

# **Wholeness Prayer Training – DBS Format**

**Introduction.** Welcome to the **Discovery Bible Study (DBS) 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:** 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 DBS version of Wholeness Prayer Training follows the book ***Discover Wholeness Prayer through Discovery Bible Studies.***

The course includes four sections:

1. Foundations - Basic Principles, 5 Rs + 2, Freedom from Generational Bondage, and Freedom from Occult Bondage
2. Applications - multiple issues in need of transformation
3. Supplements - Hearing God, Being Transformed, Spiritual Warfare
4. Resources - Facilitating a Time of Wholeness Prayer (two-page guide), Developing Healthy Boundaries, Understanding

## God's Character, and Template for Creating Additional Discovery Bible Studies

After completing section 1, the remaining sections can be completed in any order.

Jump in and see what our powerful God will do!

## Wholeness Prayer Training – DBS Version

1. **Download** *Discover Wholeness Prayer through Discovery Bible Studies* in [A6 \(laptop\)](#) or [A4 \(cell phone\)](#) format.
2. **Discovery Bible Study (DBS) Defined.** Discovery Bible Study is a simple, transferable group learning process of inductive Bible study which leads to loving obedience and spiritual reproduction. In a DBS God is the teacher and the Bible is the sole authority. A DBS can be done by pre-believers (to move them toward saving faith) or by believers (to mature their faith). A DBS is facilitated (not taught) by using some version of the

following seven questions.

Questions 3-7 are asked after the group reads the passage(s):

1. What are you thankful for?
2. What are you struggling with / stressed by?
3. What does this teach us about God?
4. What does this teach us about ourselves / people?
5. What is God telling you to apply / obey?
6. Is there some way we could apply this as a group?
7. Who are you going to tell?

### 3. **Training Notes for**

**Facilitators.** If you are facilitating a group studying this course, read Training Notes for the Facilitator/Trainer (the first

section in the downloaded PDF).

4. **Foundations.** Foundations teaches the basic principles and framework of Wholeness Prayer. Together with your group, work through the DBSs in each section of Foundations:
  - a. Basic Principles
  - b. 5 Rs + 2
  - c. Freedom from Generational Bondage
  - d. Freedom from Occult Bondage
5. **Applications.** Applications includes Discovery Bible Studies on multiple issues in need of transformation. Together with your group, work through the DBSs in each

section of Applications, in any order you choose.

6. **Supplements.** Supplements includes Discovery Bible Studies on hearing God, transformation, and spiritual warfare. Together with your group, work through the DBSs in each section of Supplements, in any order you choose.
7. **Resources.** The following resources are available in the appendices of *Discover Wholeness Prayer*
  - a. Facilitating a Time of Wholeness Prayer (two-page guide)
  - b. Developing Healthy Boundaries
  - c. Understanding God's Character



- d. Template for Creating Additional Discovery Bible Studies.

Additional resources used with *Discover Wholeness Prayer* can be downloaded at

[www.freemin.org](http://www.freemin.org) :

- e. [Simplified Version](#)

- f. [Growing in Hearing God](#)

## 8. **Closing.**

- a. Questions for Reflection
  - i. What are your goals for using Wholeness Prayer?
  - ii. What will help you reach those goals?
  - iii. How do you want to apply the 5 R's, and in what contexts?
  - iv. What concrete action steps do you choose to

pursue? When do you plan to do them?

- v. Is it worth the effort it will take? Can you do it, with God helping you? •
  - vi. Who will you ask to help you reach these goals? When do you plan to ask them?
- b. **Prayer.** "The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace" (Numbers 6:24-26 NIV).
- c. **Blessing.** Rich blessings to you as you apply these principles and grow in wholeness!