

## Wholeness Prayer Training – Book Format

**Introduction.** Welcome to the **Book study version** of **Wholeness Prayer Training!**  
We recommend working through this course in a group.

This course teaches Wholeness Prayer - a biblically based transformational ministry that seeks to cooperate with God in His work of restoring people to wholeness. Through its easily reproducible framework, thousands of people from around the world are finding deep healing, freedom and renewed perspective.

This course is offered in **two formats**:

- **Discovery Bible Study (DBS):** In this version of the course your group will discover the basics of Wholeness Prayer through Discovery Bible Studies, using the book *Discover Wholeness Prayer through Discovery Bible Studies*.
- **Book study** (this version): This version of the course explores Wholeness Prayer at a faster pace, through studying the book *Becoming Whole*.

The Book study version of Wholeness Prayer Training follows the book ***Becoming Whole***. The course includes five sections:

1. Introduction to Wholeness Prayer
2. Basics of Wholeness Prayer
3. 9 Common Issues
4. Additional Issues
5. Applications for Multiple Contexts

After completing sections 1-3, the issues and applications in sections 4-5 can be completed in any order

Jump in and see what our powerful God will do!

## Wholeness Prayer Training – Book Version

1. **Download** *Becoming Whole*: [PDF \(A4 for laptop computers\)](#), [PDF \(A6 for mobile devices\)](#), [MOBI \(KIndle\)](#) and [EPUB](#).
2. **Introduction** to Wholeness Prayer. Read the Forward, Preface, Introduction, Introduction to Part 1 and Chapter 1. Answer the reflection questions. Spend time asking God for these things.
3. **Basics** of Wholeness Prayer.
  - a. Read Chapter 2. Restate the main concepts in your own words. Memorize the 5 Rs.
  - b. Read Chapter 3. In each scenario, find where the 5 Rs are used. Answer the reflection questions.

- c. Read Chapter 4. Restate the main principles in your own words. Write down any questions you have.
- d. Read Chapter 5. Restate the main principles in your own words. Write down any questions you have.

#### **4. 9 Common Issues**

- a. Read the Introduction to Part 2 and Chapter 6. Ask a mature believer in Christ to pray with you through your own generational bondage. If you are married, invite your spouse to pray with you through your and their generational bondage. Follow the principles in the chapter.
  - b. Read Chapter 7. Ask a mature believer in Christ to pray with you through your own occult bondage. If you are married, invite your spouse to pray with you through your and their occult bondage. Follow the principles in the chapter.
  - c. Read Chapter 8. Ask God to reveal to you an issue you're presently struggling with that would be good to pray through now. Ask someone to help you pray through this issue. Use the two-page guide included with this course as a resource.
  - d. Read Chapter 9. Pray through the steps at the end of the chapter. Ask someone to help you.
  - e. Read Chapter 10. Work through the included exercises. Ask someone to help you.
  - f. Read Chapter 11. Ask someone to help you pray through the included steps for unresolved trauma in your life.
  - g. Read Chapter 12. Ask someone to help you pray through grief and losses in your life. Follow the principles in the chapter.
  - h. Read Chapter 13. Ask God to show you any ongoing sinful patterns in your life. Confess these to someone. Ask someone to help you pray through the steps in this chapter.
  - i. Read Chapter 14. Ask God to show you anyone you've not yet forgiven. Ask someone to help you pray through the steps in this chapter.
5. **Additional Issues.** Read through Part 3 (chapters 15-28). Ask God to show you any issues you're currently experiencing. Ask someone to help you pray through these issues. Follow the principles in the corresponding chapters.
6. **Applications for Multiple Contexts**
- a. Read through Part 4 (chapters 29-34). Ask God to show you how to apply the principles in each chapter. Ask for His help to follow through. Share what you're learning with others.
  - b. Read the Epilogue. Answer the reflection questions. Follow up as God leads.
7. **Resources**
- a. [Simplified Version](#)
  - b. [Two-page Guide](#).