

Discover Wholeness Prayer through Discovery Bible Studies

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Introduction: Training Notes for the Facilitator/Trainer

God is bringing lasting freedom through Wholeness Prayer to spiritual and emotional captives around the world. The Discovery Bible Studies in this book can be used to introduce various components of Wholeness Prayer to followers of Christ. These 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.

We recommend beginning with the four Foundations modules, in order. Then add modules from the Applications and Supplements sections to this foundation, as desired. How many Applications and Supplements modules are studied, and

Wholeness Prayer Discovery Bible Studies
Training Notes
the order in which they are studied, will
vary with the needs in each context.

Resources in Appendices 1-3 supplement the modules. Additional modules can also be created using the [Template](#) in Appendix 4. Appendix 5 gives an [overview](#) of the content of the modules.

The following Freedom for the Captives materials are used together with the Discovery Bible Studies in this book: [Wholeness Prayer Simplified Version – Fourth Edition](#) and [Growing in Hearing God](#). These and additional resources are available at www.freemin.org.

Each of the 1-7 lessons in a module is designed for use with a Discovery Bible Study (DBS) format. Lessons are intentionally simple in format and

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Training Notes
designed to be facilitated, not taught. 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 their application.

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. 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.

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Training Notes

- 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.

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Training Notes

- (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

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Training Notes

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

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Training Notes

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

Wholeness Prayer Discovery Bible Studies
Training Notes
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

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Training Notes

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

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Training Notes

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.

1. Foundations

Module 1: Basic Principles.

Lesson 1: Claim Your Heritage.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **Claim your heritage** –
Reclaim it if you’ve been robbed.

- 1) **Pray.** Open with prayer. Spend time in small group prayer as appropriate during the session.

2) Discovery Bible Study (DBS): 1 Peter 1:3-9 (Our heritage in Christ)

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people who follow Jesus?
- What does this passage teach us about the heritage in Christ of followers of Jesus? (i.e. can't be robbed, includes living hope and indescribable joy)
- Has your experience of living hope and indescribable joy ever been robbed?
- How can followers of Jesus rob the robber and get their stuff back?
- What are the main lessons in this passage?

- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

3) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together.
- **Brainstorm together** elements of our heritage in Christ. (i.e. living

hope, indescribable joy, peace that passes understanding)

- **Spend time** individually reflecting on your heritage in Christ, thanking God for ways you're experiencing it, and identifying any places where you've been robbed. Ask God what He'd like to say to you. Spend time listening for His response. Then share and pray for one another in small groups.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 Peter 1:3

- **Pray:** Read and meditate on Psalm 62:5-8.
- **Share:** Share with others what you are learning.
- **Practice:** Identifying any ways in which your experience of your heritage in Christ has been robbed, and asking God to restore it.

4) Pray a closing prayer. Ask people to commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Wholeness Prayer Discovery Bible
Studies
Module 1

M
Foundations

Module 1: Basic Principles.

Lesson 2: Come to Jesus.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **Come to Jesus** – Bring Him your stuck places.

- 1) Pray.** Open with prayer. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles and accompanying gestures covered so far

and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.

- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Psalm 62:5-8 (God is our refuge)**

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?

- What does this passage teach us about people?
- Who can we go to with our struggles/stuck places? What might that look like?
- What are the main lessons in this passage?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this?
- Who will you tell?

- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all

the gestures in order for all the lessons covered so far in this module.

- **Brainstorm together examples** of struggles and stuck places to bring to Jesus.
- **Spend time coming to Jesus** with your stuck places. Ask God what He'd like to say to you. Spend time listening for His response. Then pray for one another in small groups.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Psalm 62:8
 - **Pray:** Read and meditate on Matthew 18:18-20.

- **Share:** Share with others what you are learning.
- **Practice:** Practice coming to Jesus with your struggles and stuck places.

6) Pray a closing prayer. Ask people to commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 1: Basic Principles.

Lesson 3: 3-Way Prayer.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly.

- 1) Pray.** Open with prayer. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles and accompanying gestures covered so far and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8

- 3) Review** the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

- **Small Groups:** If your large group is more than 7 people you may want to split into small groups.
 - Review the previous lesson's **memory verse(s)**.
 - Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
 - **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.
- **Large group**
 - Share your group's **top 3 principles** from the previous lesson.
 - Write responses (in words or pictures) on a whiteboard or

flipchart, combining similar
responses.

**4) Discovery Bible Study (DBS):
Matthew 18:18-20 (Ask and
receive, two or more, 3-way
prayer)**

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

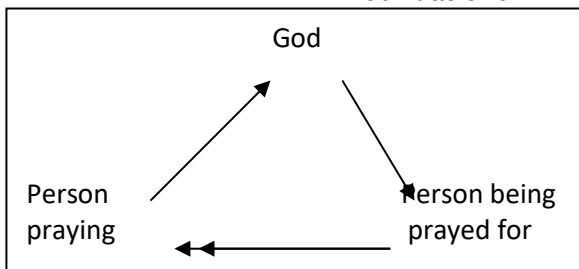
- What does this passage teach us about God?
- What does this passage teach us about people who follow Jesus?
- What does this passage teach us about prayer?
- How might it help to have a follower of Jesus pray for you and ask God to speak to you? (power of two or more, free to listen and focus on feelings and beliefs, not needing to decide what to pray, bind evil)

- What things might it be important for you to pray aloud yourself? (choosing to forgive, asking God to bless, making a commitment)
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?

- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **3-way prayer** – Diagram for further discussion.



Notes for reference:

↑ The person praying for someone prays aloud to ask God to speak directly to the person to (1) reveal, (2) remind, (3) give His perspective, (4) break or replace something, etc.

← The person being prayed for tells the person praying for them (1) what God is doing (reminding them of something, revealing His perspective, etc.), (2) what emotions they are feeling in a memory, (3) as much as they desire of what happened in the

memory. (So that the person praying for them knows what to take captive.)
↑There are times that it's appropriate for the person being prayed for to pray aloud to God. These include: (1) Decisions (such as forgiving someone), (2) Requests for God to do something (such as bless someone you've forgiven, nullify a negative vow or break an unholy one flesh bond), (3) Pouring out one's heart to God regarding emotions in a memory, (4) Inviting God into a traumatic memory.

- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.

- **Share with one another** places where you feel stuck spiritually or emotionally. Pray for one another. Include times of silence and ask God to speak directly to the person being prayed for.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Matthew 18:18-20 (And review previous verses.)
 - **Pray:** Read and meditate on John 10:27-30.
 - **Share:** Share with others what you are learning.
 - **Practice:** As opportunities emerge, pray for those who are hurting. Ask God to speak to

them. Give time for them to
listen.

- 6) Pray** a closing prayer. Commit to pray
for one another between training
times.

*Note: You may also want to
incorporate a time of sharing and
prayer – for blessings and challenges.*

Module 1: Basic Principles.

Lesson 4: Hearing God.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice

- 1) **Pray.** Open with prayer. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles and accompanying gestures covered so far and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.
- **Small Groups:** If your large group is more than 7 people you may want to split into small groups.
 - Review the previous lesson's **memory verse(s)**.
 - Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
 - **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.
- **Large group**
 - Share your group's **top 3 principles** from the previous lesson.

- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): John 10:27-30 (God speaks to His sheep, give time for silent listening)

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people who follow Jesus?
- What kinds of ways might God speak to people? (through Scripture, nature, people or miraculous occurrences; by reminding them of something or pointing out its significance; Holy Spirit inspired impressions, thoughts, insights, and creative ideas; by orchestrating occurrences

in their lives, by giving a sense of “release and peace,” through dreams and visions, in an audible voice)

- What might make it easier for people to hear God’s voice? (giving time and space for listening, quieting their hearts, being in a quiet place, asking Him to speak, openness to hearing whatever He wants to say, obedience to what He’s already told them)
- What could hinder people from hearing God’s voice? (not believing God will speak to them, misunderstanding who God is, misunderstanding who they are in Christ, anger, bitterness, fear, doubt, unforgiveness, unconfessed

sin, lack of surrender, busy-ness,
lack of patience, not knowing how
to listen or connect, not obeying
something God already said)

- What is the importance of people testing what they hear by God's word? (People can be deceived; if it doesn't agree with His word then it's not from Him and should be rejected.)
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.

- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Spend time** listening to God as a group. After a time of silence, share with one another what you hear, as you feel led. Look for Scriptures together to verify each impression that is shared.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:

- **Memorize:** John 10:27 (And review previous verses.)
- **Pray:** Read and meditate on 1 Thess 5:16-22.
- **Share:** Share with others what you are learning.
- **Practice:** Spend time listening to God. Test what you hear by His word.
- **Optional resource:** “[Growing in Hearing God](http://www.freemin.org),” available on www.freemin.org

6) Pray a closing prayer. Commit to pray for one another between training times.

Wholeness Prayer Discovery Bible
Studies

M

odule 1

Foundations

*Note: You may also want to
incorporate a time of sharing and
prayer – for blessings and challenges.*

Module 1: Basic Principles.

Lesson 5: Test and Give Thanks.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture.

- 1) Pray.** Open with prayer. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles and accompanying gestures covered so far and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

time silently listening for His voice.
John 10:27

3) **Review** the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.

- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.
- **Large group**
 - Share your group's **top 3 principles** from the previous lesson.
 - Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 1 Thessalonians 5:16-22 (give thanks frequently, test that all is consistent with Scripture)

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people who follow Jesus?
- Why is it important examine everything carefully?

- What might it look like to apply these principles when praying together with others?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.

- **Spend time** rejoicing and giving thanks to God as a group. Share with one another things that help you to do this. Brainstorm ways to overcome challenges. Pray for one another.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 Thessalonians 5:16-18 (And review previous verses.)
 - **Pray:** Read and meditate on John 8:12, 31-32.
 - **Share:** Share with others what you are learning.
 - **Practice:** Make a (mental or written) list of things you're

thankful for. Keep adding to it each day. Spend at least 5 minutes each day thanking God and rejoicing.

- 6) Pray** a closing prayer. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 1: Basic Principles.

Lesson 6: Follow Jesus.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **Follow Jesus** above all. Let Him lead the process.

- 1) Pray.** Open with prayer. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles and accompanying gestures covered so far and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears

is consistent with Scripture. 1 Thess
5:16-21

3) **Review** the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
John 8:12, 31-32 (Follow Jesus
above all. Let Him lead the
process.)**

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people who follow Jesus?
- How can we know the truth?
- How can praying through spiritual and emotional stuck places help people follow Jesus and obey His word?

- Where can we go when we struggle to follow Jesus above all?
- What might it look like to apply these principles when praying together with others? (use Wholeness Prayer principles as indicated in the situation, follow Jesus above all)
- How are you already applying the principles in these passages? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply these principles?
- Who will you tell?

- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all

the gestures in order for the basic principles covered so far in this module.

- **Spend time** individually, asking God to show you any ways in which you struggle to follow Him. Share with one another and pray for one another.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** John 8:12, 31-32 (And review previous verses.)
 - **Pray:** Read and meditate on Rom 1:28-32 and Prov 20:19.
 - **Share:** Share with others what you are learning.

- **Practice:** Ask God to help you follow Him above all. Surrender to Him any areas in which you struggle to do this and ask for His help.

6) Pray a closing prayer. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 1: Basic Principles.

Lesson 7: Confidentiality.

LEARNING OBJECTIVES: (Help

people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **Confidentiality** – Share only your own story, not someone else’s.

- 1) **Pray.** Open with prayer. Spend time in small group prayer as appropriate during the session.
- 2) **Review** the Basic Principles and accompanying gestures covered so far and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you’ve been robbed. 1 Peter 1:3-9

- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32

3) **Review** the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Rom 1:28-32 with Prov 20:19
(Don't gossip. Share only your
own story, not someone else's.)**

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about gossip?
- How might sharing someone else's story without their permission be hurtful to them?
- Where can we go if we struggle with gossip?

- What might it look like to apply these principles when praying together with others? (share only your own story, don't share another's story without their permission)
- How are you already applying the principles in these passages? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply these principles?
- Who will you tell?
- Who will you share this lesson with?

- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic

principles covered so far in this module.

- **Discuss** what it looks like to only share your own story.
- **Spend time** individually, asking God to show you any ways in which you struggle with gossip. Share with one another and pray for one another.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Prov 20:19 (And review previous verses.)
 - **Pray:** Read and meditate on Matt 18:18-20, Ps 143:10 and Prov 18:10.

- **Share:** Share with others what you are learning.
- **Practice:** Ask God to help you to only share your own story. Surrender to Him any areas in which you struggle to do this and ask for His help.

6) Pray a closing prayer. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 2: 5 R's +2. Lesson 1: **Opening Prayer.**

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus’ name.

- 1) Pray.** Open with prayer. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles and accompanying gestures and **discuss**

how understanding and applying these
is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

3) **Review** the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
 - Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
 - **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.
- **Large group**
- Share your group's **top 3 principles** from the previous lesson.
 - Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS):

**Matt 18:18-20, Ps 143:10 and
Prov 18:10 (Opening Prayer –
Ask God to lead and protect. Bind
evil in Jesus' name.)**

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 discuss the following questions. Help everyone

participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- Looking at these passages and the Basic Principles, what do you think would be good to include in an opening prayer, when praying for someone who's struggling spiritually or emotionally? (ask God to lead and protect, bind evil in Jesus' name)
- How do you think beginning with an opening prayer might be helpful, when beginning a longer time of prayer and reflection?

- How are you already applying the principles in these passages? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply these principles?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Pray** as a group for someone in your group who is struggling with an issue. Begin with an opening

prayer, incorporating the elements above.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Prov 18:10 (And review previous verses.)
 - **Pray:** Read and meditate on Luke 17:11-19, John 8:31 and Luke 10:17-19.
 - **Share:** Share with others what you are learning.
 - **Practice:** Pray for someone who's struggling in some way. Begin with an opening prayer, asking God to lead and protect, and binding evil in Jesus' name.

6) Pray a closing prayer. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 2: 5 R's + 2. Lesson 2:

Closing Prayer.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus’ name.

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2 and accompanying gestures covered so far

and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21

- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.

- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): Luke 17:11-19, John 8:31, and Luke 10:17-19. (Closing Prayer – Thank God and ask for help to apply His truth. Send away evil in Jesus' name.)

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- Looking at these passages and the Basic Principles, what do you think

would be good to include in a closing prayer, when praying for someone who's struggling spiritually or emotionally? (Thank God and ask for help to apply His truth. Send away evil in Jesus' name.)

- How do you think ending with a closing prayer might be helpful, when ending a longer time of prayer and reflection?
- How are you already applying the principles in these passages? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply these principles?
- Who will you tell?

- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Pray** as a group for someone in your group who is struggling with an issue.

Begin with an opening prayer and end with a closing prayer, including foundational concepts.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** John 8:31 (And review previous verses.)
 - **Pray:** Read and meditate on 2 Cor 10:3-5.
 - **Share:** Share with others what you are learning.
 - **Practice:** Pray for someone who's struggling in some way. Begin with an opening prayer and end with a closing prayer, incorporating the elements above.

6) Pray a closing prayer. Include foundational closing prayer concepts.

Wholeness Prayer Discovery Bible
Studies

M

odule 2

Foundations

Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 2: 5 R's + 2. Lesson 3: **Recognize.**

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions.

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2 and accompanying gestures covered so

far and **discuss** how understanding
and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) **Review** the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 2 Cor 10:3-5. (Identify {take captive} your negative feelings, thoughts, and actions)

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about followers of Jesus?
- How can it be helpful to recognize our negative thoughts, feelings and actions? Where can we go with these?
- How are you already applying the principles in these passages? How would you like to grow in applying

these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply these principles?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or

whiteboard. Continue until you have all the main points in the lesson.

- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Spend time** in reflection. Ask God to show you the answers to these questions: “Where do you struggle (with negative feelings, thoughts, or actions)? Which of your struggles would God like to talk to you about today?”

- **Pray** as a group (or in small groups) for someone in your group who is struggling with an issue. Begin with an opening prayer, including foundational concepts. Ask God to show the person which of their struggles He'd like to talk with them about today. Intercede silently as the person listens for God's voice. Then ask God to bring Kingdom breakthroughs. End with a closing prayer, including foundational concepts.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 2 Cor 10:5 (And review previous verses.)

- **Pray:** Read and meditate on Matt 12:33 and Luke 6:43-45.
- **Share:** Share with others what you are learning.
- **Practice:** Pray together with another follower of Christ. Either pray for them or ask them to pray for you. Ask God for answers to the following questions: “Where do you/they struggle (with negative feelings, thoughts, or actions)? Which of your/their struggles would God like to talk to you/them about today?” Begin with an opening prayer and end with a closing prayer, incorporating the elements above.

6) Pray a closing prayer. Include foundational closing prayer concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 2: 5 R's +2. Lesson 4: **Recent and Root.**

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **Recent** – Bring your negative feelings, thoughts, and actions to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way.

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2 and accompanying gestures covered so far and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding.

Others intercede quietly. Matt
18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) **Review** the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

- **Small Groups:** If your large group is more than 7 people you may want to split into small groups.
 - Review the previous lesson's **memory verse(s)**.
 - Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
 - **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

- **Large group**
 - Share your group's **top 3 principles** from the previous lesson.
 - Write responses (in words or pictures) on a whiteboard or

flipchart, combining similar
responses.

4) Discovery Bible Study (DBS):

Matt 12:33; Luke 6:43-45.

(Recent – Bring spiritual and emotional stuck places to God and ask Him to reveal a related recent memory. **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way.)

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- How can we tell if the roots in a person's life are healthy or unhealthy?
- What can we do if we have unhealthy roots in our lives? Who can help us?

- How are you already applying the principles in these passages? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply these principles?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

4) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gestures:** Decide together on gestures or hand motion for Recent and for Root. Then ask all participants to stand up and do the gestures together. Then practice together all the gestures in order for the basic principles covered so far in this module.

- **Spend time** in reflection. Ask God to show you any unhealthy fruit in your life.
- **Pray** as a group (or in small groups) for someone in your group who is struggling with an issue. Use the resource in Appendix 1 entitled [“Facilitating a Time of Wholeness Prayer”](#) as you pray an opening prayer, ask God to reveal recent and root memories, bring His breakthroughs, and pray a closing prayer.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Matt 12:33 (And review previous verses.)

- **Pray:** Read and meditate on Matt 7:7-11.
- **Share:** Share with others what you are learning.
- **Practice:** Pray together with another follower of Christ. Either pray for them or ask them to pray for you. Use the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer](#)” as you pray an opening prayer, ask God to reveal recent and root memories, bring His breakthroughs, and pray a closing prayer.

5) Pray a closing prayer. Include foundational closing prayer concepts.

Commit to pray for one another
between training times.

*Note: You may also want to
incorporate a time of sharing and
prayer – for blessings and challenges.*

Module 2: 5 R's +2. Lesson 5: **Receive.**

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word.

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2 and accompanying gestures covered so far and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) **Review** the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.
- **Small Groups:** If your large group is more than 7 people you may want to split into small groups.
 - Review the previous lesson's **memory verse(s)**.
 - Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
 - **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.
- **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Matt 7:7-11. (Receive His
perspective - first at the root, if
there is one. Test by God's word.)**

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- What might we want to ask God to do in the root memory? (bring peace, reveal His perspective, show us any ways in which He wants us to respond)
- What do the basic principles teach us about receiving God's

perspective? (listen, test, give thanks)

- How are you already applying the principles in these passages? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply these principles?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Decide** what you would like to ask God to do with any root issues in your life, then ask Him.

- **Pray** as a group (or in small groups) for someone in your group who is struggling with an issue. Use the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer.](#)”
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Matt 7:7 (And review previous verses.)
 - **Pray:** Read and meditate on 1 John 1:5-7.
 - **Share:** Share with others what you are learning.
 - **Practice:** Pray together with another follower of Christ. Either pray for them or ask

them to pray for you. Use the
resource in Appendix 1 entitled
“[Facilitating a Time of
Wholeness Prayer.](#)”

- 6) Pray** a closing prayer. Include
foundational closing prayer concepts.
Commit to pray for one another
between training times.

*Note: You may also want to
incorporate a time of sharing and
prayer – for blessings and challenges.*

Module 2: 5 R's + 2. Lesson 6: **Renew.**

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- **Renew** – Apply this perspective in everyday life.

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2 and accompanying gestures covered so

far and **discuss** how understanding
and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) **Review** the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.
- **Small Groups:** If your large group is more than 7 people you may want to split into small groups.
 - Review the previous lesson's **memory verse(s)**.
 - Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
 - **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.
- **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 1 John 1:5-7. (Apply God's perspective in everyday life.)

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- How can applying the truth God reveals in our root memories help us walk in the light?
- Where can we go if we're stuck?
- How are you already applying the principles in these passages? How

would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply these principles?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words

or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.

- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Spend time** individually reflecting on ways you're walking, and not walking, in the light.
- **Pray** as a group (or in small groups) for someone in your group who is struggling to walk in the light in some way. Use the resource

in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer.](#)”

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 John 1:6-7 (And review previous verses.)
 - **Pray:** Read and meditate on Is 61:1-4.
 - **Share:** Share with others what you are learning.
 - **Practice:** Pray together with another follower of Christ. Either pray for them or ask them to pray for you. Use the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer.](#)”

- 6) Pray** a closing prayer. Include foundational closing prayer concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 3: Freedom from Generational Bondage.

Lesson 1: The Promise.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Freedom from generational bondage, newness

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2 and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer

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time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21

- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.

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- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): Is 61:1-4. (Freedom from generational bondage, newness)

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.

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Pray as a group and ask God to speak through His word. Spend time listening silently. Then discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- What are present-day examples of the ancient ruins talked about in this passage? (the effects of sin in individuals, families and society)
- What are present-day examples of ways people might be prisoners, including spiritually and emotionally?
- How are you already applying the principles in these passages? How

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would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply these principles?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Spend time** individually reflecting on how you might want to

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experience more of the freedom talked about in this passage.

- **Pray** as a group (or in small groups) for someone in your group who is struggling with an issue. Use the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer.](#)”
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Is 61:1 (And review previous verses.)
 - **Pray:** Read and meditate on Ex 34:6-17.
 - **Share:** Share with others what you are learning.
 - **Practice:** Pray together with another follower of Christ.

Either pray for them or ask them to pray for you. Use the resource in Appendix 1 entitled [“Facilitating a Time of Wholeness Prayer.”](#)

- 6) Pray** a closing prayer. Include foundational closing prayer concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 3: Freedom from Generational Bondage.

Lesson 2: The Covenant.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Worship God alone; generational blessings and curses; need for individual and generational forgiveness

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2 and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

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- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson and practice all the accompanying gestures in this module.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.

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- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): Ex 34:6-17. (Worship God alone; generational blessings and curses; need for individual and generational forgiveness)

Ask 2-3 people to read the verses out loud, from varying translations when

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- What does this passage teach us about generational blessings and curses?

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- What generational sins have you observed or experienced?
- How are you already applying the principles in these passages? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply these principles? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Spend time** together brainstorming potential

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generational sins in your people group.

- **Pray** as a group (or in small groups)
 - For someone in your group who is struggling with an issue. Use the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer.](#)” OR
 - For God to bring breakthroughs in generational strongholds among your people group(s).
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Ex 34:6-7 (And review previous verses.)
 - **Pray:** Read and meditate on 2 Samuel, chapters 11-13.

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- **Share:** Share with others what you are learning.
- **Practice:** Pray together with another follower of Christ.
 - Pray for them or ask them to pray for you. Use the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer](#).” OR
 - Intercede together, asking God to bring breakthroughs in generational strongholds among your people group(s).

6) Pray a closing prayer. Include foundational closing prayer concepts. Commit to pray for one another between training times.

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*Note: You may also want to
incorporate a time of sharing and
prayer – for blessings and challenges.*

Module 3: Freedom from Generational Bondage.

Lesson 3: The Problem.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Examples of generational bondage

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2 and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

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- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson and practice all the accompanying gestures in this module.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.

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- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 2 Sam 11 and 13 (David & Bathsheba, Uriah then Amnon & Tamar, Absalom - example of generational sin)

Ask 2-3 people to read the verses out loud, from varying translations when

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What generational sins are documented in these passages?
(lust, adultery/fornication, murder,

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deception, others drawn into the intrigue)

- How are you already applying the principles in these passages? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply these principles? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Spend time** individually brainstorming potential generational sins in your family.

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- **Pray** as a group (or in small groups)
 - For someone in your group who is struggling with an issue. Use the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer](#).” OR
 - For God to bring breakthroughs in generational strongholds in families.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Ex 34:9 (And review previous verses.)
 - **Pray:** Read and meditate on Gal 3:8-14 and Gal 5:1, 13-26.
 - **Share:** Share with others what you are learning.

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- **Practice:** Pray together with another follower of Christ, using the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer](#)” OR intercede together, asking God to bring breakthroughs in generational strongholds in families.
- **Resource:** Look through the list of Potential Generational Sins, Negative Patterns or Inherited Traits on pages 14-15 of “[Wholeness Prayer Simplified Version – Fourth Edition.](#)”

6) Pray a closing prayer. Include foundational closing prayer concepts. Commit to pray for one another between training times.

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*Note: You may also want to
incorporate a time of sharing and
prayer – for blessings and challenges.*

Module 3: Freedom from Generational Bondage.

Lesson 4: The Fulfillment.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Followers of Jesus are redeemed from the curse and set free to live in freedom

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2 and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson and practice all the accompanying gestures in this module.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.

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- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): Gal 3:8-14 (redeemed from the curse) and Gal 5:1, 13-26 (set free to live in freedom)

Ask 2-3 people to read the verses out loud, from varying translations when possible. Alternatively, listen to the

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about followers of Christ?
- How are you already applying the principles in these passages? How

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would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply these principles? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Spend time** individually asking God to show you any ways in which you are walking in the flesh, and

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any challenges in your life that might have generational roots.

- **Pray** as a group (or in small groups) for someone in your group who is struggling with an issue. Use the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer](#).” If generational bondage is involved, encourage the person to confess this and ask God to set them free from it.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Gal 5:1 & Gal 5:25 (And review previous verses.)
 - **Pray:** Read and meditate on Ps 106.

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- **Share:** Share with others what you are learning.
- **Practice:** Pray together with another follower of Christ, using the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer](#).” If generational bondage is involved, bring this to God and ask Him for forgiveness and victory.
- **Resource:** Read through “Module 2: Freedom from Generational Bondage” in the resource “[Wholeness Prayer Simplified Version – Fourth Edition](#).”

6) Pray a closing prayer. Include foundational closing prayer concepts.

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Commit to pray for one another
between training times.

*Note: You may also want to
incorporate a time of sharing and
prayer – for blessings and challenges.*

Module 3: Freedom from Generational Bondage.

Lesson 5: Sample Prayers.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Ideas for praying through generational bondage

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2 and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

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- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson and practice all the accompanying gestures in this module.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.

- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): Ps 106 (sample prayers for praying through generational bondage)

Ask 2-3 people to read the verses out loud, from varying translations when possible. Alternatively, listen to the

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- What ideas does this passage give us for praying through generational bondage?

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- What would you like to ask God to do for you and your descendants?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply these principles? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Pray** in groups of two or three. Take turns identifying and confessing your generational

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bondage, then asking God for forgiveness and healing. A list of potential issues (pages 14-15) and a sample prayer (pages 12-13) is included in “Module 2: Freedom from Generational Bondage” of the resource “[Wholeness Prayer Simplified Version – Fourth Edition](#).”

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Ps 106:1 (And review previous verses.)
 - **Pray:** Read and meditate on Deut 18:9-14.
 - **Share:** Share with others what you are learning.

- **Practice:** Pray together with your spouse or another follower of Christ regarding generational issues in their life. As is helpful, use the list and sample prayer in “Module 2: Freedom from Generational Bondage” in the included resource “[Wholeness Prayer Simplified Version – Fourth Edition.](#)”

6) Pray a closing prayer. Include foundational closing prayer concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

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Module 4: Freedom from Occult Bondage.

Lesson 1: Forbidden Practices.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Instruction to not be involved in detestable practices. What do these include?

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2 and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson and practice all the accompanying gestures in this module.

- **Individually**
 - Write down or otherwise note your **top 3 principles** from the previous lesson.

- **Small Groups:** If your large group is more than 7 people you may want to split into small groups.
 - Review the previous lesson's **memory verse(s)**.
 - Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
 - **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

- **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Deut 18:9-14 (Instruction to not
be involved in detestable
practices. What do these
include?)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- What does this passage teach us to avoid and why? Also review Ex 34:11-14.
- What kinds of detestable spiritual practices have you or those around you been involved in?

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- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply these principles? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Spend time** individually asking God what occult practices you might have been involved in, or

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others might have been involved in on your behalf. Confess these and ask God to set you free.

- **Pray** as a group (or in small groups) for someone in your group who is struggling with an issue. Use the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer](#).” If generational or occult bondage is involved, encourage the person to confess this and ask God to set them free from it.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Deut 18:9 (And review previous verses.)
 - **Pray:** Read and meditate on Joshua 24:14-18.

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- **Share:** Share with others what you are learning.
- **Practice:** Pray together with another follower of Christ. Either pray for them or ask them to pray for you. Use the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer](#).” If generational or occult bondage is involved, encourage the person to confess this and ask God to set them free from it.

6) Pray a closing prayer. Include foundational closing prayer concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 4: Freedom from Occult Bondage.

Lesson 2: The Choice.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Serve God alone. Give up other gods.

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R’s + 2 and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

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- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson and practice all the accompanying gestures in this module.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.

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- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Joshua 24:14-18 (Serve God
alone. Give up other gods.)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- What are the people being asked to do and why?
- How are you already applying the principles in this passage? How

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would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply these principles? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Add** to the incomplete list of occult practices on pages 19 of the included resource “[Wholeness](#)”

[Prayer Simplified Version – Fourth Edition](#)” as fits your culture(s).

Pray together as a group (or in small groups) and lift these things to God.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Joshua 24:14 (And review previous verses.)
 - **Pray:** Read and meditate on Psalm 68:19-20, 28, 32-35.
 - **Share:** Share with others what you are learning.
 - **Practice:** Pray together with another follower of Christ. Either pray for them or ask them to pray for you. Use the resource in Appendix 1 entitled

[“Facilitating a Time of Wholeness Prayer.”](#) If generational or occult bondage is involved, encourage the person to confess this and ask God to set them free from it.

- 6) Pray** a closing prayer. Include foundational closing prayer concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 4: Freedom from Occult Bondage.

Lesson 3: The Source.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- God gives power and strength to His people.

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2 and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

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- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson and practice all the accompanying gestures in this module.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.

- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Psalm 68:19-20, 28, 32-35 (God
gives power and strength to His
people.)**

Ask 2-3 people to read the verses out loud, from varying translations when possible. Alternatively, listen to the

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage

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people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply these principles? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Share** with each other any occult practices you have been involved in (actively or passively), and any

occult objects you possess. **Refer** to pages 16-19 of the included resource “[Wholeness Prayer Simplified Version – Fourth Edition](#)” for ideas on praying through occult bondage. **Pray** for one another in groups of 3 or more.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Psalm 68:35 (And review previous verses.)
 - **Pray:** Read and meditate on Acts 2:38-42 and Acts 3:19-26.
 - **Share:** Share with others what you are learning.
 - **Practice:** Pray together with another follower of Christ. Either pray for them or ask

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them to pray for you. Use the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer](#).” If generational or occult bondage is involved, encourage the person to confess this and ask God to set them free from it.

- **Resource:** Read through “Module 3: Freedom from Occult Bondage” in the resource “[Wholeness Prayer Simplified Version – Fourth Edition](#).”

6) Pray a closing prayer. Include foundational closing prayer concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 4: Freedom from Occult Bondage.

Lesson 4: The Provision.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Repent of evil practices. Receive the Holy Spirit.

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2 and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

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- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson and practice all the accompanying gestures in this module.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.

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- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS):
Acts 2:38-42; Acts 3:19-26
(Repent of evil practices. Receive the Holy Spirit.)

Ask 2-3 people to read the verses out loud, from varying translations when possible. Alternatively, listen to the

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage

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people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply these principles? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Pray** as a group (or in small groups) for someone in your group who is struggling with an issue. Use

the resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer](#).” If generational or occult bondage is involved, encourage the person to confess this and ask God to set them free from it.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Acts 2:38-39 (And review previous verses.)
 - **Pray:** Read and meditate on 1 John 4:1-6.
 - **Share:** Share with others what you are learning.
 - **Practice:** Pray together with another follower of Christ. Either pray for them or ask them to pray for you. Use the

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resource in Appendix 1 entitled “[Facilitating a Time of Wholeness Prayer](#).” If generational or occult bondage is involved, encourage the person to confess this and ask God to set them free from it. **Refer** to “Module 2: Freedom from Generational Bondage” and “Module 3: Freedom from Occult Bondage” in the included resource “[Wholeness Prayer Simplified Version – Fourth Edition](#).”

- 6) Pray** a closing prayer. Include foundational closing prayer concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 4: Freedom from Occult Bondage.

Lesson 5: Test and Overcome.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Overcome through Christ.
Practice discernment.

- 1) Pray.** Open with prayer. Include foundational Opening Prayer concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2 and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Live in your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson and practice all the accompanying gestures in this module.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.

- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 1 John 4:1-6 (Overcome through Christ. Practice discernment.)

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passages teach us about God?
- What does this passages teach us about followers of Christ?
- What does this passage teach followers of Christ about testing spirits?
- How can we apply these principles to discerning biblical truth in

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general (as previously seen in 1 Thessalonians 5:21)?

- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply these principles? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the basic principles covered so far in this module.
- **Discuss** as a group how you can grow in discernment. Pray for one another. Rejoice together.

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- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 John 4:1 (And review previous verses.)
 - **Pray:** Read and meditate on Ephesians 1.
 - **Share:** Share with others what you are learning.
 - **Practice:** Pray together with another follower of Christ. Either pray for them or ask them to pray for you. Use the resource in Appendix 1 entitled [“Facilitating a Time of Wholeness Prayer.”](#) If generational or occult bondage is involved, encourage the

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person to confess this and ask God to set them free from it.

Refer to “Module 2: Freedom from Generational Bondage” and “Module 3: Freedom from Occult Bondage” in the included resource “[Wholeness Prayer Simplified Version – Fourth Edition.](#)”

- 6) Pray** a closing prayer. Include foundational closing prayer concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

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2. Applications

Module 1: Curses to Blessings.

Lesson 1: Our Identity.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Chosen, loved, blessed, adopted, holy and blameless, lavished with grace and kindness
- Given an inheritance, sealed with the Holy Spirit, His great power at work in us

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- 1) **Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) **Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding.

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Others intercede quietly. Matt
18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus'

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name. Matt 18:18-20, Ps 143:10,
Prov 18:10

- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name.

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Luke 17:11-19, John 8:31, Luke
10:17-19

3) Review

- a. Foundations Module 1 Basic Principles) Come to Jesus. 1 Peter 1:3-9 (an inheritance that can never fail, living hope, indescribable joy)
- b. Foundations Module 3 Freedom from Generational Bondage. The Covenant. Ex 34:6-17 (generational blessings and curses)
- c. The last lesson studied.

➤ **Large group**

- Review the **top 3 principles** previously chosen from each of these lessons by your group.
- Write these principles (in words or pictures) on a whiteboard or flipchart.

- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): Ephesians 1 (our inheritance, His great power at work in us)

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 discuss the

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following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about followers of Jesus?
- What blessings have passed down to you from your earthly family?
- What blessings are yours as a follower of Jesus?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

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- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to

stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

- **Share** with one another, in groups of three, the blessings passed down to you from your family of origin. **Pray** for one another. Ask God to help each person to fully receive the blessings passed down to them from their earthly families, and the blessings that are part of their heritage in Christ.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:

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- **Memorize:** Ephesians 1:3-4
(And review previous verses.)
- **Pray:** Read and meditate on
Luke 12:4-7, John 3:16-17 and 1
Peter 2:9-10.
- **Share:** Share with others what
you are learning and pray for
them.
- **Practice:** Ask God to help you
identify any blessings from Him
or your earthly family that are
hard for you to fully receive.
- **Resources** for this module:
“Replacing Curses with
Blessings” in “[Wholeness Prayer
Simplified Version – Fourth
Edition](#)” and “[Facilitating a
Time of Wholeness Prayer.](#)”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 1: Curses to Blessings.

Lesson 2: Our Value.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- More valuable than many sparrows, worth dying for
- Chosen, God’s special possession, His people

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Luke 12:4-7 (more valuable than
many sparrows), John 3:16-17
(worth dying for), and 1 Pet 2:9-
10 (chosen, special possession,
His people)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What are the main lessons in these passages?
- How are you already applying/experiencing the principles in this passage? How

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would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together 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

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in small groups, regarding any ways in which it's hard for the person being prayed for to receive the blessings God has given them or to experience their value, worth or identity in Christ.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 Peter 2:9-10
(And review previous verses.)
 - **Pray:** Read and meditate on Ephesians 2.
 - **Share:** Share with others what you are learning.
 - **Practice:** Spend time thanking God for His blessings and asking Him to help them bear Kingdom fruit in your life. If

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you struggle to receive the blessings God has given you or to experience your value, worth or identity in Christ, ask someone to help you pray through these issues using Wholeness Prayer principles.

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 1: Curses to Blessings.

Lesson 3: Our Position.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Our identity in Christ – saints, members of God’s household, His dwelling place
- Our position in Christ – saved, made alive, raised, seated, reconciled, access to the Father

1) Pray. Open with prayer; include foundational **Opening Prayer**

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concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

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- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

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3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Ephesians 2 (saved, made alive,
raised, seated, reconciled, saints,
members, dwelling place, access
to the Father)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about followers of Jesus? Their identity? Their position in Christ?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these

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principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Share** with one another, in groups of three, any ways in which you

struggle to experience your heritage in Christ or position in Him. **Pray** for one another. Ask God to reveal any curses, disempowering words, or lack of blessing passed down to each of you from your families of origin, and bring blessings in their place. Spend time listening for His voice.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Ephesians 2:4-7 (And review previous verses.)
 - **Pray:** Read and meditate on Ephesians 3:14-21.
 - **Share:** Share with others what you are learning.

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- **Practice:** Ask someone to pray with you, using Wholeness Prayer principles, regarding any curses, disempowering words, lack of blessing, or other ways you struggle to live in the reality of your heritage in Christ.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 1: Curses to Blessings.

Lesson 4: Lavish Love.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- God’s lavish love for us, His great power at work in us, He is able

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R’s + 2, and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

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- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Ephesians 3:14-21 (God's lavish
love, His great power at work in
us)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about followers of Jesus?
- How does God's lavish love impact the lives of followers of Jesus?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these

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principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- In small groups: **Praise** God for His lavish love, and ask Him to

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help each of you experience it more fully. **Use Wholeness Prayer principles** to pray for one another regarding any ways in which it's hard for the person being prayed for to receive God's lavish love.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Ephesians 3:14-18 (And review previous verses.)
 - **Pray:** Read and meditate on 2 Peter 1:1-8.
 - **Share:** Share with others what you are learning.
 - **Practice:** Spend time praising God for His lavish love, and asking Him to help you and others receive it in fullness. Ask

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someone to pray with you, using Wholeness Prayer principles, regarding any ways in which you struggle to receive God's lavish love.

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 1: Curses to Blessings.

Lesson 5: Life and Godliness.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- We’ve been given everything we need to live a godly life, we’re called to grow in Him

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R’s + 2, and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

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- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 2 Peter 1:1-8 (given everything we need to live a godly life)

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about followers of Jesus?
- What are the main points of this passage?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these

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principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- In small groups: **Thank God** that He's given each of you everything

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you need for life and godliness and asking Him to help you grow in the qualities listed in 2 Peter 1:5-7. **Use Wholeness Prayer principles** to pray for one another regarding any ways in which the person being prayed for struggles to grow in these qualities.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 2 Peter 1:3-4 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses in Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning.

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- **Practice:** Spend time thanking God that He's given you all you need for life and godliness, and asking Him to help you and others grow in the qualities listed in 2 Peter 1:5-7. Ask someone to pray with you, using Wholeness Prayer principles, regarding any ways in which you struggle to grow in these qualities.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 2: Healing from Emotional Wounds.

Lesson 1: Be Made New.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Take off old self, be made new
- Arise, winter is past, it's time for joy and singing.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Applications Module 1 Curses to Blessings. Lavish Love. Ephesians

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3:14-21 (understand God's
incomprehensible love).

b. The last lesson studied.

➤ **Large group**

- Review the **top 3 principles** previously chosen from each of these lessons by your group.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

**4) Discovery Bible Study (DBS):
Ephesians 4:17-24 (take off old
self, be made new) and Song of
Songs 2:10-12 (arise, winter is
past, it's time for joy and singing)**

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?

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- Where do you struggle to put off your old nature and be made new in Christ?
- How can Wholeness Prayer help followers of Jesus to be renewed in their minds?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this?
- Who will you tell?

- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's

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+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, regarding any ways in which it's hard for the person being prayed for to be transformed in their minds and obey God in everything. Follow the principles in "[Facilitating a Time of Wholeness Prayer](#)."
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Song of Songs 2:10-11 (And review previous verses.)

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- **Pray:** Read and meditate on 1 Peter 2:9-10 and Psalm 43:3-4.
- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to continually help you identify any ways in which your mind needs to be renewed. Use Wholeness Prayer principles to help pray through these issues.
- **Resources** for this module: “Healing from Emotional Wounds” in “[Wholeness Prayer Simplified Version – Fourth Edition](#)” and “[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key

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foundational concepts. Commit to pray
for one another between training
times.

*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 2: Healing from Emotional Wounds.

Lesson 2: [Into the Light.](#)

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Called out of darkness into the light, guided by God’s light and truth
- Have received mercy, live in praise and joy with honor

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 1 Peter 2:9-12 (called out of darkness into light, have received mercy, live honorably) and Psalm 43:3-4 (guided by God's light and truth, praise, joy)

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- How would you summarize the main ideas in each passage?
- How are you already applying/experiencing the

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principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together 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

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in small groups, regarding any ways in which it's hard for the person being prayed for to abstain from fleshy passions and declare the excellencies of God. Follow the principles in "[Facilitating a Time of Wholeness Prayer](#)".

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 Peter 2:9-10
(And review previous verses.)
 - **Pray:** Read and meditate on Psalm 55:1-8 and Psalm 69:13-18.
 - **Share:** Share with others what you are learning and pray for them.

- **Practice:** Ask God to continually help you identify any ways in which you struggle to live a holy life. As these issues emerge, bring them into the light and ask someone to help you pray through them using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

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Module 2: Healing from Emotional Wounds.

Lesson 3: Share Your Struggles.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Pour out your heart to God, tell Him your struggles, ask to be rescued
- Seek truth

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): Ps 55:1-8 (pour out your heart to God, tell Him your struggles), Ps 69:13-18 (seek truth, ask to be rescued)

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What are 3-5 main principles taught in these psalms?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Pour** out your hearts to God.
Invite Him into your struggles.
Seek His way forward.
- **Share** your struggles with one another in small groups. **Use Wholeness Prayer principles** to pray for one another, regarding any spiritual or emotional struggles. Follow the principles in [“Facilitating a Time of Wholeness Prayer”](#).
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Psalm 69:13 (And review previous verses.)
 - **Pray:** Read and meditate on Hebrews 4:14-16 and Psalm 68:19.

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Pour out your heart before God. Invite Him into every part of your life. If you struggle to do this, ask someone to help you pray through these issues using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 2: Healing from Emotional Wounds.

Lesson 4: Come and Receive.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Come with confidence, receive mercy and grace in time of need
- God our savior carries us daily.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Hebrews 4:14-16 (come with
confidence, receive mercy and
grace in time of need) and Ps
68:19 (God our savior carries us
daily)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What might it look like to draw near to God's throne of grace?
- How are you already applying/experiencing the

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principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Ask** God to show you in what situations you presently need to

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receive mercy and find grace. Lift these situations up before God and ask Him to help you.

- **Share** your struggles with one another in small groups. **Use Wholeness Prayer principles** to pray for one another, regarding any spiritual or emotional struggles. Follow the principles in “[Facilitating a Time of Wholeness Prayer](#)”.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Hebrews 4:14-16 (And review previous verses.)
 - **Pray:** Read and meditate on Isaiah 53:4 and Matthew 11:28-30.

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- **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Pour out your struggles before God and ask Him for grace and mercy. If you are struggling spiritually or emotionally, ask someone to help you pray through these issues using Wholeness Prayer principles.
- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 2: Healing from Emotional Wounds.

Lesson 5: Burdens Lifted.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Jesus carries our burdens and sorrows, find rest

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Isaiah 53:4 and Matthew 11:28-30
(Jesus carries our burdens and sorrows, find rest)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about God carrying our burdens, griefs and sorrows?
- How might this apply to rejection, suffering, loss and other painful experiences?

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- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Ask** God to show you any burdens you're presently carrying. Invite

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Him to carry your burdens and ask
Him to help you release them to
Him.

- **Share** your burdens with one another in small groups. **Use Wholeness Prayer principles** to pray for one another, regarding any painful emotions or experiences. Follow the principles in “[Facilitating a Time of Wholeness Prayer](#)”.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Isaiah 53:4 and Matthew 11:28-30 (And review previous verses.)

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- **Pray:** Read and meditate on [the first DBS scriptures from the next module to study].
- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Thank God that He carries our burdens, griefs and sorrows. Ask Him to show you any burdens you're carrying as the result of painful experiences. You may want to ask someone to help you pray through these experiences using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray

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for one another between training
times.

*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 3: Confessing and Turning from Sin.

Lesson 1: Internal Conflict.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Our old and new natures war with one another.
- Evil actions need heart-level healing. Jesus is our deliverer.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Foundations. Module 4 Freedom from Occult Bondage. The Provision. Acts 2:38-42; Acts 3:19-26 (Repent of evil practices. Receive the Holy Spirit.)
- b. The last lesson studied.

➤ Large group

- Review the **top 3 principles** previously chosen from each of these lessons by your group.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): Romans 7:14-25 (old and new

natures collide) and Mark 7:20-23 (evil actions need heart-level healing)

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

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- What do these passages teach us about God?
- What do these passages teach us about people?
- How can discovering the heart-level roots of *why* we fall into sin help followers of Jesus to gain victory over our old natures?
- In what ways do you struggle to overcome your old nature?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

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- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to

stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

- **Individually**, ask God to show you ways in which you struggle to overcome your old nature.
- **Use Wholeness Prayer principles** to pray for one another in small groups, regarding any ways in which the person being prayed for struggles to overcome their old nature. Follow the principles in "[Facilitating a Time of Wholeness Prayer](#)".
- **Clarify** the next meeting time and any pre-work to be completed beforehand.

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- **Pre-work** for next lesson:
 - **Memorize:** Romans 7:16 (And review previous verses.)
 - **Pray:** Read and meditate on 1 John 3:1-10, 18-24 and 1 Peter 1:14-16.
 - **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Ask God to continually help you identify and overcome any habitual sin in your life. Ask others to help you pray through these issues, using Wholeness Prayer principles.
 - **Resources** for this module: “Confessing and Turning from Sin” in “[Wholeness Prayer Simplified Version – Fourth](#)”

[Edition](#)”, “[Facilitating a Time of Wholeness Prayer](#)” and
“[Developing Healthy Boundaries](#).”

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 3: Confessing and Turning from Sin.

Lesson 2: [Holy Hearts](#).

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Be holy, practice righteousness, Jesus came to destroy the work of the devil

- 1) **Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) **Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears

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is consistent with Scripture. 1 Thess 5:16-21

- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern)

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when you thought, felt, and/or
acted this way. Matt 12:33

- **Receive** – Receive His perspective
- first at the root, if there is one.
Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in
everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and
ask for help to apply His truth.
Send away evil in Jesus' name.
Luke 17:11-19, John 8:31, Luke
10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 1 John 3:1-10, 18-24 (practice righteousness, Jesus came to destroy the work of the devil) and 1 Peter 1:14-16 (be holy)

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- How can receiving God's truth at the roots of our struggles with habitual sin help us be holy?
- How are you already applying/experiencing the principles in this passage? How

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would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually**, ask God to show you ways in which you struggle to be holy as He is holy.
- **Use Wholeness Prayer principles** to pray for one another in small groups, regarding any ways in which the person being prayed for struggles to walk in holiness. Follow the principles in [“Facilitating a Time of Wholeness Prayer”](#).
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 Peter 1:14-16 (And review previous verses.)
 - **Pray:** Read and meditate on Romans 8:1-11 and Psalm 119:32.

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to continually help you be holy as He is holy. Ask others to help you pray through any ways you struggle with this, using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 3: Confessing and Turning from Sin.

Lesson 3: Set Free.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- No condemnation, live by the Spirit, hearts set free to follow God’s ways

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Rom 8:1-11 (no condemnation,
live by the Spirit) and Ps 119:32
("I run in the path of your
commandments, for you have set
my heart free." WEB)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- How has/does God set our hearts free?
- How are you already applying/experiencing the principles in this passage? How

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would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually**, ask God to show you ways in which your heart still needs to be set free.
- **Use Wholeness Prayer principles** to pray for one another in small groups, regarding any ways in which the person being prayed for struggles to live by the Spirit. Follow the principles in “[Facilitating a Time of Wholeness Prayer](#)”.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Psalm 119:32 (And review previous verses.)
 - **Pray:** Read and meditate on 1 John 1:5-10 and 1 John 2:1-6.

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to continually help you live by the Spirit. Ask others to help you pray through any ways you struggle with this, using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 3: Confessing and Turning from Sin.

Lesson 4: Our Advocate.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- God is light, Jesus is our advocate, confess sin and be forgiven

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 1 John 1:5-10, 1 John 2:1-6 (God is light, Jesus is our advocate, confess sin and be forgiven)

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- How do we know that we belong to God?
- What can we do when we sin?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually**, ask God to show you any unconfessed sin in your life.
- **Use Wholeness Prayer principles** to pray for one another in small groups, confessing sin and praying for forgiveness and cleansing. Follow the principles in [“Facilitating a Time of Wholeness Prayer”](#) to address root issues involved.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 John 1:9 (And review previous verses.)
 - **Pray:** Read and meditate on Rom 8:26-39 and James 5:13-18.

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to continually help you be aware of your sin and confess it. Ask others to help you pray through any root issues, or any ways in which you hide, downplay or live in denial of your sin, using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 3: Confessing and Turning from Sin.

Lesson 5: Our Victory.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- God is for us.
- Confess your sins to one another and pray for one another.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

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- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Romans 8:26-39 (God is for us)
and James 5:13-18 (Confess your
sins to one another and pray for
one another)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What does it practically mean that God is for us?
- What do these passages teach us about confessing sin?
- How are you already applying/experiencing the

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principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Thank** God, as a large group, that He is for you. Worship and exalt Him. Rejoice together!
- **Pray** for one another in small groups, confessing sin and praying for forgiveness and cleansing. As time allows, pray for one another using Wholeness Prayer.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Romans 8:38-39 (And review previous verses.)
 - **Pray:** Read and meditate on Gen 2:23-24, 1 Cor 6:13-20 and Matthew 18:18.
 - **Share:** Share with others what you are learning and pray for them.

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- **Practice:** Thank God that He is for you. Ask Him to continually help you be aware of your sin, confess it and ask for forgiveness. Ask others to help you pray through any ongoing sin issues, using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 3: Confessing and Turning from Sin.

Lesson 6: Holy and Unholy Bonds.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Holy and unholy one flesh bonds. Flee sexual immorality. Bind and loose, in Jesus’ name.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

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- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Gen 2:23-24 (one flesh) and 1 Cor
6:13-20 (flee sexual immorality)
and Matt 18:18 (bind and loose)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- Which one flesh bonds are holy? Which are unholy and why?
- What are the effects of unholy one flesh bonds? What can we ask God to do with them?
- How are you already applying/experiencing the

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principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

- **In small groups of like gender,** discuss the resource: “[Developing Healthy Boundaries](#).”
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Matthew 18:18 (And review previous verses.)
 - **Pray:** Read and meditate on 1 John 1:7 and Ephesians 5:1-14.
 - **Share:** Share with others what you are learning and pray for them.
 - **Practice:** With at least one person you trust, share any unholy sexual activity you’ve been involved in (whether or not it was your choice). If there was sin involved on your part

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(in some cases there won't be),
confess this and ask God to
forgive you. Together, ask God
to break any unholy one flesh
bonds, cleanse you of anything
unholy or unclean, and restore
to you anything that was lost;
then ask Him to help you find
and apply healthy boundaries.
Pray through any root issues,
using Wholeness Prayer
principles.

- 6) Pray** for one another. At the end, pray
a **closing prayer**, including key
foundational concepts. Commit to pray
for one another between training
times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 3: Confessing and Turning from Sin.

Lesson 7: Walk in the Light.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Walk in the light, expose darkness. Live in the light.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 1 John 1:7 (walk in the light) and Eph 5:1-14 (expose darkness, live in the light)

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about light and darkness?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these

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principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups of like gender,** discuss how you can expose

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darkness and walk in the light in your contexts, consistent with healthy boundaries. Pray for one another.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Ephesian 5:11 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses for the next module being studied].
 - **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Ask God to show you if there is any darkness you need to expose, and if so, how and to whom. Share your

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thoughts with at least one other person and pray together for wisdom and direction. Ask God to help you walk in the light. Use Wholeness Prayer principles to pray through any ways in which this is hard for you.

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

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Module 4: Overcoming Strongholds. Lesson 1: Be Aware.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Take every thought captive, identify strongholds,, demolish strongholds

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Foundations Module 1 Basic Principles. Test and Give Thanks: 1 Thess 5:21-22 (test everything, choose good, flee evil)
- b. Applications. Healing from Emotional Wounds. Be Made New. Ephesians 4:17-24 (take off old self, be made new)
- c. The last lesson studied.

➤ **Large group**

- Review the **top 3 principles** previously chosen from each of these lessons by your group.
- Write these principles (in words or pictures) on a whiteboard or flipchart.

- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): 2 Corinthians 10:3-5 (take every thought captive, demolish strongholds), 2 Timothy 3:1-5 and Romans 8:28-31 (improper behavior)

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What potential strongholds do you see in these passages?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or

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two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

- **Individually**, ask God to show you what strongholds are operating in your life and why.
- **Use Wholeness Prayer principles** to pray for one another in small groups, regarding any strongholds in the life of the person being prayed for. Follow the principles in “[Facilitating a Time of Wholeness Prayer](#)”.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 2 Corinthians 10:3-4 (And review previous verses.)
 - **Pray:** Read and meditate on Colossians 3:1-17 and Revelations 3:19-22.

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to continually help you identify and overcome any strongholds in your life, including any unwise vows or false beliefs. Ask others to help you pray through these issues, using Wholeness Prayer principles.
- **Resources** for this module: “Breaking Internal Strongholds” in “[Wholeness Prayer Simplified Version – Fourth Edition](#)” and “[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 4: Overcoming Strongholds. Lesson 2: Be Proactive.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Be proactive to put on your new self and invite Jesus in to every part of your life

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Colossians 3:1-17 (stop practicing
evil, put on new self) and
Revelations 3:19-22 (invite Jesus
in)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What behaviors does God tell us to stop practicing? What behaviors does God tell us to start practicing (put on)? How can Wholeness Prayer help us do this?

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- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, ask God to show you what behaviors you need to

stop and start doing, and to reveal any heart-level hindrances to doing this.

- **Use Wholeness Prayer principles** to pray for one another in small groups, regarding any ways in which the person being prayed for struggles to put off old, sinful behavior and put on new, holy behavior. Follow the principles in “[Facilitating a Time of Wholeness Prayer](#)”.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Revelations 3:20 (And review previous verses.)

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- **Pray:** Read and meditate on Ephesians 4:17-32 and Romans 12:1-2.
- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to continually help you identify any strongholds in your life, and to invite Him into these struggles. Ask others to help you pray through any root issues, using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 4: Overcoming Strongholds. Lesson 3: Be Renewed.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Be transformed, test and approve God’s will. Walk in new patterns.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Romans 12:1-2 (living sacrifice,
be transformed, test and approve
God's will) and Ephesians 4:25-
32 (walk in new patterns)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What are the main principles in these passages?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage

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people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, ask God to show you any unholy behaviors you

struggle with, and to reveal any heart-level hindrances to doing this. Invite Him to renew your mind.

- **Use Wholeness Prayer principles** to pray for one another in small groups, regarding any ways in which the person being prayed for struggles to stop unholy behavior and/or practice holy behavior from a joy-filled heart. Follow the principles in [“Facilitating a Time of Wholeness Prayer”](#).
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Romans 12:1-2
(And review previous verses.)

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- **Pray:** Read and meditate on [DBS verses in Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Ask God to continually renew your mind and help you identify any hindrances to this. Ask others to help you pray through any root issues, using Wholeness Prayer principles.
- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 5: Forgiving Others.

Lesson 1: The Inspiration.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Forgive as God forgave you

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

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- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. 1 Corinthians 6:13-20 (honor God with your bodies)
- b. The last lesson studied.

➤ Large group

- Review the **top 3 principles** previously chosen from each of these lessons by your group.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): Matthew 6:12-15 and Ephesians 4:32 (forgive as God forgave you)

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?

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- What do these passages teach us about forgiveness?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

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- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, ask God to show you anyone you need to forgive,

and to reveal any heart-level hindrances to doing this.

- **Use Wholeness Prayer principles** to pray for one another in small groups, regarding any ways in which the person being prayed for struggles to forgive. Follow the principles in [“Facilitating a Time of Wholeness Prayer”](#).
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Ephesians 4:32 (And review previous verses.)
 - **Pray:** Read and meditate on Matthew 18:21-35 and Ephesians 6:2-3.

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to continually help you identify anyone you need to forgive. Ask others to help you pray through any root issues, using Wholeness Prayer principles.
- **Resources:** “Forgiving Others” in “[Wholeness Prayer Simplified Version – Fourth Edition](#)”, “[Developing Healthy Boundaries](#)” and “[Facilitating a Time of Wholeness Prayer](#).”

6) **Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray

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for one another between training
times.

*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 5: Forgiving Others.

Lesson 2: The Extent.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Forgive from the heart, keep forgiving. Honor your parents and forgive them.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Matt 18:21-35 (forgive from the heart, keep forgiving) and
Ephesians 6:2-3 (honor parents and forgive them)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What do these passages teach us about forgiveness?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage

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people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, ask God to show you anyone you struggle to forgive

from the heart, and to reveal any hindrances to doing this.

- **Use Wholeness Prayer principles** to pray for one another in small groups, regarding any ways in which the person being prayed for struggles to forgive from the heart. Follow the principles in “[Facilitating a Time of Wholeness Prayer](#)”.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Ephesians 6:2-3 (And review previous verses.)
 - **Pray:** Read and meditate on Romans 12:14-21 and Luke 6:27-36.

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- **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Ask God to continually help you identify anyone you've not yet forgiven from the heart. Ask others to help you pray through any root issues, using Wholeness Prayer principles.
- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 5: Forgiving Others.

Lesson 3: The Contrast.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Bless those who persecute you. Overcome evil with good.
- Love your enemies, do good to them, be merciful.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Romans 12:14-21 (bless those
who persecute you, overcome
evil with good) and Luke 6: 27-36
(love your enemies, do good to
them, be merciful)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What might it look like for you to apply the principles in these passages?

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- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually:** Pray blessings over those you've forgiven. Ask God to fill you with love for them.
- **In small groups:** Intercede for those who persecute you. Ask God to forgive them, bless them, and fill them with the knowledge of Christ. Talk about ways you can show love to them, consistent with healthy boundaries.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Luke 6:27-28 (And review previous verses.)
 - **Pray:** Read and meditate on Matthew 5:7 and Matthew 7:1-5.

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- **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Ask God to continually help you love your enemies and overcome evil with good. Ask others to help you pray through any ways in which you struggle with this, using Wholeness Prayer principles.
- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 5: Forgiving Others.

Lesson 4: The Outworking.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- The merciful are shown mercy. Do not judge. The measure you use will be used for you.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Matthew 5:7 (merciful shown
mercy) and Matthew 7:1-5 (do not
judge, measure you use will be
used for you)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What are the main principles in these passages?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage

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people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually:** Ask God to show you any ways in which you're

judging others or not showing mercy to them.

- **Use Wholeness Prayer principles** to pray for one another in small groups, regarding any ways in which the person being prayed for struggles with judging others or withholding mercy from them. Follow the principles in [“Facilitating a Time of Wholeness Prayer.”](#)
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Matthew 5:7 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to continually show you when you're judging others or not showing mercy to them. Ask others to help you pray through any ways in which you struggle with this, using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 6: Healing from Trauma. Lesson 1: Our Cry.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Bring Him the burden ask Him to help without delay. He is good. Take refuge in Him. He delivers us from all our fears and struggles. Those who look to Him will not be ashamed.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer**

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concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Psalm 70 (bring Him the burden,
ask Him to help without delay)
and Psalm 34 (He delivers us
from all our fears and struggles,
no shame, He is good, take refuge
in Him)**

Ask 2-3 people to read the verses out loud, from varying translations when possible. Alternatively, listen to the

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What do these passages teach us about pouring our hearts out to God?

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- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually:** Pour out your hearts before God.

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- **In small groups:** Pray for any in your group who are suffering and ask God to deliver them.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Psalm 34:4-5 (And review previous verses.)
 - **Pray:** Read and meditate on Psalm 10:12,17,18 and Psalm 22:19-31.
 - **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Ask God to reveal to you any burdens you're carrying. Pour out your heart before Him and ask Him to move in power in the situation.

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If you're not carrying any heavy burdens, ask God to remind you of someone who is, then intercede for them.

- **Resources:** “Praying through Trauma” in “[Wholeness Prayer Simplified Version – Fourth Edition](#)” and “[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 6: Healing from Trauma. Lesson 2: God Hears.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- God hears and defends.
Praise and glorify Him.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Psalm 10:12,17,18, Ps 22:19-31
(God hears and defends, praise
and glorify Him)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- How do the main points of these passages apply to trauma in our lives?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage

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people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together 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

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in small groups, regarding any ways in which the person being prayed for has experienced trauma. Follow the principles in [“Facilitating a Time of Wholeness Prayer”](#) as you seek God’s peace in each memory of the traumatic event. Ask God to carry the burden of the trauma, send away any demonic elements that came as a result of the trauma, and protect the person by His power.

- **Pre-work** for next lesson:
 - **Memorize:** Psalm 10:17-18 (And review previous verses.)
 - **Pray:** Read and meditate on Isaiah 54:11-17 and Romans 16:20.

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to reveal to you any traumatic events in your life that are not yet filled with His peace and truth. Ask someone to help you pray through these, using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 6: Healing from Trauma. Lesson 3: God Responds.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- God will deliver His people. The God of peace will soon crush Satan under our feet.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Isaiah 54:11-17 (God will deliver
His people) and Romans 16:20
(God of peace will soon crush
Satan under our feet)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- How do the main points of these passages apply to trauma in our lives?
- How are you already applying the principles in this passage? How would you like to grow in applying

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these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together 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

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in small groups, regarding any ways in which the person being prayed for has experienced trauma. Follow the principles in [“Facilitating a Time of Wholeness Prayer”](#) as you seek God’s peace in each memory of the traumatic event. Ask God to carry the burden of the trauma, send away any demonic elements that came as a result of the trauma, and protect the person by His power.

- **Pre-work** for next lesson:
 - **Memorize:** Romans 16:20 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to reveal to you any traumatic events in your life that are not yet filled with His peace and truth. Ask someone to help you pray through these, using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 7: Grieving the Losses of Life. Lesson 1: Our Comfort.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- One of God’s names is the God of all comfort. Those who mourn will be comforted.
- God comforts the downcast. God empowers those He’s comforted to comfort others.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Applications Module 2 Healing from Emotional Wounds. Burdens lifted. Is 53:4 & Matthew 11:28-30 (Jesus carries our burdens, griefs and sorrows)
- b. The last lesson studied.

➤ Large group

- Review the **top 3 principles** previously chosen from each of these lessons by your group.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): Matthew 5:4 (those who mourn

**will be comforted), 2 Corinthians
1:2-7 (God of all comfort) and 2
Corinthians 7:4-7 (God comforts
the downcast).**

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

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- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about finding comfort?
- What do these passages teach us about comforting others?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?

- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's

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+2, basic principles, and all the lessons covered so far in this module.

- **Individually**, lift before God any ways in which you are grieving. Invite Him in and ask Him to carry your burdens and bring His comfort.
- **In small groups**, briefly **discuss** the grieving process as described in “Module 7 – Grieving the Losses of Life” in “[Wholeness Prayer Simplified Version – Fourth Edition](#).” **Share** your griefs with one another and **pray** for one another. Ask God to reveal, to each person who is grieving, any stuck places in the grieving process (i.e. anger outward, anger inward).

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- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Matthew 5:4 (And review previous verses.)
 - **Pray:** Read and meditate on Romans 5:1-5 and 1 Thessalonians 4: 13-18.
 - **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Ask God to show you if you're stuck anywhere in the grieving process.
 - **Resources** for this module: "Grieving the Losses of Life" in ["Wholeness Prayer Simplified Version – Fourth Edition"](#) and

[“Facilitating a Time of Wholeness Prayer.”](#)

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 7: Grieving the Losses of Life. Lesson 2: Our Hope.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- We exult in hope of the glory of God. Much fruit comes from suffering.
- God will bring with Jesus His followers who have died.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Romans 5:1-5 (we exult in hope
of the glory of God, much fruit
comes from suffering) and 1
Thessalonians 4: 13-18 (God will
bring with Jesus His followers
who have died)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What are the main lessons in these passages?
- How are you already applying/experiencing the

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principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together 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

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in small groups, regarding any ways in which the person being prayed for feels stuck in their grieving process.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Romans 5:3-5 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning.
 - **Practice:** If you feel stuck in your grieving process, ask someone to help you pray through this using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 8: Understanding God's Character. Lesson 1: Trust Him.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Those who trust God are blessed. Trust God with all your heart.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Ephesians 1:15-23 (eyes of our hearts enlightened to know Him as He is)
- b. The last lesson studied.

➤ Large group

- Review the **top 3 principles** previously chosen from each of these lessons by your group.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): Jeremiah 17:7-8 (those who trust God are blessed) and Proverbs

3:5-8 (trust God with all your heart)

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?

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- What do these passages teach us about people?
- What do these passages teach us about trusting in God?
- What types of experiences might contribute to a person's struggle to fully trust God?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?

- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's

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+2, basic principles, and all the lessons covered so far in this module.

- **Individually**, ask God to reveal to you and ways in which you struggle to trust Him fully.
- **In small groups, work through** the resource “[Understanding God’s Character](#)”.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Jeremiah 17:7-8 (And review previous verses.)
 - **Pray:** Read and meditate on Isaiah 11:1-5 and Psalm 45.
 - **Share:** Share with others what you are learning and pray for them.

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- **Practice:** Ask God to continue show you any ways in which you struggle to trust Him. Ask someone to help you pray through these issues, using the resource “[Understanding God’s Character](#).”
- **Resources** for this module: “[Wholeness Prayer Simplified Version – Fourth Edition](#)”, “[Facilitating a Time of Wholeness Prayer](#)” and “[Understanding God’s Character](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray

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for one another between training
times.

*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 8: Understanding God's Character.

Lesson 2: God's Character.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Attributes of the Spirit of the Lord, His character, and His goodness

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Isaiah 11:1-5 (the Spirit of the
Lord) and Ps 145 (His goodness)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What early experiences might contribute to people misunderstanding God's character?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Use Wholeness Prayer principles and the resource

“Understanding God’s Character”

to pray for one another in small groups, regarding any ways in which the person being prayed for struggles to understand God’s character.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Psalm 145:5 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning.
 - **Practice:** Ask God to continue to help you understand His character, and reveal to you any

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ways in which you have misunderstood (at a heart level) who He is. As these are identified, ask someone to help you pray through them using Wholeness Prayer principles and the resource [“Understanding God’s Character.”](#)

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

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Module 9: Overcoming Doubt and Unbelief.

Lesson 1: The Challenge.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Those who doubt are unstable. Have faith and don't doubt. All things are possible to those who believe.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

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- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

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3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
James 1:5-8 (those who doubt are unstable), Matthew 14:22-32 (have faith and don't doubt) and Mark 9:14-28 (all things are possible to those who believe)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What is the challenge in these passages? What helps us have faith?

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- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually:** Ask God to show you any ways in which you struggle with doubt and unbelief.
- **In small groups:** Use Wholeness Prayer principles to pray for any in your group who are struggling with doubt and unbelief.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** James 1:5 (And review previous verses.)
 - **Pray:** Read and meditate on Mark 11:22-24, 1 John 5:3-5, and Jude 1:20-23.
 - **Share:** Share with others what you are learning and pray for them.

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- **Practice:** Ask God to reveal to you any ways in which you struggle with doubt and unbelief. As these are revealed, ask someone to help you pray through these issues, using Wholeness Prayer.
- **Resources:** “[Wholeness Prayer Simplified Version – Fourth Edition](#)” and “[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 9: Overcoming Doubt and Unbelief.

Lesson 2: Our Response.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Believe and receive.
Overcome the world by faith.
Stay in God’s love. Show mercy.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Mark 11:22-24 (believe and receive), 1 John 5:3-5 (overcome the world, faith) and Jude 1:20-23 (stay in God's love, show mercy)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What do these passages teach us about faith and belief?
- How are you already applying/experiencing the

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principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one

key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.

- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Pray together, asking God to bring breakthroughs in ongoing challenges.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.

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- **Pre-work** for next lesson:
 - **Memorize:** Mark 11:24 (And review previous verses.)
 - **Pray:** Read and meditate on Hebrews 11:1-12:3.
 - **Share:** Share with others what you are learning.
 - **Practice:** Ask God to help you keep your eyes on Him and continually pray in faith, believing. If you struggle with doubt or unbelief in any way, ask others to pray with you using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray

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for one another between training
times.

*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 9: Overcoming Doubt and Unbelief.

Lesson 3: Our Encouragers.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Consider those who’ve come before us. Look to Jesus.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Hebrews 11:1-12:3 (consider
those who've come before us,
look to Jesus)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What can we learn from these examples?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these

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principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Give testimony to ways God has answered prayers

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in the past. Thank Him for these. If anyone is struggling with doubt or unbelief, pray with them using Wholeness Prayer principles.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Hebrews 12:1-2 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses for Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning.
 - **Practice:** Ask God to remind you of ways He's answered prayer. Praise Him for these. If you struggle with doubt or unbelief in any way, ask others

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to pray with you using
Wholeness Prayer principles.

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 10: Overcoming Ungodly Anger.

Lesson 1: How to Walk.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Don't let sun go down while you are still angry. Flee anger. Human anger does not bring about the righteous life that God desires.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer**

concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding.

Others intercede quietly. Matt
18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7

- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Psalm 145:8-9 (God is slow to anger, rich in love and compassion, good to all)
- b. The last lesson studied.

➤ **Large group**

- Review the **top 3 principles** previously chosen from each of these lessons by your group.
- Write these principles (in words or pictures) on a whiteboard or flipchart.

- Together practice the gestures or hand motions for these lessons.

**4) Discovery Bible Study (DBS):
Ephesians 4:17-32 (don't let sun
go down while you are still angry,
flee anger) and James 1:20
(human anger does not bring
about the righteous life that God
desires)**

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about ungodly anger?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you

have all the main points in the lesson.

- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, ask God to reveal to you any ways in which you struggle with ungodly anger.
- **In small groups**, use Wholeness Prayer principles to pray for one another regarding any ways the person being prayed for struggles with ungodly anger. When taking

the anger captive, ask God to reveal to the person how they felt right before they became angry, and whether there was any shame, fear, hurt, and/or frustration.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Ephesians 4:26-27 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses in Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Ask God to remind you of any ways in which you

struggle with ungodly anger. As these are revealed, ask someone to help you pray through this issue using Wholeness Prayer principles. (When taking the anger captive, ask God to reveal how you felt right before you became angry, and whether there was any shame, fear, hurt, and/or frustration.)

- **Resources** for this module:
“Keys for Anger” in “[Wholeness Prayer Simplified Version – Fourth Edition](#)” and
“[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 11: Overcoming Worldly Pride. Lesson 1: The Contrast.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- The contrast between pride and humility.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Proverbs 11:2, 16:18, 29:23 and
Matthew 23:12 (the contrast
between pride and humility)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What is the challenge in these passages?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible

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applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually:** Ask God to show you any ways in which you struggle with worldly pride.
- **In small groups:** Discuss ways worldly pride might be a work in your lives but not be recognized as such.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Proverbs 11:2 (And review previous verses.)
 - **Pray:** Read and meditate on Matthew 18:1-6 and 1 John 2:15-17.
 - **Share:** Share with others what you are learning and pray for them.

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- **Practice:** Ask God to reveal to you any ways in which you struggle with pride. As these are revealed, ask someone to help you pray through these issues, using Wholeness Prayer.
- **Resources:** “[Wholeness Prayer Simplified Version – Fourth Edition](#)” and “[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 11: Overcoming Worldly Pride.

Lesson 2: Our Instruction.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Be humble as a child. Don't love the world or its lusts and pride.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Matthew 18:1-6 (be humble as a child) and 1 John 2:15-17 (don't love the world or its lusts and pride)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about pride and humility?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Use Wholeness Prayer principles to pray for any in

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your group who are struggling with pride or lack of humility.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 John 2:17 (And review previous verses.)
 - **Pray:** Read and meditate on Matthew 11:28-30 and Philippians 2:5-11.
 - **Share:** Share with others what you are learning.
 - **Practice:** Ask God to help you be humble. If you struggle with this in any way, ask others to pray with you using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 11: Overcoming Worldly Pride. Lesson 3: Our Example.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Follow Jesus’ example and walk in humility.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Matthew 11:28-30 and
Philippians 2:5-11 (Jesus our
example)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about Jesus?
- What do these passages teach us about people?
- How can we follow Jesus' example of humility?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these

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principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Use Wholeness Prayer principles to pray for any in

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your group who are struggling to follow Jesus' example of humility.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Matthew 11:28-30 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning.
 - **Practice:** Ask God to help you follow Jesus' example of humility. If you struggle with this in any way, ask others to pray with you using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 12: Overcoming Jealousy. Lesson 1: Ungodly Jealousy.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Jealousy is more destructive than anger and wrath. Make no provision for the flesh.
- Examples of fleshly jealousy and strife.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Proverbs 27:4 (jealousy more
destructive than anger and
wrath), Romans 13:13-14 (make
no provision for the flesh) and 1
Corinthians 3:1-9 (examples of
fleshly jealousy and strife)**

Ask 2-3 people to read the verses out loud, from varying translations when possible. Alternatively, listen to the

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What is the challenge in these passages?

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- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually:** Ask God to show you any ways in which you struggle with worldly pride.
- **In small groups:** Discuss ways fleshly jealousy might be a work in your lives but not be recognized as such.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Proverbs 27:4
(And review previous verses.)
 - **Pray:** Read and meditate on Psalm 4:6-7, Psalm 16:5-11, and Philippians 4:11-13.
 - **Share:** Share with others what you are learning and pray for them.

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- **Practice:** Ask God to reveal to you any ways in which you struggle with jealousy. As these are revealed, ask someone to help you pray through these issues, using Wholeness Prayer.
- **Resources:** “[Wholeness Prayer Simplified Version – Fourth Edition](#)” and “[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 12: Overcoming Jealousy. Lesson 2: Greater Joy.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- God is the source of true joy. In His presence is fullness of joy. We can learn contentment.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

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- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

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3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Psalm 4:6-7 (God the source of true joy), Psalm 16:5-11 (In Him is fullness of joy), and
Philippians 4:11-13 (we can be content)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about joy and contentment?
- How are you already applying/experiencing the

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principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Use Wholeness Prayer principles to pray for any in

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your group who are struggling with joy or contentment.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Philippians 4:11-13 (And review previous verses.)
 - **Pray:** Read and meditate on 1 Corinthians 10:13-24 and 2 Corinthians 11:1-3.
 - **Share:** Share with others what you are learning.
 - **Practice:** Ask God to help you grow in joy and contentment. If you struggle with this in any way, ask others to pray with you using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 12: Overcoming Jealousy. Lesson 3: Godly Jealousy.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Flee idolatry. Be devoted to God alone.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 1 Corinthians 10:13-24 (flee idolatry) and 2 Corinthians 11:1-3 (be devoted to God alone)

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What might be practical out-workings of obeying the challenges in these passages?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Use Wholeness Prayer principles to pray for any in

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your group who are struggling to put God first and obey Him in everything.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 Corinthians 10:13-14 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses for Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning.
 - **Practice:** Ask God to help you grow in putting God first and obeying Him in everything. If you struggle with this in any way, ask others to pray with you

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using Wholeness Prayer
principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 13: Overcoming Self-Pity. Lesson 1: Remember.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Self-pity brings unhealthy fruit. Example of Cain.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Applications. Module 2 Healing from Emotional Wounds
- b. The last lesson studied.

➤ Large group

- Review the **top 3 principles** previously chosen from each of these lessons by your group.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): Genesis 4:1-10 (the fruit of self-pity)

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?

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- What was the result of self-pity in Cain's life?
- How are you already applying the principles in this passage? How would you like to grow in applying these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually:** Ask God to show you any ways in which you struggle with worldly pride.
- **In small groups:** Discuss ways self-pity might be a work in your lives but not be recognized as such.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Genesis 4:6 (And review previous verses.)
 - **Pray:** Read and meditate on Psalm 42.
 - **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Ask God to reveal to you any ways in which you struggle with self-pity. As these

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are revealed, ask someone to help you pray through these issues, using Wholeness Prayer.

- **Resources:** [“Wholeness Prayer Simplified Version – Fourth Edition”](#) and [“Facilitating a Time of Wholeness Prayer.”](#)

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 13: Overcoming Self-Pity. Lesson 2: [Refocus.](#)

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Bring your struggles to God. Hope in Him.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Psalm 42 (bring your struggles to
God, hope in Him)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- How can bringing your struggles to God help you not live in self-pity?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these

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principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Use Wholeness Prayer principles to pray for any in

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your group who are struggling with self-pity.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Psalm 42:11 (And review previous verses.)
 - **Pray:** Read and meditate on 1 Thessalonians 5:16-18 and 1 Chronicles 16:8-12.
 - **Share:** Share with others what you are learning.
 - **Practice:** Ask God to help you bring your struggles to Him, put your hope in Him and not live in self-pity. If you struggle with this in any way, ask others to pray with you using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 13: Overcoming Self-Pity. Lesson 3: Rejoice.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Rejoice. Give thanks in all circumstances. Call on God. Make Him known.
- Sing praises to Him. Glory in Him. Be glad in Him. Seek Him.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

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- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 1 Thessalonians 5:16-18 (rejoice, pray, give thanks in all circumstances) and 1 Chronicles 16:8-12 (give thanks, call on God, make Him known, sing praises to Him, glory in Him, be glad in Him, seek Him)

Ask 2-3 people to read the verses out loud, from varying translations when

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- How can obeying the principles in these passages help you to not live in self-pity?

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- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

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- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Spend time rejoicing, giving thanks, and glorifying God together. Use

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Wholeness Prayer principles to pray for any in your group who are struggling with this.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 Thessalonians 5:16-18 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning.
 - **Practice:** Spend at least 5 minutes each day thanking God for things you've not thanked Him for previously. Ask Him to

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help you live in continual heart-
felt thanksgiving.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 14: Overcoming Unhealthy Guilt and Shame.

Lesson 1: Forgiving and Accepting Ourselves.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Freely justified by his grace. Forgiven by Christ. Imitate Christ. Receive His forgiveness and acceptance. Forgive and accept yourself. Give Him all of your guilt and shame.

- 1) **Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) **Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding.

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Others intercede quietly. Matt
18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus'

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name. Matt 18:18-20, Ps 143:10,
Prov 18:10

- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name.

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Luke 17:11-19, John 8:31, Luke
10:17-19

3) Review

- a. Psalm 34:5 (those who look to Him are radiant – no shame), Romans 8:1-2 (no condemnation), Ephesians 1:4-8 (chosen to be holy and blameless in His sight, redeemed, lavished with grace), Ephesians 2:8-9 (saved by grace, not works), Ephesians 4:32 (forgive others as God forgave you), Romans 15:7 (accept one another as Christ accepted you) and Ephesians 5:1-2 (imitate God as dearly loved children)
- b. The last lesson studied.

➤ **Large group**

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- Review the **top 3 principles** from the review verses, and from the last lesson studied.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

**4) Discovery Bible Study (DBS):
Romans 3:21-30 (freely justified
by his grace), Colossians 2:13-15
(forgiven by Christ) and 1
Corinthians 11:1 (imitate me as I
imitate Christ).**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What do these passages teach us about unhealthy guilt and shame?
- How can we imitate Christ's forgiveness and acceptance of us?

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- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, ask God to reveal to you any ways in which you struggle

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to receive God's forgiveness and acceptance, forgive and accept yourself, or give God all your guilt and shame.

- **In small groups**, use Wholeness Prayer principles to pray for one another regarding any ways the person being prayed for struggles with receiving God's forgiveness and acceptance, forgiving or accepting themselves, or giving God all of their guilt and shame.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 Corinthians 11:1 (And review previous verses.)

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- **Pray:** Read and meditate on [DBS verses in Lesson 1 of the next module being studied].
- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to remind you of any ways in which you struggle to receive God's forgiveness and acceptance, forgive or accept yourself, or give God all of your guilt and shame. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer principles.
- **Resources** for this module: ["Wholeness Prayer Simplified Version – Fourth Edition"](#) and

“Facilitating a Time of
Wholeness Prayer.”

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 15: Overcoming Unhealthy Fear. Lesson 1: Our Refuge.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- He delivers us from all our fears and struggles. He is good. Look to Him. Take refuge in Him.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Ps 34:4-10 (He delivers us from all our fears and struggles, no shame, He is good, take refuge in Him), Eph 3:14-21 (God's lavish love, His great power at work in us), Rom 8:38-39 (nothing can separate us from the love of God)
- b. The last lesson studied.

➤ Large group

- Review the **top 3 principles** from the review verses, and from the last lesson studied.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS):
Psalm 34:4-10 (He delivers us
from all our fears and struggles,
He is good, look to Him, take
refuge in Him)

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 discuss the following questions. Help everyone

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participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- What does this passage teach us about fear?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?

- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's

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+2, basic principles, and all the lessons covered so far in this module.

- **Individually**, ask God to reveal to you any ways in which you struggle with unhealthy fear.
- **In small groups**, use Wholeness Prayer principles to pray for one another regarding any ways the person being prayed for struggles with unhealthy fear.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Psalm 34:4-5 (And review previous verses.)
 - **Pray:** Read and meditate on Philippians 4:6-9 and John 14:27.

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to remind you of any ways in which you struggle with unhealthy fear. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer principles.
- **Resources** for this module:
“[Wholeness Prayer Simplified Version – Fourth Edition](#)” and
“[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray

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for one another between training
times.

*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 15: Overcoming Unhealthy Fear. Lesson 2: God of Peace.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Experiencing God’s peace.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R’s + 2, and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

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- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Philippians 4:6-9 and John 14:27
(experiencing God's peace)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about experiencing God's peace?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these

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principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Use Wholeness Prayer principles to pray for any in

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your group who are struggling with experiencing God's peace.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Philippians 4:6-7 (And review previous verses.)
 - **Pray:** Read and meditate on 1 John 4:18-19 and Romans 8:14-17.
 - **Share:** Share with others what you are learning.
 - **Practice:** If you struggle with unhealthy fear, ask others to pray with you using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key

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foundational concepts. Commit to pray
for one another between training
times.

*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 15: Overcoming Unhealthy Fear.

Lesson 3: Love Conquers Fear.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- There is no fear in love. We are not slaves living in fear, but His children.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 1 John 4:18-19 (no fear in love) and Romans 8:14-17 (not slaves living in fear, but His children)

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- How does God's love conquer fear?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to

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consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Use Wholeness Prayer principles to pray for any in

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your group who are struggling with experiencing God's love.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 John 4:18 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning.
 - **Practice:** If you struggle with receiving God's love, or with unhealthy fear, ask others to pray with you using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 16: No Longer a Victim. Lesson 1: Set Free.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Set free, rescued, redeemed, forgiven
- Stand firm.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Applications. Module 15
Overcoming Unhealthy Fear.
- b. Eph 1:17-21 (God's power at work in us)
- c. The last lesson studied.

➤ Large group

- Review the **top 3 principles** from the review verses, and from the last lesson studied.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): Galatians 5:1 (set free, stand

firm) and Colossians 1:13-14
(rescued, redeemed, forgiven)

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?

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- What do these passages teach us about followers of Jesus?
- What are the main principles in these passages?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually**, ask God to reveal to you any ways in which you feel disempowered.
- **In small groups**, use Wholeness Prayer principles to pray for one another regarding any ways the person being prayed for struggles with feeling disempowered.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Galatians 5:1 (And review previous verses.)
 - **Pray:** Read and meditate on Psalm 32:6-7 and Psalm 91.
 - **Share:** Share with others what you are learning and pray for them.

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- **Practice:** Ask God to remind you of any ways in which you struggle with feeling disempowered. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer principles.
- **Resources** for this module:
“[Wholeness Prayer Simplified Version – Fourth Edition](#)” and
“[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 16: No Longer a Victim. Lesson 2: Protected by God.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- In Christ, we are hidden, surrounded, protected.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Psalm 32:6-7 and Psalm 91
(hidden, protected, surrounded)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about experiencing God's protection?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Use Wholeness Prayer principles to pray for any in

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your group who are struggling with experiencing God's protection.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Psalm 91:1-2 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning.
 - **Practice:** If you struggle with unhealthy fear, ask others to pray with you using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key

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foundational concepts. Commit to pray
for one another between training
times.

*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 17: Overcoming Unhealthy Control.

Lesson 1: All for Jesus.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Love the Lord your God with all your heart, soul and mind.
- Love your neighbor as yourself.
- His kingdom come, His will be done.

- 1) **Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) **Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding.

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Others intercede quietly. Matt
18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus'

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name. Matt 18:18-20, Ps 143:10,
Prov 18:10

- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name.

Luke 17:11-19, John 8:31, Luke
10:17-19

3) **Review** the previous lesson.

- **Individually**
 - Write down or otherwise note your **top 3 principles** from the previous lesson.

- **Small Groups:** If your large group is more than 7 people you may want to split into small groups.
 - Review the previous lesson's **memory verse(s)**.
 - Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.

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- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Matthew 22:37-39 (love the Lord
your God with all your heart, soul
and mind; love your neighbor as
yourself) and Matthew 6:9b-10
(His kingdom come, His will be
done)**

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?

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- How can applying the main principles in these passages help us overcome unhealthy control?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually**, ask God to reveal to you any ways in which you desire unhealthy control.
- **In small groups**, use Wholeness Prayer principles to pray for one another regarding any ways the person being prayed for struggles with unhealthy control.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Matthew 22:37-39 (And review previous verses.)
 - **Pray:** Read and meditate on Isaiah 30:15-18, 1 Samuel 13:8-14 and 1 Samuel 24:1-7.
 - **Share:** Share with others what you are learning and pray for them.

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- **Practice:** Ask God to remind you of any ways in which you struggle with unhealthy control. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer principles.
- **Resources** for this module:
“[Wholeness Prayer Simplified Version – Fourth Edition](#)” and
“[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 17: Overcoming Unhealthy Control.

Lesson 2: Trust and Rest.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Wait for God. Trust. Rest.
- Contrast Saul’s impatience with David’s patient submission to God.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Isaiah 30:15-18 (trust, rest, wait
for God), 1 Samuel 13:8-14 (Saul's
impatience) and 1 Samuel 24:1-7
(David's patient submission to
God)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about the importance of waiting for God in trust and rest?

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- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually**, ask God to reveal to you any ways in which you struggle to wait for God in trust and rest.
- **In small groups**, use Wholeness Prayer principles to pray for one another regarding any ways the person being prayed for struggles with waiting for God in trust and rest.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Isaiah 30:18 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning.

- **Practice:** Ask God to show you any ways in which you struggle to wait for Him in trust and rest. As these emerge, ask others to pray with you using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 18: Overcoming Perfectionism. Lesson 1: Not Yet Perfect.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Losing all things to gain Christ and know Him.
Pressing on.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Gal 5:1 (set free, stand firm)
- b. Applications. Module 17
Overcoming Unhealthy Control
- c. The last lesson studied.

➤ Large group

- Review the **top 3 principles** from the review verses, and from the last lesson studied.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): Philippians 3:7-16 (losing all

things to gain Christ and know Him, pressing on)

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?

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- What does this passage teach us about followers of Jesus?
- What are the main principles in this passage?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually**, ask God to reveal to you any ways in which you struggle with perfectionism (feeling that you already have to be perfect in every way).
- **In small groups**, use Wholeness Prayer principles to pray for one another regarding any ways the person being prayed for struggles with feeling they need to already be perfect.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Philippians 3:7-8 (And review previous verses.)

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- **Pray:** Read and meditate on 2 Corinthians 3:17-18 and 2 Corinthians 4:5-7.
- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to remind you of any ways in which you struggle with feeling you need to already be perfect. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer principles.
- **Resources** for this module:
“[Wholeness Prayer Simplified Version – Fourth Edition](#)” and
“[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 18: Overcoming Perfectionism.

Lesson 2: Reflecting His Glory.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- We are being transformed.
- God’s light shines in our hearts. We have this treasure in jars of clay.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 2 Corinthians 3:17-18 (being transformed) and 2 Corinthians 4:5-7 (God's light shines in our hearts, this treasure is in jars of clay)

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- How can the main principles in these passages help us joyfully accept our process of growing toward perfection?

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- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups:** Use Wholeness Prayer principles to pray for any in

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your group who are struggling with accepting the joy of their process toward being perfected in Christ.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 2 Corinthians 3:17-18 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning.
 - **Practice:** If you struggle with accepting the joy of your process toward being perfected in Christ, ask others to pray

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with you using Wholeness
Prayer principles.

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 19: Overcoming Insecurity.

Lesson 1: Our Foundation.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- He is our sure foundation.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Eph 1 (holy and blameless, His great power at work in us), Eph 2 (raised, seated, reconciled), Eph 3:14-21 (God's lavish love, His great power at work in us)
- b. Applications Module 15 Overcoming Unhealthy Fear
- c. Applications Module 16 No Longer a Victim
- d. The last lesson studied.

➤ **Large group**

- Review the **top 3 principles** from the review verses, and from the last lesson studied.
- Write these principles (in words or pictures) on a whiteboard or flipchart.

- Together practice the gestures or hand motions for these lessons.

**4) Discovery Bible Study (DBS):
Isaiah 28:16 and 1 Peter 2:4-6
(He is our sure foundation)**

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 discuss the

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following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- How can the main principles in these passages help us overcome insecurity?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

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- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to

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stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

- **Individually**, ask God to reveal to you any ways in which you struggle with insecurity.
- **In small groups**, use Wholeness Prayer principles to pray for one another regarding any ways the person being prayed for struggles with insecurity.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Isaiah 28:16 (And review previous verses.)

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- **Pray:** Read and meditate on Psalm 37:1-13.
- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to remind you of any ways in which you struggle with insecurity. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer principles.
- **Resources** for this module:
“[Wholeness Prayer Simplified Version – Fourth Edition](#)” and
“[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 19: Overcoming Insecurity.

Lesson 2: Our Focus.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Fix your eyes on Jesus. Look to Him. Delight in Him. Trust Him. Wait for Him.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Ps 34:4-10 (He delivers us from all our fears and struggles, no shame, He is good, take refuge in Him), 1 John 4:18-19 (no fear in love), Matt 22:37-39 (love the Lord your God with all your heart, soul and mind; love your neighbor as yourself), Heb 12:1-3 (fixing our eyes on Jesus)
- b. The last lesson studied.

➤ **Large group**

- Review the **top 3 principles** from the review verses, and from the last lesson studied.
- Write these principles (in words or pictures) on a whiteboard or flipchart.

- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): Psalm 37:1-13 (delight in God, trust Him, wait for Him)

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 discuss the

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following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about followers of Jesus?
- How can the main principles in this passage and the review passages help us overcome insecurity?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

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- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to

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stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

- **Individually**, ask God to reveal to you any ways in which you struggle with fixing your eyes on Jesus and trusting Him.
- **In small groups**, use Wholeness Prayer principles to pray for one another regarding any ways the person being prayed for struggles with fixing their eyes on Jesus and trusting Him.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.

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- **Pre-work** for next lesson:
 - **Memorize:** Psalm 37:4 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Ask God to continue to remind you of any ways in which you struggle with fixing your eyes on Jesus and trusting Him. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer principles.
 - **Resources** for this module:
“[Wholeness Prayer Simplified](#)”

[Version – Fourth Edition](#)” and
“[Facilitating a Time of](#)
[Wholeness Prayer.](#)”

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 20: Living in the Light.

Lesson 1: Deception.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- The heart is deceitful. God searches our hearts.
- Rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind.
- Expose and expel darkness. Live in the light.

- 1) **Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) **Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding.

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Others intercede quietly. Matt
18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus'

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name. Matt 18:18-20, Ps 143:10,
Prov 18:10

- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name.

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Luke 17:11-19, John 8:31, Luke
10:17-19

3) Review

- a. Ephesians 4:22-23 (put off your old self, which is being corrupted by its deceitful desires), Ephesians 5:8-11 (expose fruitless deeds of darkness, live as children of the light), 2 Cor 10:5 (take every thought captive), John 3:21 (live by the truth, come into the light)
- b. Applications. Module 19
Overcoming Insecurity
- c. The last lesson studied.

➤ Large group

- Review the **top 3 principles** from the review verses, and from the last lesson studied.

- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

**4) Discovery Bible Study (DBS):
Jeremiah 17:9-10 (heart is
deceitful, God searches our
hearts) and 1 Peter 2:1 (rid
yourselves of all malice, all
deceit, hypocrisy, envy, and
slander of every kind)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What do these passages teach us about deception?
- How does deception hinder walking in the light?

- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group.

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Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.

- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually,** ask God to reveal to you any ways in which you struggle with deception, including deceiving yourself or choosing to be unaware

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of problems or sin, and to fill those places to overflowing with His light

- **In small groups**, discuss ways people may struggle with deception and be unaware of it. Ask God together to expose and remove any deception at work in your lives and fill those places to overflowing with His light.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 1 Peter 2:1 (And review previous verses.)
 - **Pray:** Read and meditate on Matthew 23:23-28 and 2 Timothy 3:2-5.

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to reveal any ways in which you struggle with deception. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer.
- **Resources** for this module:
“[Wholeness Prayer Simplified Version – Fourth Edition](#)” and
“[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray

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for one another between training
times.

*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 20: Living in the Light.

Lesson 2: Hypocrisy.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Warnings against hypocrisy and those who have a form of godliness but deny its power.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Matthew 23:23-28 (warnings to
hypocrites) and 2 Timothy 3:2-5
(those who have a form of
godliness but deny its power)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What do these passages teach us about being hypocritical?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, ask God to reveal to you any ways in which you struggle

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with being hypocritical and fill those places to overflowing with His light.

- **In small groups**, discuss ways people may struggle with hypocrisy and be unaware of it. Ask God together to expose and remove any hypocrisy at work in your lives and fill those places to overflowing with His light. Use Wholeness Prayer principles to pray with any who would like to be freed from practicing deception or hypocrisy.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Matthew 23:27-28 (And review previous verses.)

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- **Pray:** Read and meditate on John 8:12 and Matthew 5:14-16.
- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to reveal any ways in which you struggle with being hypocritical. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 20: Living in the Light.

Lesson 3: Light of the World.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Jesus is the light of the world.
- You are the light of the world. Let your light shine.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
John 8:12 (Jesus is the light of
the world) and Matthew 5:14-16
(you are the light of the world, let
your light shine)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- What do these passages teach us about being the light of the world?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

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- **Individually**, ask God to reveal to you any ways in which you struggle with shining His light.
- **In small groups**, ask God together to help you shine His light into the world. Use Wholeness Prayer principles to pray with any who struggle to live in God's light and walk in His ways.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Matthew 5:14-16 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to reveal any ways in which you struggle with living in God's light and shining His light into the world. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 21: Replacing Counterfeits. Lesson 1: Broken Cisterns.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Identify ways in which you might be following worthless idols or digging broken cisterns.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Colossians 3:14 (love, perfect unity)
- b. Applications. Module 20 Living in the Light
- c. The last lesson studied.

➤ Large group

- Review the **top 3 principles** from the review verses, and from the last lesson studied.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): Jeremiah 2:11-13 (God was exchanged for worthless idols, living water was exchanged for

**broken cisterns that couldn't
hold water)**

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?

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- What does this passage teach us about God's people?
- In what ways might we be following worthless idols or digging broken cisterns?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?

- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the

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lessons covered so far in this module.

- **Individually**, ask God to show you any ways in which you might be following worthless idols or digging broken cisterns.
- **In small groups**, together ask God to reveal any ways in which you might be following worthless idols or digging broken cisterns, and to replace these with His living water.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Jeremiah 2:13 (And review previous verses.)
 - **Pray:** Read and meditate on Matthew 15:1-20.

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to remind you of any areas of darkness at work in your life. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer principles.
- **Resources** for this module:
“[Wholeness Prayer Simplified Version – Fourth Edition](#)” and
“[Facilitating a Time of Wholeness Prayer.](#)”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray

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for one another between training
times.

*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 21: Replacing Counterfeits. Lesson 2: Holiness.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Contrasting counterfeit and true holiness.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. 1 Pet 1:14-16 (be holy), Eph 4:24
(true righteousness and holiness)
- b. The last lesson studied.

➤ Large group

- Review the **top 3 principles** from the review verses, and from the last lesson studied.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): Matthew 15:1-20 (counterfeit holiness)

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about followers of Jesus?

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- How can we distinguish between true and counterfeit holiness?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually,** ask God to unveil any counterfeit holiness in your life and replace it with true holiness.

- **In small groups**, together ask God to expose any counterfeit holiness in your lives and replace it with true holiness. Use Wholeness Prayer principles to pray with any who would struggles with counterfeit holiness.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Matthew 15:8-9 (And review previous verses.)
 - **Pray:** Read and meditate on Romans 12:9-10, 1 Peter 1:22 and 1 John 3:18.
 - **Share:** Share with others what you are learning and pray for them.

- **Practice:** Ask God to continue to reveal any ways in which you practice counterfeit holiness. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 21: Replacing Counterfeits. Lesson 3: Love.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Love must be sincere. Love one another deeply from the heart. Love in deed and truth.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

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- Write down or otherwise note your **top 3 principles** from the previous lesson.
- **Small Groups:** If your large group is more than 7 people you may want to split into small groups.
 - Review the previous lesson's **memory verse(s)**.
 - Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
 - **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.
- **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Romans 12:9-10 (love must be sincere), 1 Peter 1:22 (love one another deeply from the heart) and 1 John 3:18 (love in deed and truth)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about followers of Jesus?
- How can we distinguish between true and counterfeit love?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

- **Individually**, ask God to unveil any counterfeit love in your life and replace it with sincere love.
- **In small groups**, together ask God to expose any counterfeit love in your lives and replace it with sincere love. Use Wholeness Prayer principles to pray with any who struggle with loving others sincerely and deeply in deed, truth and holiness.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Romans 12:9-10
(And review previous verses.)

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- **Pray:** Read and meditate on Jeremiah 6:13-15 and 8:8-12, John 14:27, Philippians 4:6-7.
- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to continue to reveal any ways in which you are not loving sincerely and deeply in deed, truth and holiness. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray

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for one another between training
times.

*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 21: Replacing Counterfeits. Lesson 4: Peace.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Counterfeit peace contrasted with true peace.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Jeremiah 6:13-15 & 8:8-12
(counterfeit peace), John 14:27 &
Philippians 4:6-7 (true peace)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- How can we distinguish between true and counterfeit peace?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these

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principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, ask God to reveal any ways in which you pretend to

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live in peace with others instead of acknowledging and addressing any issues between you.

- **In small groups**, use Wholeness Prayer principles to pray with anyone who struggles with pretending to live in peace with others instead of acknowledging and working through issues.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** John 14:27 (And review previous verses.)
 - **Pray:** Read and meditate on Isaiah 58:1-12.
 - **Share:** Share with others what you are learning and pray for them.

- **Practice:** Ask God to continue to reveal any ways in which you are pretending to live in peace with others instead of acknowledging and addressing any issues between you. As these are revealed, ask someone to help you pray through these issues using Wholeness Prayer.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

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Module 21: Replacing Counterfeits. Lesson 5:

Fasting.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Counterfeit fasting contrasted with true fasting.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Isaiah 58:1-12 (counterfeit and
true fasting contrasted)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- How can we distinguish between true and counterfeit fasting?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these

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principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

- **Individually**, ask God to reveal any ways in which you can grow in true fasting.
- **In small groups**, discuss practical ways you can help the oppressed, poor and hungry. Spend time asking God to bless those who are suffering and show you how you can help them.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Isaiah 58:6 (And review previous verses.)
 - **Pray:** Read and meditate on James 3:13-18.
 - **Share:** Share with others what you are learning and pray for them.

- **Practice:** Ask God to continue to reveal ways in which you can help those who are suffering. Invite others to join you in praying for them and helping them.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 21: Replacing Counterfeits. Lesson 6: Wisdom.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Counterfeit and true wisdom contrasted.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
James 3:13-18 (counterfeit and
true wisdom contrasted)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- How can we distinguish between true and counterfeit wisdom?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these

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principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, ask God to reveal any ways in which you struggle

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with envy and selfish ambition, or struggle to grow in true wisdom.

- **In small groups**, use Wholeness Prayer principles to pray with any who struggle with envy or selfish ambition, or struggle to grow in true wisdom.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** James 3:17-18
(And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning and pray for them.

- **Practice:** Ask God to continue to reveal any ways in which you struggle with envy and selfish ambition, or struggle to grow in true wisdom. As these emerge, ask someone to help you pray through them using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

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3. Supplements

Module 1: Hearing God. Lesson

1: Listen and Obey.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Be still. Recognize that the Holy Spirit speaks to us.
Listen to the Spirit and obey.

- 1) **Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

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- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Foundations Module 1 Basic Principles
 - i. Hearing God. John 10:27-30
(God speaks to His sheep, give time for silent listening)
 - ii. Test and Give Thanks. 1 Thess 5:16-22 (pray about everything, rejoice and give thanks, test everything)
- b. The last lesson studied.

➤ **Large group**

- Review the **top 3 principles** from the review verses, and from the last lesson studied.
- Write these principles (in words or pictures) on a whiteboard or flipchart.

- Together practice the gestures or hand motions for these lessons.

**4) Discovery Bible Study (DBS):
Psalm 46:10-11 (be still), John
16:12-15 (Holy Spirit speaks) and
Revelations 2:1-7 (listen to the
Spirit and obey)**

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

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through His word. Spend time listening silently. Then discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about God's people?
- Are you regularly being still before God, inviting Him to speak and listening for His voice?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then

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choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this? Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.

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- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, ask God to show you ways in which you might want to grow in hearing His voice.
- **In small groups**, discuss the resource "[Growing in Hearing God](#)." Together, ask God to help you grow in hearing His voice. Spend time being still and listening. Then share with one another what you're hearing, and test all by God's Word.

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- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Psalm 46:10 (And review previous verses.)
 - **Pray:** Read and meditate on Acts 10:1-35.
 - **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Ask God to continually help you grow in hearing His voice. Spend time being still before Him and listening for His voice. Test all that you hear by His Word.
 - **Resources** for this module:
“[Growing in Hearing God](#)” and

“Facilitating a Time of
Wholeness Prayer.”

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 1: Hearing God. Lesson 2: New Testament Examples.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Applying principles about hearing God from the examples of Peter and Cornelius

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Acts 10:1-35 (Peter and Cornelius
hearing God)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- What can we learn about hearing God from the examples of Peter and Cornelius?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together 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

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in small groups, regarding any hindrances to hearing God's voice.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Acts 10:34-35
(And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning and pray for them.
 - **Practice:** Ask God to continually help you identify any hindrances to hearing God's voice. As issues emerge, ask someone to help you pray

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through them using Wholeness
Prayer principles.

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 2: Being Transformed.

Lesson 1: Old Testament Examples.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Applying principles about transformation from the examples of Jacob and Moses.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Rom 12:1-2 (Jesus our living sacrifice, be transformed, mind be

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renewed) and 2 Cor 3:17-18 (we are being transformed)

b. The last lesson studied.

➤ **Large group**

- Review the **top 3 principles** from the review verses, and from the last lesson studied.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

**4) Discovery Bible Study (DBS):
Genesis 32:24-32 (Jacob
wrestling with angel) and Exodus
3 (Moses at burning bush)**

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?

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- What can we learn about the process of being transformed by God from the examples of Jacob and Moses? How were they transformed? What was God's part? What was their part? Where, if anywhere, did they get stuck?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this?
- Who will you tell?

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- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all

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the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

- **In small groups**, use Wholeness Prayer principles to pray with any who feel stuck in their transformation process.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** Exodus 3:14 (And review previous verses.)
 - **Pray:** Read and meditate on 2 Corinthians 5:17 and John 8:31-36.
 - **Share:** Share with others what you are learning and pray for them.

- **Practice:** Ask God to continually help you identify any hindrances in your transformation process. As issues emerge, ask someone to help you pray through them using Wholeness Prayer principles.
- **Resources:** “[Wholeness Prayer Simplified Version – Fourth Edition](#)” and “[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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*Note: You may also want to incorporate
a time of sharing and prayer – for
blessings and challenges.*

Module 2: Being Transformed.

Lesson 2: Free in Christ.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- The new has come. In Christ we are free indeed.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review

- a. Gal 5:1 (set free to live in freedom) and Ephesians 4:22-24 (put off old, be made new)
- b. The last lesson studied.

➤ Large group

- Review the **top 3 principles** from the review verses, and from the last lesson studied.
- Write these principles (in words or pictures) on a whiteboard or flipchart.
- Together practice the gestures or hand motions for these lessons.

4) Discovery Bible Study (DBS): 2 Corinthians 5:17 (the new has

**come) and John 8:31-36 (in
Christ we are free indeed)**

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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?

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- What do these passages teach us about people?
- What can we learn from these passages about the process of being transformed by God? How are we being transformed? What is God's part? What is our part? Where might we get stuck in this process?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)
- What does God want you to do to apply this?

- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture

together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.

- **Individually**, reflect on these questions: How are you being transformed? What is God's part? What is your part? Where, if anywhere, do you feel stuck?
- **In small groups**, use Wholeness Prayer principles to pray with any who feel stuck in their transformation process.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 2 Corinthians 5:17
(And review previous verses.)

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- **Pray:** Read and meditate on Mark 4:1-20 and John 15:1-17.
- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to continually help you identify any hindrances in your transformation process. As issues emerge, ask someone to help you pray through them using Wholeness Prayer principles.
- **Resources:** “[Wholeness Prayer Simplified Version – Fourth Edition](#)” and “[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 2: Being Transformed.

Lesson 3: Abundant Fruit.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Bear abundant fruit that remains.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Mark 4:1-20 (parable of seeds)
and John 15:1-17 (bear abundant
fruit that remains)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What do these passages teach us about God?
- What do these passages teach us about people?
- What do these passages teach us about bearing abundant fruit that remains?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, ask God to show you anything within you that's

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hindering you from bearing
abundant fruit that remains.

- **In small groups**, use Wholeness Prayer principles to pray for one another, regarding any hindrances to bearing abundant fruit that remains.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** John 15:16 (And review previous verses.)
 - **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
 - **Share:** Share with others what you are learning and pray for them.

- **Practice:** Ask God to continually help you identify any hindrances to bearing abundant fruit that remains. As issues emerge, ask someone to help you pray through them using Wholeness Prayer principles.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

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Module 3: Spiritual Warfare.

Lesson 1: Stand and Fight.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Put on your spiritual armor. Stand and fight spiritual battles.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

2) Review the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Ephesians 6:10-20 (put on your
spiritual armor, stand and fight
spiritual battles)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- What does this passage teach us about spiritual warfare?
- How do we put on our spiritual armor?
- How are you already applying/experiencing the principles in this passage? How

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would you like to grow in applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **Individually**, put on your spiritual armor through prayer. Ask

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God to show you anything within you that's hindering you from putting on your spiritual armor and persevering.

- **In small groups**, use Wholeness Prayer principles to pray for one another, regarding any hindrances to putting on your spiritual armor or continuing to stand and fight spiritual battles.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** John 15:16 (And review previous verses.)
 - **Pray:** Read and meditate on Psalm 18.

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- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Ask God to continually help you wear your spiritual armor. If you struggle with this, ask someone to help you pray through root issues using Wholeness Prayer principles.
- **Resources:** “[Ideas for Intercession](#)” and “[Facilitating a Time of Wholeness Prayer](#).”

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

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Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Module 3: Spiritual Warfare.

Lesson 2: Empowered by God.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- We are empowered by God to win victories over our spiritual enemies.
- Use Scriptures such as Psalm 18 to intercede for spiritual breakthroughs.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group

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prayer as appropriate during the
session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20

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- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10

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- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5
- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

**4) Discovery Bible Study (DBS):
Psalm 18 (empowered by God to
do battle, give Him all the praise)**

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- What principles in this passage can we use to intercede for spiritual breakthroughs?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups**, discuss the section on Psalm 18 in the resource

[“Ideas for Intercession”](#). Ask God to reveal where He’d like you to focus your intercession today. After choosing this, ask God to show each of you: “How has God already done in the past something like what we want to see Him do in this situation?” and “How do we want to invite God to fill the situation with His glory?” After a time of silent reflection, share with one another what you’re hearing and seek Scriptures to pray into the situation. Intercede together for the situation.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:

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- **Memorize:** Psalm 18:1-3 (And review previous verses.)
- **Pray:** Read and meditate on 2 Chronicles 20:3-23.
- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Use Scripture to intercede together with others for situations of concern.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

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Module 3: Spiritual Warfare.

Lesson 3: Releasing His Power.

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- Invite God to move in power in situations of concern.

- 1) Pray.** Open with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.
- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and

discuss how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27

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- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

- Write down or otherwise note your **top 3 principles** from the previous lesson.

➤ **Small Groups:** If your large group is more than 7 people you may want to split into small groups.

- Review the previous lesson's **memory verse(s)**.
- Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
- **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.

➤ **Large group**

- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): 2 Chronicles 20:3-22 (invite God to move in power in situations of concern)

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

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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 discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people?
- What principles in this passage can we use to intercede for spiritual breakthroughs?
- How are you already applying/experiencing the principles in this passage? How would you like to grow in

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applying/experiencing these principles? (Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for this lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **In small groups**, discuss the resource "[Ideas for Intercession.](#)"

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Ask God to reveal where He'd like you to focus your intercession today. After choosing this, ask God to show each of you: "How has God already done in the past something like what we want to see Him do in this situation?" and "How do we want to invite God to fill the situation with His glory?" After a time of silent reflection, share with one another what you're hearing and seek Scriptures to pray into the situation. Intercede together for the situation.

- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** 2 Chronicles 20:12
(And review previous verses.)

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- **Pray:** Read and meditate on [DBS verses from Lesson 1 of the next module being studied].
- **Share:** Share with others what you are learning and pray for them.
- **Practice:** Use Scripture to intercede together with others for situations of concern.

6) Pray for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

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Module 3: Spiritual Warfare.

Ideas for Intercession

Questions for Prayer, Silent Reflection and Discussion

1. Where shall we focus our intercession today?
2. How has God already done in the past something like what we want to see Him do in this situation?
3. How do we want to invite God to fill the situation with His glory?

Activities to Facilitate Intercession

1. Worship Him in song. Between songs intercede, listen to God, and/or share what you think He might be saying.
2. Ask God which Scriptures to use to pray into the situation. Two examples:
 - a. Psalm 18. Ask God to

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- i. Teach you and those in the situation to do battle in the heavenly realms.
 - ii. Empower you do battle alongside Him.
 - iii. Bring total victory.
 - iv. Get all the glory.
 - v. Help you and those in the situation to continually praise, trust and worship Him.
- b. 2 Chronicles 20:3-23.
- i. Ask God to help you and those in the situation to draw near to Him.
 - ii. Affirm His nature.
 - iii. Affirm His sovereignty over all nations and declare how that is relevant to the situation about which you're praying.

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- iv. Affirm His past mighty deeds and their relevance to the situation.
- v. Invite God to move in power.
- vi. Confess your weakness.
- vii. Look to him for a glorious answer.
- viii. Respond to God with all that you are.
- ix. Ask God to release His power through your praises.
- x. Ask God to make your spiritual enemies destroy one another.

Appendix 1. Facilitating a Time of Wholeness Prayer

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend time silently listening for His voice. John 10:27
- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21

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- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) negative feelings, thoughts, and actions. 2 Cor 10:3-5
 - Ask God to show the person being prayed for:
 - Where they struggle (with negative feelings, thoughts, or actions)
 - Which of their struggles God would like to talk to them about today.

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- Intercede silently as the person listens for God's voice. After a minute or so, ask them to share with you (as much as they desire) of what God's showing them.
- **Recent** – Bring these struggles to God and ask Him to reveal a related recent memory. 2 Cor 10:5
 - Thank God for what He has revealed, then ask Him to show the person being prayed for:
 - A recent time this (feeling, thought, or action) occurred
 - How they felt
 - What they believed at a heart level.
 - Intercede silently as the person listens for God's voice. After a minute or so, ask them to share with you (as much as they desire of) what God's showing them.

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- **Root** – Ask God to reveal any root(s)
 - the first time (or pattern) when the person being prayed for thought, felt, and/or acted this way. Matt 12:33
 - Thank God for what He has revealed, then ask Him to help the person being prayed for to connect with this recent memory and the related feelings and beliefs. As they do, ask God to show them:
 - The first time this (feeling, thought, or action) occurred in their life (or if it has been a pattern)
 - How they felt
 - What they believed at a heart level.
 - Intercede silently as the person listens for God's voice. After a minute or so, ask them to share

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with you (as much as they desire)
of what God's showing them.

- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
 - Thank God for what He has revealed, then ask God to show the person being prayed for whether or not they would like to invite Him into this memory (or pattern).
 - If they would, encourage them to do so.
 - If not, but they would still like to pursue the process, ask God to show them why not. Use the 5 R's to work through those reasons before returning to this step.
 - Ask God to help the person being prayed for to connect with this root memory (or pattern) and the

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related feelings and beliefs. As they do, ask God to reveal in the root memory (or pattern):

- His perspective
 - Any ways He wants them to respond (i.e. forgive someone)
 - Anything that does not yet feel peaceful.
- Intercede silently as the person listens for God's voice. After a minute or so, ask them to share with you (as much as they desire of) what God's showing them.
 - Encourage them to pray out loud when making any decisions (i.e. forgiving someone) or requests (i.e. break unhealthy emotional bonds).
 - Test what they are hearing by God's Word.
 - Look together at Scriptures that confirm this as God's truth.

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- If anything they're hearing is not consistent with God's Word, look at related Scriptures together with the person. Then, if they are willing to continue to pursue the process, pray through the inconsistency they heard using the 5 R's.
- Thank God for the things He's revealing.
- Continue to pray through the root memory (or pattern) until it is filled with peace.
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
 - Thank God for what He has revealed, then ask God to show the person being prayed for:
 - How this same truth applies in the recent memory

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- How this same truth applies to similar situations in the future
- Any follow-up steps to pursue.
- Intercede silently as the person being prayed for listens for God's voice. After a minute or so, ask them to share with you (as much as they desire of) what God's showing them.
- Test what they are hearing.
 - Look together at Scriptures that confirm this as God's truth.
 - If anything they're hearing is not consistent with God's Word, look at related Scriptures together with the person. Then, if they are willing to continue to pursue the process, pray through the inconsistency they heard using the 5 R's.

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- Thank God for the things He's revealing.
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

Notes:

- *If the person being prayed for gets stuck anywhere in this process, ask God to reveal why. Use Wholeness Prayer principles to work through any issues He reveals. If they're still stuck, pray a closing prayer of protection, then ask your mentor for help (with the person's permission).*
- *If there's not time to finish the Wholeness Prayer process in one setting, pray a closing prayer of protection and ask God to continue*

the healing process. The next time you meet for Wholeness Prayer, ask God to show the person being prayed for where they're at in the process and what is on God's heart and the person's heart to pray through next.

Appendix 2. Developing Healthy Boundaries

When possible, seek to know what healthy boundaries for a situation before you get into it. Starting with good boundaries is easier than trying to establish them later. It is easier to expand boundaries than to make them narrower.

To develop healthy boundaries:

1. Find out what they are in your context.
 - a. Search God's Word for relevant principles (you can ask others to help you).
 - b. Ask mature followers of Christ who understand your context.
 - c. Ask God to help you know healthy boundaries for your situation.

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- d. Submit the results of the above interactions to Him and test the boundaries by His Word.
2. Apply the healthy boundaries God has given you.
- a. Ask God to help you.
 - b. If anything within yourself is hindering you from applying these healthy boundaries, work through those issues using Wholeness Prayer principles.
 - c. If someone else is hindering you from applying them, seek wisdom on how to proceed. Seek wisdom by:
 - i. Asking God for it
 - ii. Asking Him how to apply the wisdom He gives

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- iii. Asking mature followers of Christ for advice
 - iv. Testing their advice to see if it's consistent with His word.
3. Share with someone.
- a. Tell them how you're doing.
 - b. Ask them to periodically ask you how you're doing.
4. Examples of areas where you may need to develop healthy boundaries are:
- a. Balance of work and rest
 - b. Holiness, including sexual purity.
- Example of a boundary for sexual purity: Don't be alone with someone in a situation where sexual sin could easily occur. Stay where responsible adults can see you at all times.*

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- c. Knowing what's your responsibility and what's someone else's
- d. Holding on to what you know is true, even when others disagree
- e. Not following "the crowd" into sin or unwise choices.

Appendix 3. Understanding God's Character¹

*“I pray that the eyes of your heart may
be enlightened in order that you may
know the hope to which he has called you,
the riches of his glorious inheritance in
his holy people, and his incomparably
great power for us who believe”
Ephesians 1:18-19a.*

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“But blessed is the one who trusts in the Lord, whose confidence is in him.”

Jeremiah 17:7.

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight” Proverbs 3:5-6.

Many verses tell us of God’s character, including Isaiah 11:1-5 and Ps 145.

Depending on your past, you may find it hard to receive these truths deep into your heart and soul.

If it’s hard for you to trust God, connect with Him, or in other ways experience the reality of His character as revealed in Scripture, bring your struggle to God and follow Wholeness Prayer principles to

seek His perspective. (See the resource [“Facilitating a Time of Wholeness Prayer.”](#)) The root is often generational.

To help you identify ways you struggle to understand God’s character, think of 3-5 adjectives that describe your relationship with each of your significant caretakers (i.e. father, mother) when you were a young child, then 3-5 adjectives that describe your relationship with God now. Then look for connections. Thank God for the ways His attributes were displayed, and lift before Him any ways in which your view of Him became skewed.

To bring heart-level truth to any misunderstanding of God’s character, it may help to ask God to remind you of someone in your life who displays some of the attribute of God you struggle to

believe from the heart. (If there is no one, ask God to bring someone like this into your life.) Ask God to show you if He's more like this person, or more like the person who originally shaped your perspective of Him. Then ask Him to show you how much more.

Appendix 4. Template for Creating Additional Discovery Bible Studies for Wholeness Prayer

Lesson #: Title

LEARNING OBJECTIVES: (Help people discover these points – if the principles are not emerging in group discussion, ask questions to bring these out – do not “lecture” to them.)

- [objective] ...

- 1) Pray.** Start each session with prayer; include foundational **Opening Prayer** concepts. Spend time in small group prayer as appropriate during the session.

- 2) Review** the Basic Principles, 5 R's + 2, and accompanying gestures and **discuss** how understanding and applying these is going.

Basic Principles

- **Claim your heritage** – Reclaim it if you've been robbed. 1 Peter 1:3-9
- **Come to Jesus** – Bring Him your stuck places. Ps 62:5-8
- **3-way prayer** – The facilitator does most of the verbal prayer. The person being prayed for focuses on listening to God and responding. Others intercede quietly. Matt 18:18-20
- **Hearing God** – God speaks directly to the person being prayed for at their point of need. Spend

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time silently listening for His voice.

John 10:27

- **Test and give thanks** – Give thanks frequently during the prayer time. Test that all the person hears is consistent with Scripture. 1 Thess 5:16-21
- **Follow Jesus** above all. Let Him lead the process. John 8:12, 31-32
- **Confidentiality** – Share only your own story, not someone else's. Rom 1:28-32, Prov 20:19

5 R's + 2

- **Opening Prayer** – Ask God to lead and protect. Bind evil in Jesus' name. Matt 18:18-20, Ps 143:10, Prov 18:10
- **Recognize** – Identify (take captive) your negative feelings, thoughts, and actions. 2 Cor 10:3-5

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- **Recent** – Bring these to God and ask Him to reveal a related recent memory.
- **Root** – Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way. Matt 12:33
- **Receive** – Receive His perspective - first at the root, if there is one. Test by God's word. Matt 7:7-11
- **Renew** – Apply this perspective in everyday life. 1 John 1:5-7
- **Closing Prayer** – Thank God and ask for help to apply His truth. Send away evil in Jesus' name. Luke 17:11-19, John 8:31, Luke 10:17-19

3) Review the previous lesson.

➤ **Individually**

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- Write down or otherwise note your **top 3 principles** from the previous lesson.
- **Small Groups:** If your large group is more than 7 people you may want to split into small groups.
 - Review the previous lesson's **memory verse(s)**.
 - Share with one another your **top 3 principles** from the previous lesson, then discuss and **agree on** your group's top 3 principles.
 - **Pray** together. Ask that each person learn and apply Wholeness Prayer principles.
- **Large group**

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- Share your group's **top 3 principles** from the previous lesson.
- Write responses (in words or pictures) on a whiteboard or flipchart, combining similar responses.

4) Discovery Bible Study (DBS): [Passage (Main topic in a few words)]

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.

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Pray as a group and ask God to speak through His word. Spend time listening silently. Then discuss the following questions. Help everyone participate. If you have more than 6-7 people, first split into small groups.

- What does this passage teach us about God?
- What does this passage teach us about people/followers of Jesus?
- [Add other questions here to draw out basic principles, such as “How would you summarize this passage in 3-5 words?”, and “What are the main lessons in this passage?”]
- How are you already applying the principles in this passage? How would you like to grow in

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applying these principles?
(Encourage people to consider possible applications, then choose one or two clear, specific and realistic personal applications.)

- What does God want you to do to apply this?
- Who will you tell?
- Who will you share this lesson with?
- What key principles will your group share with the large group?

5) Follow-up Activities.

- **Share** key principles, drawings and motions with the large group. Ask each small group to share one key principle. Write these (in words or pictures) on a large paper or whiteboard. Continue until you have all the main points in the lesson.
- **Gesture:** Decide together on a gesture or hand motion for each lesson. Then ask all participants to stand up and do the gesture together. Then practice together all the gestures in order for the 5 R's +2, basic principles, and all the lessons covered so far in this module.
- **[Add** any teaching or other follow-up activities here.]

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- **Use Wholeness Prayer principles** to pray for one another in small groups.
- **Clarify** the next meeting time and any pre-work to be completed beforehand.
- **Pre-work** for next lesson:
 - **Memorize:** [Verses] (And review previous verses.)
 - **Pray:** Read and meditate on [Verses].
 - **Share:** Share with others what you are learning.
 - **Practice:** As opportunities emerge, pray for one another using Wholeness Prayer principles. As you do, remember to Follow Jesus above all.

- 6) Pray** for one another. At the end, pray a **closing prayer**, including key foundational concepts. Commit to pray for one another between training times.

Note: You may also want to incorporate a time of sharing and prayer – for blessings and challenges.

Appendix 5. Overview of Discovery Bible Studies for Wholeness Prayer

Following is an overview of Bible verses studied in this book. Later sections often build on previous concepts.

Part 1. Foundations.

1. Basic principles
 - a. Claim your Heritage. Ps 62:5-8
(come to Jesus & bring Him your stuck places)
 - b. Come to Jesus. 1 Peter 1:3-9 (claim your heritage, reclaim it when robbed)
 - c. 3-Way Prayer. Matt 18:18-20 (ask and receive, two or more, 3-way prayer)

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- d. Hearing God. John 10:27-30 (God speaks to His sheep, give time for silent listening)
 - e. Test and Give Thanks. 1 Thess 5:16-22 (give thanks frequently, test that all is consistent with Scripture)
 - f. Follow Jesus. John 8:12, 31-32 (follow Jesus as He leads the process)
 - g. Confidentiality. Rom 1:28-32, Prov 20:19 (don't gossip, share only your own story, not someone else's)
 - h. Resource: "Growing in Hearing God"
2. 5 R's + 2
- a. Begin with an Opening Prayer: Psalm 143:10 (ask God to lead), Prov 18:10 (ask God to protect), Matt 18:18-20 (bind evil in Jesus name – believers, 2-3 gathered)

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- b. Ask God for answers to the following questions. Spend time listening for His response.
 - i. Recognize: Where do you struggle (with feelings, thoughts, or actions)? Which of your struggles would God like to talk to you about today? 2 Cor 10:3-5
 - ii. Recent: What's a recent time this (feeling, thought, or action) occurred? How did you feel? What did you believe at a heart level? As you connect with this...
 - iii. Root: What's the first time this (feeling, thought, or action) occurred (or has it been a pattern in your life)? How did you feel? What did you believe at a heart level? Matt 12:33, Luke

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6:43-45. As you connect with this...

- iv. Receive: Would you like to invite God into this memory (or pattern)? What is His perspective? Are there ways He wants you to respond? (i.e. forgive someone) Is there anything that does not yet feel peaceful in this memory (or pattern)? Matt 7:7-11. When you feel His peace throughout the root memory...
- v. Renew: How does this same truth apply to the recent memory? To similar situations in the future? Are there follow-up steps to pursue? 1 John 1:5-7.
- vi. If you get stuck anywhere in this process, ask God to reveal why.

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- c. End with a Closing Prayer: Luke 17:11-19 (thank God for what He's done), John 8:31 (ask God for empowerment to walk in His truth), Luke 10:17-19 (bind evil and send away in Jesus' name, ask God to protect).
 - d. Resource: "Facilitating a Time of Wholeness Prayer"
3. Freedom from Generational Bondage
- a. The Promise. Is 61:1-4 (freedom from generational bondage, newness)
 - b. The Covenant. Ex 34:6-17 (worship God alone, generational blessings and curses, need for individual and generational forgiveness)
 - c. The Problem. 2 Sam 11 (David and Bathsheba, Uriah) with 2 Sam 13

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(Amnon and Tamar, Absalom) -
(example of generational sin)

- d. The Fulfillment. Gal 3:8-14
(redeemed from the curse), Gal 5:1,
13-26 (set free to live in freedom)
- e. Sample Prayers. Ps 106 (sample
prayer for repenting from
generational bondage)
- f. Questions:
 - i. What generational sins have you
observed/experienced?
 - ii. What generational sins, negative
patterns or inherited traits might
be in your family of origin?
 - iii. Are there challenges in your life
that might have generational
roots?
 - iv. What would you like to ask God
to do for you and your
descendants?

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- g. Resource: “Module 2 – Freedom from Generational Bondage” in “Wholeness Prayer – Simplified Version Fourth Edition”
- 4. Freedom from Occult Bondage
 - a. Forbidden Practices. Deut 18:9-14 (do not be involved in detestable practices)
 - b. The Choice. Joshua 24:14-18 (serve God alone, give up other gods)
 - c. The Source. Psalm 68:19-20, 32-35 (God gives power and strength to His people)
 - d. The Provision. Acts 2:38-42; Acts 3:19-26 (Repent of evil practices. Receive the Holy Spirit.)
 - e. Test and Overcome. 1 John 4:1-6 (Overcome through Christ. Practice discernment.)

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- f. Review Foundations Module 1
Basic Principles: Matt 18:18-20
(pray together with others, bind
and loose)
- g. Questions
 - i. Have you been involved in any
occult activity?
 - ii. Have others been involved in any
occult activity on your behalf?
 - iii. Are you in possession of any
occult objects?
 - iv. What would you like to ask God
for?
- h. Resource: “Module 3 – Freedom
from Occult Bondage” in
“Wholeness Prayer – Simplified
Version Fourth Edition”

Part 2. Applications. If these truths are hard to receive (at a heart level) and live from, ask God to show you why. Then work through any underlying issues using “Resource: Facilitating a Time of Wholeness Prayer”.

5. Curses to Blessings

a. Review

- i. Foundations Module 1 Basic Principles) Come to Jesus. 1 Peter 1:3-9 (an inheritance that can never fail, living hope, indescribable joy)
- ii. Foundations Module 3 Freedom from Generational Bondage. The Covenant. Ex 34:6-17 (generational blessings and curses)

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- b. Our Identity. Eph 1 (our inheritance, His great power at work in us)
- c. Our Value. Luke 12:4-7 (more valuable than many sparrows), John 3:16-17 (worth dying for), and 1 Pet 2:9-10 (chosen, special possession, His people)
- d. Our Position. Eph 2 (saved, made alive, raised, seated, reconciled, saints, members, dwelling place, access to the Father)
- e. Lavish Love. Eph 3:14-21 (God's lavish love, His great power at work in us, He is able)
- f. Life and Godliness. 2 Peter 1:1-8 (given everything we need to live a godly life)
- g. Questions

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- i. What blessings are yours in Christ?
 - ii. What blessings have passed down to you from your earthly family?
 - iii. What curses or lack of blessing have passed down to you from your earthly family?
 - iv. What would you like to ask God for?
 - i. Resources: “Replacing Curses with Blessings” in “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
6. Healing from Emotional Wounds
- a. Review Applications Module 1 Curses to Blessings. Lavish Love. Eph 3:14-21 (understand God’s incomprehensible love).

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- b. Be Made New. Ephesians 4:17-24 (take off old self, be made new) and Song of Songs 2:10-12 (arise and come, winter is past, time for joy and singing)
- c. Into the Light. 1 Peter 2:9-10 (called out of darkness into light, have received mercy) and Psalm 43:3-4 (guided by God's light and truth, praise, joy, live honorably)
- d. Share your struggles. Ps 55:1-8 (pour out your heart to God, tell Him your struggles), Ps 69:13-18 (seek truth, ask to be rescued)
- e. Come and Receive. Hebrews 4:14-16 (come with confidence, receive mercy and grace in time of need) and Ps 68:19 (God our savior carries us daily)

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- f. Burdens lifted. Is 53:4 and Matthew 11:28-30 (Jesus carries our burdens and sorrows, find rest)
 - g. Resources: “Healing from Emotional Wounds” in “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
7. Confessing and Turning from Sin
- a. Review: Foundations Module 4 Freedom from Occult Bondage. The Provision. Acts 2:38-42; Acts 3:19-26 (Repent of evil practices. Receive the Holy Spirit.)
 - b. Internal Conflict. Rom 7:14-25 (old and new natures collide) and Mark 7:20-23 (evil actions need heart-level healing)
 - c. Holy Hearts. 1 John 3:1-10, 18-24 (practice righteousness, Jesus came

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- to destroy the work of the devil)
and 1 Pet 1:14-16 (be holy)
- d. Set free. Rom 8:1-11 (no condemnation, live by the Spirit) and Ps 119:32 (“I run in the path of your commandments, for you have set my heart free.” WEB)
 - e. Our Advocate. 1 John 1:5-10, 1 John 2:1-6 (God is light, Jesus is our advocate, confess sin and be forgiven)
 - f. Our Victory. Rom 8:26-39 (God is for us) and James 5:13-18 (confess sin to one another and pray for one another)
 - g. Holy and Unholy Bonds. Gen 2:23-24 (one flesh) and 1 Cor 6:13-20 (flee sexual immorality) and Matthew 18:18 (bind and loose). Bring before God any unholy sexual

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activity you've been involved in (whether or not it was your choice). Confess any sin involved on your part (in some cases there will not be any of your own sin) and ask God to forgive you. Ask God to break any unholy one flesh bonds. Ask Him to cleanse you of anything unholy or unclean, and restore to you anything that was lost.

- h. Walk in the Light. 1 John 1:7 (walk in the light) and Eph 5:1-14 (expose darkness, live in the light)
- i. Resources: "Confessing and Turning from Sin" in "Wholeness Prayer – Simplified Version Fourth Edition", "Developing Healthy Boundaries" and "Facilitating a Time of Wholeness Prayer"

8. Overcoming Strongholds

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- a. Review
 - i. Foundations Module 1 Basic Principles. Test and Give Thanks: 1 Thess 5:21-22 (test everything, choose good, flee evil)
 - ii. Applications. Module 2 Healing from Emotional Wounds. Be Made New. Ephesians 4:17-24 (take off old self, be made new)
- b. Be Aware. 2 Corinthians 10:3-5 (take every thought captive, demolish strongholds), 2 Timothy 3:1-5 and Romans 8:28-31 (improper behavior)
- c. Be Proactive. Colossians 3:1-17 (put on new self) and Rev 3:20 (invite Jesus in)
- d. Be Renewed. Rom 12:1-2 (living sacrifice, Be transformed, test and

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approve God's will) and Ephesians
4:25-32 (new patterns)

e. Questions:

- i. What potential strongholds do you see in these passages?
- ii. What strongholds are operating in your life?
- iii. Examples: vows, decisions, invitations, etc.
- iv. What would you like to ask God to do?

f. Resources: "Breaking Internal Strongholds" in "Wholeness Prayer – Simplified Version Fourth Edition" and "Facilitating a Time of Wholeness Prayer"

9. Forgiving Others

- a. Review 1 Cor 6:13-20 (honor God with your bodies)

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- b. The inspiration. Matthew 6:12-15 and Ephesians 4:32 (forgive as God forgave you)
- c. The extent. Matt 18:21-35 (forgive from the heart, keep forgiving) and Eph 6:2-3 (honor parents and forgive them)
- d. The contrast. Romans 12:14-21 (bless those who persecute you, overcome evil with good) and Luke 6: 27-36 (love your enemies, do good to them, be merciful) – *Note on healthy boundaries: find, apply.*
- e. The outworking. Matt 5:7 (merciful shown mercy) and Matthew 7:1-5 (do not judge, measure you use will be used for you)
- f. Resources: “Forgiving Others” in “Wholeness Prayer – Simplified

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Version Fourth Edition”,
“Developing Healthy Boundaries”
and “Facilitating a Time of
Wholeness Prayer”

10. Healing from Trauma

- a. Our Cry. Psalm 70 (bring Him the burden, ask Him to help without delay) and Psalm 34 (He delivers us from all our fears and struggles, no shame, He is good, take refuge in Him)
- b. God Hears. Psalm 10:12,17,18, Ps 22:19-31 (God hears and defends, praise and glorify Him)
- c. God Responds. Psalm 102:17, Is 49:13 (God will respond, He comforts and has compassion) and Rom 16:20 (God of peace will soon crush Satan under our feet)

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- d. Resources: “Praying through Trauma” in “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”
11. Grieving the Losses of Life
- a. Review Applications Module 2 Healing from Emotional Wounds. Burdens lifted. Is 53:4 & Matthew 11:28-30 (Jesus carries our burdens, griefs and sorrows)
 - b. Our Comfort. Matt 5:4 (those who mourn will be comforted), 2 Corinthians 1:2-7 (God of all comfort) and 2 Corinthians 7:4-7 (God comforts the downcast).
 - c. Our Hope. Rom 5:1-5 (we exult in hope of the glory of God, much fruit comes from suffering) and 1 Thessalonians 4: 13-18 (God will

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bring with Jesus His followers who have died)

d. Questions:

i. Are you stuck anywhere in the grieving process (i.e. anger outward, anger inward)?

ii. Who will you share your journey with?

e. Resources: “Grieving the Losses of Life” in “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”

12. Understanding God’s Character

a. Review Eph 1:15-23 (eyes of our hearts enlightened to know Him as He is)

b. Trust Him. Jer 17:7-8 (those who trust God are blessed) and Prov

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3:5-8 (trust God with all your heart)

- c. God's Character. Isaiah 11:1-5 (the Spirit of the Lord) and Ps 145 (His goodness)
- d. Resources: "Wholeness Prayer – Simplified Version Fourth Edition", "Facilitating a Time of Wholeness Prayer" and "Understanding God's Character"

13. Overcoming Doubt and Unbelief

- a. The Challenge. James 1:5-8 (those who doubt are unstable), Matt 14:22-32 (have faith and don't doubt) and Mark 9:14-28 (all things are possible to those who believe)
- b. Our Response. Mark 11:22-24 (believe and receive), 1 John 5:3-5 (overcome the world, faith) and

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Jude 1:20-23 (stay in God's love,
show mercy)

- c. Our Encouragers. Heb 11:1-12:3
(consider those who've come before
us, look to Jesus)
- d. Resources: "Wholeness Prayer –
Simplified Version Fourth Edition"
and "Facilitating a Time of
Wholeness Prayer"

14. Overcoming Ungodly Anger

- a. Review Ps 145:8-9 (God is slow to
anger, rich in love and compassion,
good to all)
- b. How to Walk. Eph 4:17-32 (don't
let sun go down while you are still
angry, flee anger) and James 1:20
(man's anger does not bring about
the righteous life that God desires)
- c. Question: How did you feel right
before you became angry? Was

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there any shame, fear, hurt, and/or frustration?

- d. Resources: “Keys for Anger” in “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”

15. Overcoming Worldly Pride

- a. The Contrast. Prov 11:2, 16:18, 29:23 and Matt 23:12 (pride and humility)
- b. Our Instruction. Matt 18:1-6 (be humble as a child) and 1 John 2:15-17 (don’t love the world or its lusts and pride)
- c. Our Example. Matt 11:28-30 and Phil 2:5-11 (Jesus)
- d. Resources: “Wholeness Prayer – Simplified Version Fourth Edition”

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and “Facilitating a Time of
Wholeness Prayer”

16. Overcoming Jealousy

- a. Ungodly Jealousy. Prov 27:4 (jealousy more destructive than anger and wrath), Rom 13:13-14 (make no provision for the flesh) and 1 Cor 3:1-9 (examples of fleshly jealousy and strife)
- b. Greater Joy. Ps 4:6-7 (God the source of true joy), Ps 16:5-11 (In Him is fullness of joy), and Phil 4:11-13 (we can be content)
- c. Godly Jealousy. 1 Cor 10:13-24 (flee idolatry) and 2 Cor 11:1-3 (be devoted to God alone)
- d. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”

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17. Overcoming Self-Pity

- a. Review: Applications. Module 2
Healing from Emotional Wounds.
- b. Remember. Gen 4:1-10 (fruit of
self-pity)
- c. Refocus. Ps 42 (bring your
struggles to God, hope in Him)
- d. Rejoice. 1 Thess 5:16-18 (rejoice,
pray, give thanks in all
circumstances) and 1 Chron 16:8-12
(give thanks, call on God, make
Him known, sing praises to Him,
glory in Him, be glad in Him, seek
Him)
- e. Resources: “Wholeness Prayer –
Simplified Version Fourth Edition”
and “Facilitating a Time of
Wholeness Prayer”

18. Overcoming Unhealthy Guilt and
Shame

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- a. Review: Ps 34:5 (those who look to Him are radiant), Romans 8:1-2 (no condemnation), Eph 1:4-8 (chosen to be holy and blameless in His sight, redeemed, lavished with grace) and Eph 2:8-9 (saved by grace, not works), Eph 4:32 (forgive others as God forgave you), Romans 15:7 (accept one another as Christ accepted you), and Eph 5:1-2 (imitate God as dearly loved children)
- b. Forgiving and Accepting Ourselves. Rom 3:21-30 (freely justified by his grace), Col 2:13-15 (forgiven by Christ) and 1 Cor 11:1 (imitate me as I imitate Christ).
- c. Resources: “Wholeness Prayer – Simplified Version Fourth Edition”

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19. Overcoming Unhealthy Fear

- a. Review Ps 34:4-10 (He delivers us from all our fears and struggles, no shame, He is good, take refuge in Him), Eph 3:14-21 (God’s lavish love, His great power at work in us), Rom 8:38-39 (nothing can separate us from the love of God)
- b. Our Refuge. Ps 34:4-10 (He delivers us from all our fears and struggles, no shame, He is good, take refuge in Him)
- c. God of Peace. Philippians 4:6-9 and John 14:27 (experiencing God’s peace)
- d. Love Conquers Fear. 1 John 4:18-19 (no fear in love) and Rom 8:14-17

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(not slaves living in fear, but His children)

- e. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”

20. No Longer a Victim

- a. Review:
 - i. Applications. Module 15 Overcoming Unhealthy Fear.
 - ii. Eph 1:17-21 (God’s power at work in us)
- b. Set Free. Gal. 5:1 (set free, stand firm) and Col 1:13-14 (rescued, redeemed, forgiven)
- c. Protected by God. Ps 32:6-7 and Ps 91 (hidden, protected, surrounded)
- d. Resources: “Wholeness Prayer – Simplified Version Fourth Edition”

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21. Overcoming Unhealthy Control

- a. All for Jesus. Matt 22:37-39 (love the Lord your God with all your heart, soul and mind; love your neighbor as yourself) and Matt 6:9b-10 (His kingdom come, His will be done)
- b. Trust and Rest. Is 30:15-18 (wait for God), 1 Sam 13:8-14 (Saul’s impatience) and 1 Sam 24:1-7 (David’s patient submission to God)
- c. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”

22. Overcoming Perfectionism

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- a. Review Gal 5:1 (set free, stand firm), Applications. Module 17 Overcoming Unhealthy Control.
- b. Not Yet Perfect. Phil 3:7-16 (losing all things to gain Christ and know Him, pressing on)
- c. Reflecting His Glory. 2 Cor 3:17-18 (being transformed) and 2 Cor 4:5-7 (His light, jars of clay)
- d. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”

23. Overcoming Insecurity

- a. Our Foundation. Is 28:16 and 1 Pet 2:4-6 (He is our sure foundation)
 - i. Review
 - 1. Eph 1 (holy and blameless, His great power at work in us), Eph 2 (raised, seated,

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reconciled), Eph 3:14-21
(God's lavish love, His great
power at work in us)

2. Applications Module 15
Overcoming Unhealthy Fear
3. Applications Module 16 No
Longer a Victim

- b. Our Focus. Ps 37:1-13 (delight in
God, trust Him, wait for Him)
 - i. Review: Ps 34:4-10 (He delivers
us from all our fears and
struggles, no shame, He is good,
take refuge in Him), 1 John 4:18-
19 (no fear in love), Matt 22:37-
39 (love the Lord your God with
all your heart, soul and mind;
love your neighbor as yourself),
Heb 12:1-3 (fixing our eyes on
Jesus)

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- c. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”

24. Living in the Light

- a. Review
 - i. Ephesians 4:22-23 (put off your old self, which is being corrupted by its deceitful desires), Ephesians 5:8-11 (expose fruitless deeds of darkness, live as children of the light), 2 Cor 10:5 (take every thought captive), John 3:21 (live by the truth, come into the light)
 - ii. Applications. Module 19 Overcoming Insecurity.
- b. Deception. Jer 17:9-10 (heart is deceitful, God searches our hearts) and 1 Peter 2:1 (rid yourselves of all

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- malice and all deceit, hypocrisy, envy, and slander of every kind)
- c. Hypocrisy. Matthew 23:23-28 (warnings to hypocrites) and 2 Timothy 3:2-5 (those who have a form of godliness but deny its power)
 - d. Light of the World. John 8:12 (Jesus, the light of the world) and Matt 5:14-16 (you are the light of the world, let your light shine)
 - e. Idea: Ask God to unveil any deception or hypocrisy in your life and fill those places to overflowing with His light.
 - f. Resources: “Wholeness Prayer – Simplified Version Fourth Edition” and “Facilitating a Time of Wholeness Prayer”

25. Replacing Counterfeits

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- a. Review:
 - i. Col 3:14 (love, perfect unity), Applications. Module 20 Living in the Light.
- b. Broken Cisterns. Jer 2:11-13 (God was exchanged for worthless idols, living water was exchanged for broken cisterns that couldn't hold water)
- c. Holiness. Matt 15 (counterfeit holiness)
 - i. Review 1 Pet 1:14-16 (be holy), Eph 4:24 (true righteousness and holiness)
- d. Love. Rom 12:9-10 (love must be sincere), 1 Peter 1:22 (love one another deeply from the heart) and 1 John 3:18 (love in deed and truth)

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- e. Peace. Jer 6:13-15 & 8:8-12
(counterfeit peace), John 14:27 &
Phil 4:6-7 (true peace)
- f. Unity. John 17:20-26 (complete
unity, God in us that the world may
know) and Eph 4:1-6 (make every
effort to keep the unity of the
Spirit)
- g. Fasting. Is 58:1-12 (counterfeit and
true fasting contrasted)
- h. Wisdom. James 3:13-18
(counterfeit and true wisdom
contrasted)
- i. Questions: What would true _____
look like? How can we identify
counterfeit _____?
- j. Ideas: Ask God to unveil (and keep
unveiling) any counterfeits in your
life (i.e. counterfeit peace, grace,
truth, holiness, wisdom, unity),

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show you what true desires are hidden underneath, and replace any counterfeits with what's true. Use Wholeness Prayer to pray through any underlying issues that emerge.

- k. Resources: "Wholeness Prayer – Simplified Version Fourth Edition" and "Facilitating a Time of Wholeness Prayer".

Part 3. Supplements.

- 1. Hearing God
 - j. Review
 - i. Foundations Module 1 Basic Principles Hearing God. John 10:27-30 (God speaks to His sheep, give time for silent listening)

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- ii. Foundations Module 1 Basic Principles Test and Give Thanks.
1 Thess 5:16-22 (pray about everything, rejoice and give thanks, test everything)
 - a. Listen and Obey. Ps 46:10-11 (be still), John 16:12-15 (Holy Spirit speaks) and Rev 2:1-7 (listen to the Spirit and obey)
 - b. New Testament Examples. Acts 10:1-35 (Peter and Cornelius hearing God)
 - c. Idea: Ask God what He'd like to say to you. Spend time listening for His response.
 - d. Resources: "Growing in Hearing God" and

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“Facilitating a Time of
Wholeness Prayer”.

2. Being Transformed

a. Old Testament Examples.

Genesis 32:24-32 (Jacob wrestling with angel) and Exodus 3 (Moses at burning bush)

i. Review Rom 12:1-2 (Jesus our living sacrifice, be transformed, mind be renewed) and 2 Cor 3:17-18 (we are being transformed)

ii. Questions

1. How were they transformed?
2. What was God's part?

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3. What was their part?
4. Where, if anywhere, did they get stuck?
- b. Free in Christ. 2 Cor 5:17 (the new has come) and John 8:31-36 (in Christ we are free indeed)
 - i. Review Gal 5:1 (set free to live in freedom) and Ephesians 4:22-24 (put off old, be made new)
 - ii. Questions:
 - a. How are you being

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transformed?

b. What is God's part?

c. What is your part?

d. Where, if anywhere, do you feel stuck?

c. Abundant Fruit. Mark 4:1-20 (parable of seeds) and John 15:1-17 (bear abundant fruit that remains)

d. Resources: "Wholeness Prayer – Simplified Version

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Fourth Edition” and
“Facilitating a Time of
Wholeness Prayer”

3. Spiritual Warfare

- a. Stand and Fight. Ephesians 6:10-20 (put on your spiritual armor, stand and fight)
- b. Empowered by God. Psalm 18 (empowered by God to do battle, give Him all the praise)
- c. Releasing His Power. 2 Chronicles 20:3-23 (invite God to move in power in situations)
- d. Resources: “Ideas for Intercession” and “Facilitating a Time of Wholeness Prayer”

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