

Wholeness Prayer Training

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Note: [Time estimates are on the short side. This amount of material is usually covered in a one day – 9am-4pm - training.]

Welcome. (10)

Introductions (depending on # of participants): Name, what hope to get from training.

Pray

Booklets – Will refer to throughout the training time. (website on page 4, also Facebook) (1)

Goal of this training is to understand and keep using basic Wholeness Prayer principles (5 R's and follow Jesus) and know how to refer to the booklet. (1)

Field analogy (10)

Is 61:1-4 “The Spirit of the Lord God is upon me, Because the Lord has anointed me To bring good news to the afflicted; He has sent me to bind up the brokenhearted, To proclaim liberty to captives And freedom to prisoners; 2 To proclaim the favorable year of the Lord And the day of vengeance of our God; To comfort all who mourn, 3 To grant those who mourn in Zion, Giving them a garland instead of ashes, The oil of gladness instead of mourning, The mantle of praise instead of a spirit of fainting. So they will be called oaks of righteousness, The planting of the Lord, that He may be glorified. 4 Then they will rebuild the ancient ruins, They will raise up the former devastations; And they will repair the ruined cities, The desolations of many generations.”

Field analogy: When you plant a field, you first need to clear the land. If you only cut off the tops of the old plants that are filling the field, but don't get rid of their roots, it will be hard for the new seeds to take root and bear fruit.

In a similar way, if the field of our lives is filled with old plants, it will be hard for new seeds to take root and grow. If we struggle with emotions, thoughts, or actions that aren't based on truth and holiness, this is an indicator that our field may still have unhealthy roots that need to be cleared away. Examples include unhealthy anger, shame or fear; sin patterns, false beliefs, addictions, unresolved trauma, unforgiveness, and bitterness.

The first step is to *recognize* where there are old plants growing in the field of our lives. Then we bring these to God and ask Him to show us *recent* ways these have been affecting us. Then we ask him to expose the *roots*. Next we *receive* God's perspective, first at the root. This removes the old roots, prepares the ground, and plants new seeds. Then, as those new seeds grow and bear good fruit in our lives, we are *renewed*.

Praying through generational bondage clears the field of unhealthy patterns we've inherited from our forefathers and stops further planting of generational patterns in our lives. In addition, we also need to address patterns in our lives that have taken root as a result of our own choices and experiences. This is often a process.

For example, if there has been a pattern of lying in our family, we want to ask God to free us from any generational bondage related to this, and also work through any underlying reasons why we've personally chosen to lie.

A related issue is strongholds in the contexts we live in. As we recognize these and their recent effects in our lives, families, and communities, we can join together and ask God to reveal any roots, remove them, and plant Kingdom opposites in their place (i.e. from oppression to empowerment, from death to life, from fear to faith).

My story

5 basic steps and motions: Recognize. Recent. Root. Receive. Renew. (page 6)

4 contexts: salvation, generational, personal, situational (i.e. strongholds in a place or people group)

Skit 1 – What Wholeness Prayer is Not (5)

Debrief Skit 1: (4)

- If you were Diane, how might you feel? [Diane, how did you feel?] Have you ever been in a situation similar to Diane’s?
- If you were Marie, how might you feel? [Marie, how did you feel?] Have you ever been in a situation similar to Marie’s?
- What issues do you think needed to be addressed in this situation with Diane?

Paradigms that are different from wholeness prayer:

- Immediately offering advice
- Immediately giving direction
- Immediately teaching biblical principles
- The usual pattern of intercessory prayer
- Counseling.

Introduction and Basic Principles (page 6-7) (10)

Main principle: **follow Jesus.**

Followers of Christ already have:

- Been set free from the power of sin. *Romans 6:3-13.*
- Received a new heart. *Ezekiel 36:26.*
- The Holy Spirit living in us, and He loves to communicate with us. *John 14:16-17, 26; 15:26; 16:13-15.*
- Been given an incredible heritage:
 - Indescribable Joy *1 Peter 1:8-9*
 - Living hope *1 Peter 1:3*
 - Intimacy with God *John 17:21]*

Followers of Christ are still in process. *2 Corinthians 3:18b* “And we...are being transformed into his likeness with ever-increasing glory...”

- a) *Matthew 12:33* “Make a tree good and its fruit will be good...” 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...”

- b) Our thought processes are not yet done being perfected. Some examples are: Problems from our heritage, from curses, from choosing sin, Other problems with our thought processes (such as “I must protect myself.”)

We are engaged in **spiritual warfare**. 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. (Relate this to pulling weeds in a garden/field.)

“For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places” (Ephesians 6:12).

Basic Principles (page 6-7)

Have you ever been **robbed**? (5)

Robbery story – purse. Once realized had been robbed, was angry, wanted my stuff back! We can also be robbed spiritually. If we don’t recognize we’ve been robbed, we don’t go after the robber.

*“Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living **hope through the resurrection of Jesus Christ from the dead,** ⁴ to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, ⁵ who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. ⁶ In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, ⁷ so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ. ⁸ Though you have not seen him, you love him. Though you do not now see him, you believe in him and **rejoice with joy that is inexpressible and filled with glory,** ⁹ obtaining the outcome of your faith, the salvation of your souls.” 1 Peter 1:3-9*

Joy Stolen Illustration: A rat in the house. If we try to pretend there is no rat, the rat is still there, working mischief, even if we don’t see it. Once we admit (recognize) there is a rat, we can look for a way to capture it and kill it – such as put out a trap or rat poison. Similarly, if there is a problem in our lives, it’s better that we recognize there is a problem so that we can overcome it together with Jesus. If we don’t realize there’s a rat in our house, it still does damage. Better to acknowledge it and take it captive.

Reflection (5)

- What do you believe about God?
- What do you believe about yourself?
- Where might you have been robbed?

Skit 2 – What Wholeness Prayer Is – Part 1 (10+5 min)

Debrief Skit 2

- If you were Diane, how might you feel? (Diane, how did you feel?)
- If you were Marie, how might you feel? (Marie, how did you feel?)
- How did you see God at work in this prayer time?

Diagram of WP process (page 8) (5)

Sample prayers (page 9-10) Simple sentence prayers. Lots of silence. Giving thanks. (5)

Review 5 steps and motions + follow Jesus. Then practice without booklet. (3)

80 minutes so far.

Break (5)

Keys (page 48-53). Opening prayer. Closing Prayer. (3)

Freedom from Generational Bondage (page 11-15). (10)

“Know therefore that the Lord your God, He is God, the faithful God, who keeps His covenant and His lovingkindness to a thousandth generation with those who love Him and keep His commandments” (Deut 7:9).

“The Lord, the Lord God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth; ⁷ who keeps lovingkindness for thousands, who forgives iniquity, transgression and sin; yet He will by no means leave the guilty unpunished, visiting the iniquity of fathers on the children and on the grandchildren to the third and fourth generations” (Exodus 34:6b-7).

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery” (Galatians 5:1).

Keys.

Freedom from Occult Bondage (page 16-19). Mention 3 pages of Indonesian additions. May want to add for your context. (5)

*“Do not worship any other god, for the Lord, whose name is Jealous, is a jealous God”
Exodus 34:14.*

“The reason the Son of God appeared was to destroy the devil’s work” 1 John 3:8b.

Model praying together through Generational and Occult Bondage. Pray in groups of 3. Encourage to pray with spouses as well. (20)

Follow up. Renounce old ways. Shut door to evil. Break curses.

Reflection: What’s already taken root in your life (that needs to be weeded out). Who can you share this with? (5)

Replacing Curses with Blessings (page 20-21). And receiving blessings. Briefly explain process. Pray through as a group. (5)

Keys

Emotional Wounds Based on False Beliefs (pg 22-23)

Briefly explain concepts. Tell core to WP. Refer to **skit**. Review 5 keys+3+follow Jesus. (5)

Keys: Feelings, Memory, False Belief

Keys for **Anger**:

- Anger isn't a root emotion.
- Pray through the root (underlying) emotion – usually frustration, fear, shame and/or hurt

Praying Through **Trauma** (page 24-25) (3)

Briefly explain, including the relevance to betrayal, fear, anger, bitterness, forgiveness, grief and abuse. (5)

Grieving the Losses of Life (page 26-27) (2)

Keys:

- Working through grief and loss is a process.
- People can get stuck in the grieving process. If this happens, it can be worked through.
- God wants to walk alongside those who grieve and carry their unpleasant emotions (Isaiah 53:4).

Keys for **Unpleasant Emotions Based on Truth**:

- Ask God to carry the burden (Isaiah 53:4)
- Give Him the burden

Confessing and Turning from Sin (page 28-29) (2)

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

Keys Regarding **Sexual Sin**:

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

Keys Regarding **Healthy Boundaries**:

- Find
- Apply

Healthy boundaries with opposite sex. Don't be alone with the opposite sex in a context where sin could occur.

Forgiving Others (page 34-35) (5)

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you” (Ephesians 4:32).

Forgiveness is key when betrayal or broken promises have occurred. Related to bitterness, anger, grief. Different from **reconciliation**, which involves both parties. Explain **smart trust**.

We must forgive others from our hearts (Matthew 18:21-35).

- a) What are **indicators** that you have fully forgiven someone? (listen reflectively)
 - 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? (listen reflectively)
 - 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.]

Keys:

- Bind and cast out (evil spirits)
- Forgive (Are you ready to fully release the offenses, or is there anything that still is difficult to release? Work through the root issue of anything that feels difficult to release.)
- Receive (the person)
- Bless (pray a prayer of blessing)

Skit 3 – What Wholeness Prayer Is – Part 2 (10+5 min)

Debrief Skit 3

- If you were Diane, how might you feel? (Diane, how did you feel?)
- If you were Marie, how might you feel? (Marie, how did you feel?)
- How did you see God at work in this prayer time?

Reflection: Have you been robbed spiritually or emotionally? If so, how? (3)

Review 5 basic steps + 3 + follow Jesus. (2)

75 + 90 minutes (2 hours 45 minutes) so far.

Lunch

Preparation for praying in groups of 3: (5)

- Refer to **Keys** on pages 48-53
- Growing in **Hearing God** Simplified Version (page 40-44).

- Briefly describe and tell related to wholeness prayer. Example of people who feel disconnected. Activity of identifying how they may assume God is like a strong, parental, figure in their lives. Deconstructing and reconstructing. Growing in trust. Understanding who God is and who we are in Him.
- God speaks to His children. His truth tears down strongholds. Invite Him to speak to you.
- **Connecting with Your Feelings** Simplified Version (page 46-47)
- **Guide to Using the Modules** (page 54)

Skit with **ministry partner** + **silent intercessor** to demonstrate praying in groups of 3. (5)

Pray in Groups of 3 (men with men, women with women): (15)

- Start with opening prayer. [See Keys on page 44.]
- Choose who will facilitate, and who has something they'd like prayer for, who will silently intercede. Have a 3-way conversation with God (like the skit). Ask for help if you get stuck or have questions. Use the Keys as God leads (pg 44-49). End with closing prayer. [See Keys on page 49.]

Debrief (Remember confidentiality): (5)

- What did God do in you during the prayer time that you'd like to share with the group?
- Where, if anywhere did you feel stuck?

3 hours + 10 minutes so far.

Notes (5):

- 1) Usually good to pray with someone else, especially at first and for bigger issues. You may want to pray through smaller issues with just you and God. If you're stuck, back out of the prayer time (ask God to protect) and get more help.
- 2) 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.
- 3) **Notice** people's expressions and body language as you pray with them.
- 4) Look for next thing to take captive. (Usually the first thing that comes to mind after praying is the thing to take captive next.)
- 5) **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.
- 6) 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.
- 7) **Adapt** the basic wholeness prayer principles to your situation. Follow God's leading.
- 8) **If something is triggered in you** as you pray for others, pray through this. Ask someone to help you if you'd like help.
- 9) Practice **compassionate detachment: care but don't carry** the problem(s).
- 10) Sustaining the victory – if fall down, how to get up again. Like learning to walk. New pattern.

Breaking Internal Strongholds (page 30-33) (5)

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up

against the knowledge of God, and we take captive every thought to make it obedient to Christ” (2 Corinthians 10:3-5).

Strongholds: Explain concept of inviting God into our thought processes, taking thoughts captive and bringing to Christ. If they don’t submit to Him, command them to leave. Strongholds like to masquerade as friends, but in reality they are enemies. (i.e. unhealthy anger, terror) Command them to be stripped of their ability to deceive.

Keys:

- Identify
- Work through related issues
- Ask God to break

More keys are on pages 27-29.

Developing Healthy Patterns (page 36-39) (3)

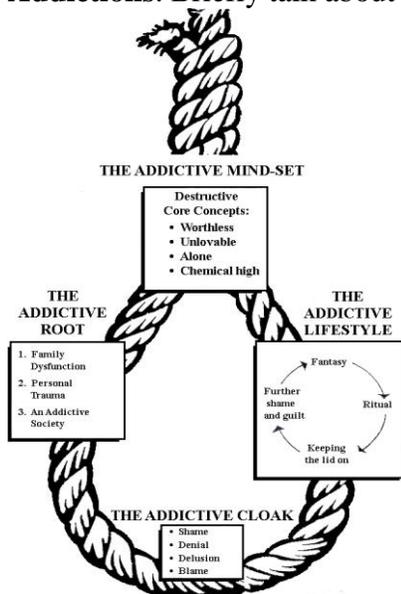
“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness” (Ephesians 4:22-24).

Briefly explain. Illustration: shame, anger, sinful action (i.e. yelling, violence, gossip), shame...)

Keys:

- Identify the pattern
- Find the root (the first unpleasant emotion in the cycle and what triggered it)
- Find the healthy way back to joy from initial unpleasant emotion
- Ask God to show you how to respond to the initial situation in a healthy way
- Understand and apply a new, healthy pattern.

Addictions. Briefly talk about this and the shame cycle; key places to invite Jesus into. (7)



This diagram is from a talk on *Addictions and Pornography*, presented by Alfred Davis of Agape International during a seminar given in Jakarta in November, 2003.

Agape International, 79 Kerr Street, Oakville, Ontario, Canada L6K 3A2. Phone number (in Canada): 905-842-4270.

Review 5 basic steps + 3 + follow Jesus (3)

Pray again in groups of 3 (15)

Debrief (Remember confidentiality): (5)

- What did God do in you during the prayer time that you'd like to share with the group?
- Where, if anywhere did you feel stuck?

Praying for physical healing. See website for ideas. (Show handout.) (3)

Next Steps

Encourage participants to pass these ideas on, & use them in praying themselves and with others (2)

Ev applications: Modify when praying with those who don't yet believe. Some wholeness prayer aspects that can help with sharing the Good News are (4):

- a) *Breaking down barriers* (such as fear) in the lives of those who follow Christ (so that they are ready to pray for people and spread the Good News)
- b) *Understanding that problems* in the lives of those who follow Christ are *often similar* to problems people who don't yet follow Christ have (such as problems in relationships, false beliefs, "chains", fear, trouble forgiving, hurt, etc.). This can help compassion to increase, as followers of Christ desire to understand the problems of those who don't yet follow Him.
- c) *Listening* to the stories of those who don't yet follow Christ, then *offering to pray* for them in the name of Jesus.
 - i) Jesus encourages all who are burdened to come to Him (Matt 11:28-30). We can *invite* them to bring their burdens to Jesus.
 - ii) We can *explain* a bit about the wholeness prayer process, then, if they're interested, *pray* for the person in a modified wholeness prayer way.
- d) *Proceeding* as God leads (in His time, don't push) to *offer to introduce* the person to this amazing Jesus who has helped them.

What you can do to continue learning: (1):

- a) *Practice* using the principles *in your own life*. (experience this personally) Ask someone to help you if you get stuck (or would prefer help).
- b) *Practice helping others* to pray through issues using the principles
 - (a) In a group that's learning about the principles. See Weekly Small Group Guide online.
 - (b) Outside of that 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.

More information & workshop plans are on www.freemin.org.

Email questions to ffcm@emailglobe.net.

Reflection: Where to go from here? (3)

1. Ask yourself and God these questions

- “*Is it worth it?*” Is it worth the effort it will take to learn and apply wholeness prayer principles?
- “*Can I do it?*” With God as my helper, can I grow in using wholeness prayer, in my own life and potentially with others? Do I choose to do this? Who can I ask for help if I get stuck?

2. What are your (SMART) goals for using wholeness prayer? (SMART = Specific, Measurable, Action-Oriented, Realistic, Time-based.)

Samples: To learn more about wholeness prayer and apply the principles through:

- *Memorizing the 5 steps +3 by _____.*
 - *Using the 5 steps in my own life, when I notice my joy is lost or I feel stuck in an area, with the goal of getting God’s perspective at the root of an issue and applying this perspective in my daily life*
 - *Asking a friend to help me pray through the issue using the 5 steps, whenever I feel stuck trying to pray through an issue on my own (or would just rather have help).*
 - *Using the 5 steps to help others pray through issues in their lives, as God provides opportunity.*
 - *Reading through the simplified wholeness prayer booklet by _____.*
 - *Writing down my questions about wholeness prayer and asking someone these questions face-to-face, or via phone or email by _____.*
- What would help you reach these goals?
 - Who would you like to ask to help you reach (and/or hold you accountable to) these goals?
 - By when would you like to ask this person?

Sign-ups for prayer times. (1)

Closing prayer of blessing, anointing and empowerment. (3)

Holiness, hidden in Him, security. Asking God to break strongholds over _____ – and in each of our lives. His Kingdom come, His will be done. Aligning with Him. Trust and surrender.

4 hours + 15 minutes so far.