

Wholeness Prayer DBS-Style Training Notes for the Facilitator/Trainer

The accompanying modules can be used to introduce various components of Wholeness Prayer to followers of Christ. God is bringing lasting freedom through Wholeness Prayer to spiritual and emotional captives around the world. Wholeness Prayer principles can be modified for praying with those who don't yet follow Christ. Key differences involve their identity, heritage, and lack of authority in Christ. The Simplified Version of Wholeness Prayer is included with these resources. Additional resources are available at www.freemin.org.

“Basic Principles,” “5 R's + 2,” “Freedom from Generational Bondage,” and “Freedom from Occult Bondage” are the foundational modules of this series. All other modules build on this foundation. Each of the 1-7 lessons in a module is designed for use with a Discovery Bible Study (DBS) format. Application and supplementary modules can be worked through in different orders and additional modules can also be used.

Lessons are intentionally simple in format and designed to be facilitated, not taught. One does not have to be an expert to train others with these materials; one only has to be able to effectively lead a group in discussion. All materials are meant to be used in an inductive group discovery process. Any notes with the lessons are just suggestions that others have found helpful. The heart of the lessons are the Scriptures and our application of them.

Adjust the pace of the lessons to fit your group. The goal is not to finish content but to bring transformation.

- If you find that you need less time to cover the material, combine lessons.
- If you find that you need more time to cover the material, meet longer or spread the lessons out over more weeks.
- If the group has had trouble applying what was learned, study the same lesson again the next time you meet, using the same or similar Scriptures for the DBS section.

Each lesson includes the following components:

- (A) **Learning Objectives.** There are several key objectives in every lesson. Seek to understand these clearly beforehand, and ensure that these key points come through as you work through this lesson. Don't lecture. Ask questions to raise the points if they do not come up in the discussions.
- (B) **Prayer.** Start and end each session with prayer; include foundational **Opening Prayer** and **Closing Prayer** concepts which are introduced in the foundational module “5 R's +2.” Spend time in small group prayer as appropriate during the session. Commit to pray for each other between training times.
- (C) **Review** the Basic Principles, 5 R's + 2, and accompanying gestures from these foundational modules and discuss how understanding and applying these is going.
- (D) **Review** the last lesson. Check to see whether or not each person understands and is applying the lessons already covered, before you advance to the next lesson. Practice, as a group, all the gestures, in order, for all the lessons covered so far in this module.

(E) **Discovery Bible Study.** These are the focal point of each lesson. If your large group is more than 7 people you may want to split into small groups. Depending on the topic and the culture(s) of the participants, it may be best to have men meet with men, and women meet with women.

- Ask 2-3 people to read the verses out loud, from varying translations when possible. Alternatively, listen to the verses being read aloud on an audio device 2-3 times. Then ask someone to retell the passage, as completely as possible, in their own words. Ask the group to contribute anything missed. Fill in gaps as needed.
- Pray as a group and ask God to speak through His word. Spend time listening silently. Then work through the questions in the **Discovery Bible Study** lesson. Ask additional questions to highlight principles and/or applications the group has overlooked. (Remember to only ask questions; *do not* teach the answers.)
- Some Discovery Bible Studies focus on multiple passages. To minimize flipping back and forth between passages, you may want to print out the verses. Alternatively, have the group discuss the first three to four questions for each passage in turn, then discuss the application and follow-up questions for all the passages together.

Note: These modules intentionally focus on a few specific applications of the texts that have borne much good fruit. Other possible applications are not examined in detail.

(F) **Follow-up activities:**

- **Share** key principles, drawings and motions with the large group.
- **Gesture:** Ask “How shall we summarize the main teaching of this lesson with a body movement or hand gesture?” Decide on this as a group, then ask all participants to stand up and do the gesture together. Then practice, as a group, all the gestures, in order, for the 5 R’s +2, basic principles, and all the lessons covered so far in this module.
- **Use Wholeness Prayer principles** to pray for one another in small groups.
- **Complete** other follow-up activities.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.

If a module is done in **seminar format** over the course of a few consecutive days,

1. Each morning, ask each person to write all the important principles they learned the previous day and then choose the top 3 most important principles. (For oral learners, skip to step 2 and ask them to share in small groups the 3 most important principles from the previous day.)
2. In small groups (of 3 or 4 people each), share and discuss the top 3 principles, applications, and how each person has implemented these.
3. Ask small groups to report back to the larger group. Write lessons and applications (in words or pictures) on a large paper or whiteboard.
4. Ask if there are any other key points or ideas that have not been mentioned.
5. Ask additional questions to highlight any key lessons the group may have missed.

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