2: Emotional Wounds Based on False Beliefs, Unpleasant Emotions Based on Truth, Anger, Trauma, Grief and Loss.

- 1) A few more principles regarding wholeness prayer:
 - a) **All followers of Christ** can learn to use wholeness prayer principles.
 - b) 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.
 - c) 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.)
- 2) **Keys (K) regarding replacing family curses with God's blessings** (hl. 19-21)
 - a) *Receive blessings*
 - b) *Curses replaced with blessings*
- 3) **Keys (K) regarding inviting God to carry unpleasant emotions based on truth:**
 - a) *Ask God to carry the burden.*
 - b) *Give Him the burden.*
- 4) **Keys (K) regarding working through anger:**
 - a) *Anger is not a root emotion*
 - b) *Work through the root emotion together with God. This is usually frustration, fear, shame, and/or hurt.*
- 5) **Keys (K) regarding seeking healing from trauma:**
 - a) *Pray through each event in the trauma*
 - b) *God carry the burden(s)*
 - c) *Bind and cast out all evil spirits connected with the trauma*
- 6) **Keys (K) regarding working through grief and loss:**
 - a) *Working through grief is a process*
 - b) *Pray through stuck places*
 - c) *God wants to walk alongside the person and carry their burden*
 - d) *A good listener can be of great help to the process*
- 7) What are types of situations are you aware of where wholeness prayer principles might be useful?

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

- 1) **We must forgive others from our hearts** (Matthew 18:21-35).
 - a) What are **indicators** that you have **fully forgiven** someone? (page 134)
 - i) You *have compassion* on them.
 - ii) You *don't say negative things* about them.
 - iii) You *can freely bless them*.
 - iv) You're *free from all bitterness, anger, resentment, hate, and/or rage* toward them.
 - v) You *don't accuse, blame or judge* them.
 - vi) You *don't seek repayment or revenge*.
 - vii) You *let go of the offense*.
 - b) What are **indicators** that you **have not fully forgiven** someone? (page 134)
 - i) You *feel negatively* about them.
 - ii) You *say negative things* about them.
 - iii) You *curse* them.
 - iv) You *feel bitterness, anger, resentment, hate, and/or rage* toward them.
 - v) You *accuse, blame or judge* them.
 - vi) You *want repayment or revenge*.
 - vii) You *hold onto the offense*.
- 2) **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) **3 steps** related to forgiving someone:
 - a) ***Bind and cast out evil spirits***
 - b) ***Forgive sin***
 - c) ***Receive person.***
- 4) **Basic steps for forgiving someone:** (page 133-140)
 - a) Opening prayer
 - b) **Recognize:** Ask God to reveal to you the names of **people you need to forgive.**
 - c) **Recent, root:**
 - i) For each person, ask God to bring to your mind **any things you've not yet forgiven them for.**
 - (1) See if you're able to **fully give each item to Jesus.**
 - (2) **For any issue** or negative emotion **that you don't feel able to fully release, ask God to show you why.** Get God's perspective at the *root* of the emotions, conclusions, and perspectives involved.
 - ii) **Give up any unwise decisions you've made.** If this is hard, pray through the issues involved.
 - iii) **Give each item to Jesus** and ask Him to take all the hurt and pain from the offense(s). If this is hard, pray through the issues involved.
 - iv) **Forgive the person for each offense.**
 - v) **Give up any resentment, anger, bitterness, hatred, rage, judgment, and/or remaining desire for revenge against them.**
 - d) **Receive** God's perspective
 - (1) Ask God to help you **see the person the way He sees them.**
 - (2) Ask God to give you **compassion for the person.**

- e) **Renew:** Apply this perspective:
 - (1) **Pray a prayer of blessing** on the person.
- f) Closing prayer.
- g) Follow-up.

K: Bind and cast out (*evil spirits*), **Forgive** (*pray through any "rubber bands" – connected to things hard to release*), **Receive** (*the person*); **Bless**.

5) **Highlighted steps regarding forgiving your parent(s):** (page 141-147)

- a) **Recognize, recent, root**
 - i) Ask God to help you **objectively see your parent** as He sees them.
 - ii) Ask God to help you **see your parents as distinct from their sin.**
 - iii) Ask God to help you to **receive the person your parent is, and forgive their sin.**
 - iv) Ask God to give you **compassion for your parent.**
 - v) Ask God to reveal **any areas where you're acting in reaction to your parent.**
 - (1) For each area, ask God to reveal any **vows** you've made that are still in effect, **or** any **unhealthy thoughts or feelings you have toward your parent.** Work through breaking these internal strongholds.
 - (2) **Work through any other related issues.**
- c) **Receive** God's perspective
- d) **Renew**
 - (1) **Take responsibility for your own reactions to your parent.** Confess and repent of your own sins relative to the issues involved.
 - (2) **Bless** (or ask someone else to pray a prayer of blessing over **all that is good** in you that was passed on by your parents.
 - (3) **Pray a prayer of blessing and acceptance on your parent.**
 - (4) Ask God to help you **continually** choose to **love, forgive, and bless your parent.**

K: 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.

6) **Highlighted steps regarding vows:** (5.A.2. pages 58-60)

- a) **Recognize**
 - (1) Ask God to reveal **any unwise or negative vows** you've made. (See examples and a brief explanation on page 58.)
- b) **Recent, root**
 - (1) For **unwise vows,** ask God to forgive you. Ask Him to show you what, if any, part of it He still wants you to fulfill.
 - (2) For **negative vows:**
 - (a) Ask God to show you anything within you that contributed to your decision to make this vow. Work through these issues.
 - (b) Ask God to forgive you for making this vow.
 - (c) Ask God to nullify this vow.
- c) **Receive** God's perspective
 - (1) Ask God to show you His truth, as it applies to yourself; and as it affects how He wants you to relate to others.
- d) **Renew:** Apply this truth in your life.

K [key] to working through negative vows: *pray through why chosen (root), ask God to nullify.*

7) **Highlighted steps regarding feeling cursed:** (5.B.2. pages 72-75)

- a) **Recognize:** Any ways in which you feel cursed.
- b) **Recent, root:**
 - (1) Ask God to reveal to you **anything that needs to be addressed before breaking the curse.** Address these now.
 - (2) If you **feel** you've been **cursed because of some sin you've committed:**
 - (a) Confess your sin to God. Ask for His forgiveness.
 - (b) Ask Him to cleanse you and set you free from any further effects of the curse.
 - (3) If you **feel you've been cursed because of a sin of your ancestors,** see Module 2.
 - (4) If you **feel you've been cursed by another person:**
 - (a) Ask God to show you anything within you that may have contributed to your vulnerability to this curse. Work through any issues He reveals.
 - (b) Ask God to show you anything else you need to know related to breaking the curse.
- c) **Receive** God's perspective
 - (1) **Ask God to break the curse and replace it with a blessing.**
- d) **Renew:** Apply God's perspective to your life.
 - (1) **Forgive** the one who cursed you and **pray a blessing** on them.
 - (2) Ask **God to protect you** from all curses and their effects.
 - (3) **Follow through with any action steps** God has shown you.

K: Pray through root and related issues, God break and replace with a blessing; God protect.

8) **Highlighted steps regarding sin issues:** (Module 4, pages 35-43)

- a) **Recognize**
 - (1) Ask God to reveal to you any sins that you need to confess and turn from.
- b) **Recent, root**
 - (1) Ask God to reveal **anything within you that contributed to your choice to sin.**
Work through these.
- c) **Receive** God's perspective
 - (1) **Confess** your sins to God **and ask for His forgiveness.**
 - (2) Get God's perspective on any underlying issues.
- d) **Renew:** Apply God's perspective to your life.
 - (1) Ask God to reveal any follow-up steps.

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

9) **Basic steps in working through sexual sin:** (pages 38-39, 86-87)

- a) **Opening prayer**
- b) **Recognize**
 - (1) Ask God to help you remember any **unhealthy one-flesh bonds** in your life.
- c) **Recent, root**
 - (1) Ask God to **break** all unhealthy one flesh bonds in your life. Ask Him to **restore** to you any part of you that was lost as a result of the bond. Ask Him to **cleanse you** of any unholy thing that came as a result of the bond.
 - (a) Ask God to show you **anything within you that contributed to your decision to sin in this way.**
 - (b) **Work through these issues.**
- d) **Receive** His perspective, including on root issues.
- e) **Renew:** Apply His perspective in your life.
 - (1) **Commit** your body to God.

- (2) **Decide** not to sin again in this way.
- (3) **Ask God** to help you.
- f) **Closing prayer**
- g) **Follow-up: Develop healthy boundaries** in this area. For example, a healthy boundary to help prevent sexual sin is: Don't be alone with someone in any context where sexual sin could conceivably happen.
- h) See the **sample prayer** on pages 38-39.

K: Pray through anything that contributed to the decision to sin in this way (why chosen); Break, restore, cleanse; Develop healthy boundaries.

10) **Steps in developing healthy boundaries:** (page 199) (*Note: Whenever possible, develop healthy boundaries before you are involved in the situation. Beginning with healthy boundaries is much easier than developing them later on. It's much easier to ease up on boundaries that it is to tighten them.*)

- a) **Find out what healthy boundaries are** for your context.
 - i) **Search God's Word for relevant principles.** (You can ask others to help you.)
 - ii) **Ask mature followers of Christ who understand your context.**
 - iii) **Ask God to help you know healthy boundaries for your context.** Keep in mind the bigger picture.
 - iv) **Submit the results of the above interactions to God and test the potential boundaries by His Word.**
- b) **Apply the healthy boundaries** God has given you.
 - i) **Ask God to help you.**
 - ii) **If anything within yourself is hindering you from applying these healthy boundaries, work through those issues.**
 - iii) **If someone else is hindering you from applying these, seek wisdom on how to proceed.** Seek wisdom by:
 - (1) Asking God for it.
 - (2) Asking Him *how to apply* the wisdom He gives.
 - (3) Asking mature followers of Christ for advice.
 - (4) Testing their advice to see if it's consistent with God's word.
 - iv) **Share** with someone *you can trust* (to guard confidentiality and not to judge those involved) and *who understands the issues involved.* Ask them to **hold you accountable.**
- c) **Examples** of areas where you may need to develop healthy boundaries are:
 - i) **Balance** of work and rest
 - ii) **Holiness**, including sexual purity
 - iii) **Knowing what is your job** and what is someone else's
 - iv) **Holding on to what you know is true**, even if others disagree
 - v) **Not following "the crowd"** into sin or unwise choices
 - vi) For developing healthy **interdependent relationships.**

K: Find, Apply

11) **Steps regarding occult involvement:** (Module 4, pages 44-49)

(It is recommended that you work through this process with another follower of Christ present who is reasonably mature.)

12) How can we apply these principles in sharing the Good News? (We can use some of the principles with those who don't yet follow Christ – for example Module 6. Other principles are only appropriate for use with followers of Christ – for example Module 2.)