

PR Reference Handbook for Safe Helpers

INTRODUCTION

The *PR Reference Handbook for Safe Helpers* is a resource to assist Safe Helpers when guiding an individual through the Prayer Resolution process.

The material included is a compilation and synopsis of information from Richard D. Smith and Connie L. Smith, the founders of Prayer Resolution.

It is taken from the training seminar for Prayer Resolution, from their books (for a list of books see prayer-resolution.com), and from continuing education meetings and consultations. It also reflects input from experienced Safe Helpers.

The goals of the *PR Reference Handbook* are to have this information gathered into one location for easy reference and to provide practical helps.

Other material will be added as it becomes available.

— Compiled by Donna Marcue

Notes:

Safe Helper and Safe Other are interchangeable labels for the ones who are functioning as the priests.
Hurting One and Wounded One are interchangeable labels for the ones being helped.

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I. CORE PRAYERS & STEPS

A. The Core Prayers

OPENING PRAYER

Introductory Points

Every PR session begins with the Opening Prayer.

Sets the stage for us to come before the throne and ask the Heavenly Father for His help

One Safe Helper, often the team leader, prays the Opening Prayer.

Tip: Say it with confidence, even if you have to read it.

When beginning to work with someone, explain the parts to the prayer.

ELEMENTS OF AN OPENING PRAYER

* = For more information see "Prayer Explanation" below

1. Pray to the Father*

- We come as Your daughters/sons
- Adopted into Your family, through Jesus' death and resurrection

2. Welcome Jesus*

- We accept the promise of Your presence where 2 or 3 are gathered
- We accept the authority we have in Your Name

3. Give permission to the Holy Spirit:*

- To guide us to use the power and authority of Jesus' name rightly
- To lead and direct our session
- To reveal and convict

4. State the purpose*

- To please You, Father
- To be according to Your will
- To be for Your glory and honor

5. Ask for protection against Satan*

- For ourselves
 - For our loved ones
 - For our properties

 - From interruptions
-

Prayer Explanation

Summary: The prayer is to the heavenly Father, through Jesus Christ, under the direction of the Holy Spirit, for the glory of God, and asks for protection from the evil one.

ACKNOWLEDGE ALL THE GODHEAD (#1-3)

***1. The prayer is addressed to the Heavenly Father**

As believers our primary relationship to God is that of a son or a daughter.¹

As sons and daughters He has given us the right to come “boldly” into His presence.²
(We are sitting on the Father’s lap and hear his heart.)

Jesus taught us to pray to our Father.³

*2. Jesus

Accept His presence

Although Jesus is always with us, where two or three are together in His name, He is with us in a special way. We accept that promise.⁴

Recognize and accept the power and authority He gave us in the use of His name:

- To have what we ask when we agree⁵
- To bind (tie up, prohibit) and to loose (untie, permit)⁶

*3. Holy Spirit

The use of Jesus’ authority is so powerful that we ask the Holy Spirit to be in charge so that we use this tremendous power rightly. (It sets us in a safe place.)

The Holy Spirit is the director of the session.

*4. State the purpose

Our desire is that the prayer will be honoring to God.

*5. Ask for protection against Satan

Ask God to put a hedge of protection around us, our loved ones (family, other special people), **and our properties from Satan and his forces.**

- Based on when God put a hedge around Job, his household and everything he had⁷

Also, can ask for protection from natural interruptions when we are meeting.

- So there is no interruption to what God wants to do

References & Sample Prayers

Cleansing, pp. 62-66 (Includes a sample Opening Prayer, pp. 64-66).

Forgiveness, pp. 3-4, 6.

Freedom from Dark Forces, pp. 132 -137, 180-181(top).

Freedom from Words of Power, pp. 103-106 (Includes a sample Opening Prayer, pp. 105-106).

A Journey to Wholeness, pp. 280-283 (Includes a sample Opening Prayer, p. 283).

The Narrow Road to Forgiveness, pp. 112-115 (Includes a sample Opening Prayer, pp. 114-115).

Seminar on Prayer Resolution (2012), pp. 43-45 (Includes “An Example of an Opening Prayer,” pp. 44-45).

Scriptures

¹ “To all who did receive Him, to those who believed in His Name, He gave the right to become children of God.” (John 1:12 ESV)

“The Spirit you received brought about your adoption to sonship. And by Him we cry, “Abba, Father” ... we are God’s children.” (Romans 8:15-16 NIV)

² “Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.” (Hebrews 4:16 KJ)

³ “When you pray ... pray to your Father ... ‘Our Father...’” (Matthew 6:6,9 NIV)

⁴ “For where two or three have gathered together in My name, there I am in their midst.” (Matthew 18:20 NAS)

⁵ “If two of you agree on earth about anything that they may ask, it shall be done for them by My Father who is in heaven.” (Matthew 18:19 NAS)

⁶ “Truly I say to you, whatever you bind on earth shall have been bound in heaven; and whatever you loose on earth shall have been loosed in heaven.” (Matthew 18:18 NAS)

⁷ “Have you not put a hedge around him and his household and everything he has?” (Job 1:10a NIV)

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[Prayer of Resolution](#)

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I. CORE PRAYERS & STEPS
A. The Core Prayers

PRAAYER OF RESOLUTION

Introductory Points

The hurting one prays the Prayer of Resolution
— guided by the Safe Helpers

Forgiveness is core to the resolution of all problems:
— Forgive others (accuse & forgive)
— Receive forgiveness (confess & ask God for forgiveness)

God's standard of right and wrong is used to evaluate the situation
— not our standard, or that of our culture

It's important to take plenty of time to discuss the situation, to understand all the issues that need to be brought to prayer.

The prayer is thorough, in order to have a complete forgiveness.
Acknowledges all the people and wrongs involved, without excusing them:
— The greater circle (lesser participants)
— The main person

Explain and make sure they understand the terms being used.
E.g.: "Why can you forgive him?" — Because you can trust God that He will see that justice is done on your behalf

Discussion

Understand the issues clearly before praying, including each person and offense (wrongs done/what should have been done).

A. Determine who may need to be accused of what.
Anyone in the greater circle and the main person

B. Determine what may need to be confessed.

ELEMENTS OF A PRAYER OF RESOLUTION

* = For more information see "Prayer Explanation" below

1. **Accuse*** (one at a time)
2. **Forgive***
— Give up right to accuse again
— Give up right to be a witness
3. **Confess***
4. **Ask for forgiveness***

Optional steps, if pertinent:
— Give emotions to God*
— Ask memories to be put under the control of the Holy Spirit*

Prayer Explanation

FORGIVENESS STEPS (for the wrongs/sin) #1-4

THE OTHERS #1-2

(Begin with the part others played because:

- As the hurting one forgives the others, this allows God to forgive him/her.¹
- After looking at the others' involvement, the hurting one is able to more accurately see what his true part is.)

One at a time, accuse & forgive:

- Anyone in the greater circle (who had a lesser part)
- Then, the main person

***1. Accuse**

Tell the Father how the person wronged you: deeds, words, attitudes (from the discussion)

Sample prayer: "I accuse [name] of ... "

***2. Forgive**

Sample prayer: "I forgive [name] for these things. (Don't repeat the list of wrongs.)

I hand him/her over to You, Heavenly Father, because I don't want to carry this any more.

I ask You to see that justice is done on my behalf.

I give up my right to accuse or be a witness against [name] any further, for this situation."

You are giving up your right:

- To accuse again, i.e., to hold it against the person any more; to keep bringing it up (active)
- To be a witness, i.e., to be ready to tell about it (passive)

(You can give up these rights because God is taking care of the justice, seeing to it that it's paid for. Therefore, there's nothing else to accuse or witness. You are closing the book on this.)

(REPEAT STEPS #1-2 WITH EACH PERSON.)

YOURSELF #3-4

***3. Confess**

Acknowledge how you wronged others and yourself: deeds, words, attitudes (from the discussion)

Sample prayer: "I confess ... "

Confess with an attitude of remorse, and with the desire and choice to repent, i.e., to turn the other way.

***4. Ask for forgiveness**

Sample prayer: "I ask You, Father, for forgiveness for these things." (Don't restate the wrongs you just confessed.)

Receive God's forgiveness.

OPTIONAL STEPS, IF PERTINENT

(If pertinent = if the emotions or memories were strong or are still troublesome after giving and receiving forgiveness.)

***Emotions**

Give the emotions (list them) to the Father, and ask Him to take them.

God frees you from those emotions and replaces them with peace.

(The emotions kept the issue alive until you could deal with it. Now that you've had your justice, you don't need those emotions any more and can willingly give them up.

E.g.: You were rightly angry, but now that you have justice you no longer need that anger.)

***Memories**

Ask the Father to put the memories under the control of the Holy Spirit

- so the memories can no longer trouble you or harm you
- so you don't have access to them to beat yourself up
- so Satan doesn't have access to them to use against you

(When the Holy Spirit has you remember it, it will be for the purpose of helping someone else, and there will be no pain or power attached to the memory.)

References & Sample Prayers

Cleansing, pp. 58-62 (Includes a sample Prayer of Resolution, pp. 59-61).

Forgiveness, pp. 35-40.

Freedom From Dark Forces, pp. 138-141.

Freedom from Words of Power, pp.100-102 (Includes a sample Prayer of Resolution).

A Journey to Wholeness, pp. 284-287 (Includes a sample Prayer of Resolution, pp. 286-287).

The Narrow Road to Forgiveness, pp. 116-120 (Includes a sample Prayer of Resolution with a good example of Safe Helpers coaching and guiding the hurting one through the prayer).

Seminar on Prayer Resolution (2012), pp. 46-48 (Includes "An Example of a Prayer of Resolution," pp. 47-48).

Scripture

¹ "Forgive us our debts, as we also have forgiven our debtors ... For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins." (Matthew 6:12 & 14-15 NIV)

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[I.B. Core Steps in the Prayer of Resolution](#)

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I. CORE PRAYERS & STEPS

A. The Core Prayers

WITNESSING PRAYER

Introductory Points

The Safe Helper prays the Witnessing Prayer after the hurting one has prayed the Prayer of Resolution.

We add our agreement with what the hurting one prayed.

This adds power, authority and assurance of answered prayer.

— Jesus said if two agree it will be done.¹

We also declare the completion of the different prayer transactions and what God has done.

It is helpful for wounded people to hear that God heard their prayer, and that it is done!

ELEMENTS OF A WITNESSING PRAYER

* = For more information see "Prayer Explanation" below

Acknowledge the forgiveness steps:

1. We heard and agree with his/her accusations*

2. We declare his/her extending forgiveness was valid

— Having acknowledged the wrongs

— Having given up rights to continue to accuse or be a witness against the person

3. We heard and agree with his/her confession*

4. We declare he/she is forgiven

— Having extended forgiveness (Matthew 6:14)²

— Having confessed (I John 1:9)³

Acknowledge any other steps prayed

Examples:

We declare:

— Physical, emotional, spiritual bonds are broken

— He/she is cleansed

— Memories are under the control of the Holy Spirit

— Etc.

Prayer Explanation

***1 & *3 Agree with the hurting one**

We don't need to repeat each item that was accused or confessed.

It's important to listen carefully to their prayer because when you agree and witness it, you will be lending your name to it before God.

— If you're not comfortable with what the hurting one is praying, stop and discuss it.

E.g.: A man said of his father who abused him, "He couldn't help himself."

The Safe Helper stopped him and said that wasn't true because his dad was able to modify his behavior when others were around. (*The Narrow Road to Forgiveness*, p. 118)

— Witness the prayer “except for this part … ” if you still don’t agree after discussing it.
The hurting one is free to say anything he chooses to his own Heavenly Father.
But if you’re not in agreement with it, then you can simply witness the prayer except for that part.

— If you don’t feel good about something you already witnessed, go back and redo it.
In essence you are telling God, “I signed the wrong paper.”

(Also, don’t let people make a promise to God when they pray. It’s better to say, “I will try to … ”)

Options for the Witnessing Prayer

May witness all the steps at the end

E.g.: “We agree with her prayer. She has acknowledged her accusations against John, and we are witnesses that she chose to forgive him. You will see to it that justice is done. She has confessed her part. Because she has forgiven and confessed we declare, Susie, you are forgiven. The bonds are broken and you are cleansed. The episode with John is finished. It is over!”

May witness a few prayer steps at a time

Examples:

— Sexual Sin prayer

1. After the sin part is taken care of (accusing, forgiving, confessing and asking for forgiveness), witness those steps.
2. Then, after the hurting one prays the rest of the prayer (breaking bonds, cleansing, emotions, and memories), witness those steps.

— Foundational Lies prayer

1. Witness the steps for getting rid of the lie, so that part of the prayer can be set aside.
2. Then, after the hurting one receives a truth, witness the prayer steps for the truth.

May add your own input at the end

An intercessory type prayer, a blessing, etc. (*A Journey to Wholeness*, p. 288)

E.g.: “ … [We] ask the Holy Spirit to continue His work in her and to open her eyes to His Word so she can see herself as her Father sees her… ” (*Freedom from Words of Power*, p. 108)

Examples of excerpts from Witnessing Prayers regarding:

Accusing & forgiving

We are in full agreement with the accusations against John. We are witnesses that she chose to forgive him. You [God] will see that justice is done. She chose to give up her right to accuse or be a witness against him any longer.

Confessing & asking for forgiveness

Jane, you are forgiven because you fulfilled the two requirements: You forgave Joe, and you confessed your part. Your Heavenly Father has removed this as far away as the east is from the west.

Bonds

The physical, emotional and spiritual bonds are broken, in Jesus’ name.

or

Those ties have been broken. You are no longer bound to [name] physically, emotionally or spiritually.

Cleansing

You are cleansed from this, in the name of Jesus. You have been made pure from this defilement.

Vows

Mary, you have been released from the obligation of fulfilling this vow.
(*Make sure you agree it is right to release her from fulfilling the vow*)

Judgments

John is free of those judgments, based on his rejection of them and his asking You to break the power of them.

Emotions

"We join with John in his request that You would take the harmful emotions related to these events. They are no longer needed or wanted." (*A Journey to Wholeness*, p. 290)

Memories

The memories have been put safely under the control of the Holy Spirit — so Satan can't use them against you, and so you can't use them against yourself.

References & Sample Prayers

Cleansing, pp. 66-68 (Includes a sample Witnessing Prayer, pp. 67-68).

Freedom from Dark Forces, pp. 145-146 (Includes a sample Witnessing Prayer, p. 146).

Freedom from Words of Power, pp. 106-108 (Includes a sample Witnessing Prayer, pp. 107-108).

A Journey to Wholeness, pp. 287-290 (Includes a sample Witnessing Prayer, pp. 289-290).

The Narrow Road to Forgiveness, pp. 121-124 (Includes a sample Witnessing Prayer, pp. 123-124).

Seminar on Prayer Resolution (2012), pp. 48-49 (Includes "An Example of a Witnessing Prayer," p. 49).

Scriptures

¹ "If two of you on earth agree about anything you ask for, it will be done for you by My Father in heaven."
(Matthew 18:19 NIV)

² "If you forgive other people when they sin against you, your Heavenly Father will also forgive you."
(Matthew 6:14 NIV)

³ "If we confess our sins, He is faithful and just and will forgive us our sins." (I John 1:9 NIV)

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I. CORE PRAYERS & STEPS
A. The Core Prayers

COVERING PRAYER

Introductory Points

The Safe Helper prays the Covering Prayer when there will be a significant break:

- at a lunch break
- when finishing for the day

This prayer puts a cover over what has not yet been handled, so that the hurting one:

- isn't troubled by unfinished issues
- can have peace during our time apart

Note: When working on occult issues, renew the Covering Prayer if you don't meet for more than about a week.

— “I [Richard Smith] have found that … the protective effects only last about a week.” (*Freedom From Dark Forces*, p. 147; *The Narrow Road to Forgiveness*, p. 126)

ELEMENTS OF A COVERING PRAYER

* = For more information see “Prayer Explanation” below

1. Ask the Father to put unfinished issues under the control of the Holy Spirit*

- So what we have left to deal with won't be a weight on him/her

2. Ask for a hedge of protection around the hurting one*

- So Satan and his forces cannot trouble him/her

3. Ask the Father to give him/her a sense of peace and security during the time apart from us.

May give permission to the Holy Spirit to continue His ministry

- Through the Word, through contact with others, while sleeping, etc.
-

Prayer Explanation

***1. Ask to put unfinished issues under the control of the Holy Spirit**

God will the “keep the lid on the box,” so to speak, until we can get together again.

***2. Ask for a hedge of protection**

We do not want to leave them vulnerable.

Based on Job 1:10 where God put a hedge around Job and his household and everything he had protecting him from Satan

References & Sample Prayers

Cleansing, pp. 68-70 (Includes a sample Covering Prayer, p.69).

Freedom From Dark Forces, pp. 147-148.

Freedom from Words of Power, pp. 108-109 (Includes a sample Covering Prayer, p. 109).

A Journey to Wholeness, pp. 290-292 (Includes a sample Covering Prayer, p. 292).

The Narrow Road to Forgiveness, pp. 125-127 (Includes a sample Covering Prayer, p. 126).

Seminar on Prayer Resolution (2012), p. 50 (Includes “An Example of a Covering Prayer”).

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I. CORE PRAYERS & STEPS
A. The Core Prayers

RELEASING PRAYER (PRAYER OF RELEASE)

Introductory Points

A Safe Helper prays the Prayer of Release at the end of the final PR session.
(When finished working with a hurting one)

This releases him/her from being under our authority.

ELEMENTS OF A RELEASING PRAYER

* = For more information see "Prayer Explanation" below

1. Acknowledge the position of authority that we have had.*

2. Release the person from our authority.*

3. Ask the Father to restore us to a peer relationship.*

May add thanks to God, a blessing*

Prayer Explanation

***1. Acknowledge our authority**

The hurting one has put himself under our authority, as he/she has permitted us to lead him through the PR process.

***2. Release the person from being under our authority**

We don't want to continue being authority figures in their lives.

Rather, we want them to "stand on their own two feet" and trust their Heavenly Father to guide them as they go forward.

***3. Restore us to peers**

Restores us to being brothers and sisters in Christ

***May add thanks to God, a blessing**

Examples:

"... Heavenly Father, thank you for all you have done throughout these days." (*The Narrow Road to Forgiveness*, p. 129)

"... We ask that you bless Brent in a special way in the days to come as he seeks to please you and walk with you as your son." (*Seminar on Prayer Resolution, 2012*, p. 51)

Sample Prayer of Release

"Heavenly Father, Connie and I acknowledge that John has put his trust in us and put himself under our authority. It was right that he did so for a time but that time has now ended. We release him from our

authority and ask that you restore us to our positions as brothers and sisters in Christ ... John, you are hereby released." (*A Journey to Wholeness*, p. 293)

References & Sample Prayers

A Journey to Wholeness, pp. 292-293 (Includes a sample Prayer of Release, p. 293).

The Narrow Road to Forgiveness, pp. 128-129 (Includes a sample Prayer of Release, p. 129).

Seminar on Prayer Resolution (2012), p. 51 (Includes "An Example of a Releasing Prayer").

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[Ending & post-PR](#)

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I. CORE PRAYERS & STEPS

B. Core Steps in the Prayer of Resolution

1. ACCUSE (PRAYER STEP)

Key Points

1. Accuse prayer step:

Tell your Heavenly Father exactly, point by point, how [name] wronged/hurt you, without excusing him/her.

(You are not telling the person who hurt you.)

2. Purpose of accusing:

To lay out all the offenses and hurt before God so that when you forgive, your forgiveness will be complete.

— Implicit in the word “forgive,” which we are commanded to do, is we have to forgive somebody of something. Accusing is laying out that “something.”

3. Can accuse from your perception of what happened

4. Who to accuse:

- The main person
- Any in the greater circle who enabled the sin

5. What to accuse:

- Wrongs done
- What should have been done

6. State the wrongdoing accurately & precisely.

Vagueness lessens the fact of real sin.

Sample prayer pattern: “I accuse [name] of ___, ___, ...”

Explanation/Further Information

1. Accuse prayer step

The process of getting the debt ‘out on the table’ where it can be seen is accusing.” (*Forgiveness*, p. 36)

- Tell God what you have against [name]
- Acknowledge the wrongs
- List your grievances
- Make your case

Without excusing the person:

If you excuse the person, that doesn’t get the issue resolved. You continue to carry the offense.
(That’s why you’re still mad, even though you may say you’ve forgiven.)

Examples:

- “He couldn’t help himself”
- “She did the best she could.”
- “She grew up in a terrible home.”

2. Purpose of accusing in prayer

To unload the burden you are carrying to God, rather than holding it inside you.
Because He’s our Father, we can talk to Him about anything that’s on our heart.

(How many times have you thought about what was done to you? You're already accusing in your mind and heart. God knows what you're thinking.)

To realize the magnitude of what you need to forgive

Can see: [Be thorough in accusing](#)

To see the situation/sin from God's point of view

God doesn't minimize or excuse sin. Sin is so serious He sent His Son to die to pay the penalty for it.

Also, you will be able to see what your part is more clearly.

Initially, people tend to either take on all the guilt, or else, put all the guilt on the other person.

But when we accuse the other first, "it forces us to evaluate exactly what he or she did, and as we do this it helps us better understand our part." (*Narrow Road to Forgiveness*, p. 76)

— You may have more or less to confess than you originally thought.

3. Can accuse from your perception — from your perspective or reality

That's where the emotion comes from.

(Safe Helpers don't need to determine if the hurting one is right. It's the job of the Holy Spirit to reveal that to the person. If their perception is wrong, God won't extract payment for it.)

4. Who to accuse

The main person &

The greater circle

Can see: [Accuse the greater circle](#)

5. What to accuse

Wrongs done: Deeds, words & attitudes

What should have been done

Could this person have helped prevent the problem?

— When omission brings harm, that is a sin.

E.g.: A parent who encouraged his daughter to experiment sexually (sin of commission), did not fulfill his responsibility to protect her (sin of omission).

6. State the wrongdoing accurately & precisely

E.g.: Not, "He got a little rough with me," but, "He physically abused me."

References

Forgive, p.36.

Freedom from Dark Forces, pp. 122-123, 138.

Freedom from Words of Power, pp. 91-92.

A Journey to Wholeness, "No Excuses" pp. 227-228, 286.

The Narrow Road to Forgiveness, pp. 62-65, 76.

Seminar on Prayer Resolution (2012), "Accuse" pp. 57-58, "The Perception" p.60, "The Deed" p. 65.

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Prayer of Resolution

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- I. CORE PRAYERS & STEPS
- B. Core Steps in the Prayer of Resolution
- 1. Accuse (Prayer step)

1a. ACCUSE THE GREATER CIRCLE

Key Points

The “greater circle” of participants:

- Those who had a lesser part in the wrongdoing; made it easier for the wrong to occur
(Not the main person who hurt them)

God sees all who had a part. We want to see the whole picture, too.

Then we can pray with understanding and have full release and healing.

In the discussion: Safe Helpers help point out other people that have some accountability.

In the prayer: Guide the hurting one to first accuse and forgive those in the greater circle (one at a time).

Then he/she can go on to pray about the main person.

Explanation/Further Information

Theater analogy;

The greater circle is similar to supporting actors and actresses in a play.
Though they are not the lead actor and actress, they played a part in what happened.

In the discussion identify those who are in the greater circle:

- 1. Those who contributed to the sin

- Aided or assisted
 - E.g.: The doctor who performed the abortion
- Encouraged
 - E.g.: The friend who “egged you on” to have sex with your girlfriend
- Influenced
 - E.g.: The speaker who spoke glowingly about psychic phenomena, and got you interested in it
- Modeled
 - E.g.: The mother who used drugs in front of her daughter. Then the daughter went on to do the same.

- 2. Those who should have tried to stop it

Doing nothing as a bystander can also be considered a sin.

E.g.: The mother who knew her daughter was being molested by the father, but didn’t do anything about it

“Silence can be the same as assent.” (*Seminar on Prayer Resolution, 2012*, p. 66)

References

Cleansing, pp. 23, 58-59.

Forgiveness, pp. 31-33.

Freedom From Dark Forces, pp. 120, 122.

Freedom from Words of Power, p. 100.

A Journey to Wholeness, pp. 27-28, 173-174, 263.

The Narrow Road to Forgiveness, "God's Perspective" pp. 55-57.

Seminar on Prayer Resolution (2012), The Greater Circle" pp. 60-61, "The Persona" p. 64.

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[1. Accuse \(Prayer Step\)](#)

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- I. CORE PRAYERS AND STEPS
- B. Core Steps In the Prayer of Resolution
- 1. Accuse (Prayer step)

1b. IF HESITANT TO ACCUSE

Key Points

1. In the beginning of PR there is a tendency for people to be hesitant to accuse, or to be very restrained because:

- a. They think that it is not nice.
- b. They don't feel they have a right to accuse.
- c. They excuse the person.
- d. They fear accusing someone wrongly.
- e. Satan is called the accuser.

2. But accusing — identifying the wrong — is an important and helpful part of the forgiveness process.

- To forgive thoroughly, we want to "get everything out on the table."
- We want to see and call sin as God sees it. From His perspective it's wrong, and He holds people accountable.

3. They may use other wording if they're not comfortable with the word "accuse."

Explanation/Further Information

1. People may be hesitant to accuse because:

- a. They think that it is not nice.

You're already accusing in your heart.

- Accusing is being honest with God. He knows what you are thinking anyway.

— The purpose of accusing is not to stay there, but to unload your burden to God so you can go on to forgive them. (Then you let the accusations go.)

b. They don't feel they have a right to accuse.

Some have a poor self image and don't feel they have a right to accuse.

Your Heavenly Father values you. He wants to hear your heart and heal it.

c. They excuse the person.

Excusing people doesn't get the issue resolved. You continue to carry it.

E.g.: "He did the best he could," "She had a bad childhood," etc.)

(The scripture, "Father, forgive them, for they don't know what they are doing,"¹ refers to the executioners not knowing *Who* they were crucifying — the Son of God. They knew *what* they were doing. They were professional executioners.)

d. They fear accusing someone wrongly.

You can only accuse from your perception of what happened.

- If you are wrong, God won't extract vengeance that is not due. God knows the truth.

— If you find out you accused wrongly, then you can confess it and be forgiven.

e. Satan is called the accuser.²

Satan's purpose in accusing:

- To condemn, shame, put us in bondage; to keep us from being free in Christ

Our purpose in accusing:

- To identify the wrong so we can forgive thoroughly, let it go and get free!

3. Other wording if not comfortable with “accuse”

- have this against
- charge
- state my grievances
- tell how he hurt me
- make my case

E.g.: “Heavenly Father, I want to acknowledge before you the wrongs that were committed against me by
... “ (*Cleansing*, p. 59)

Scriptures

¹ “Father, forgive them, for they don’t know what they are doing.” (Luke 23:34 NLT)

² “The accuser of our brethren was cast down, which accused them before our God day and night.” (Rev. 12:10 KJ)

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- 1. Accuse (Prayer step)

1c. BE THOROUGH IN ACCUSING

Key Points

- 1. Being thorough in accusing means telling God all about the offenses.**
We need to be able to articulate the offenses and fully “present our case” to God.
 - 2. An in-depth discussion with Safe Helpers brings a greater awareness of the wrongs.**
 - 3. A thorough accusing results in a complete forgiveness.**
Don't jump too quickly to forgiving, and have the issue not be resolved. The goal of PR is to bring issues to resolution.
-

Explanation/Further Information

1. Being thorough in accusing

A sample prayer that illustrates thorough accusations after discussing the situation with Safe Helpers is summarized below. (Cleansing, pp. 59-62)

The situation:

A Swedish woman was encouraged by her father to have sex with her boyfriend when she was only 14 years old.

The prayer:

1. When she accused her father:

After discussing the situation with the Safe Helpers she didn't just say, "He encouraged me to have sex with my boyfriend."

She realized there were more offenses regarding that situation. Her accusations were:

- My father never told me that he loved me.
- He never hugged me.
- I felt like he didn't care what I did or did not do.
- He told me sleeping with a man before marriage was OK.
- He said it would not bother me, but I felt terrible guilt afterward.
- My father didn't teach me to honor my body or myself.
- He made fun of me and called me his "little virgin."
- He caused me to see You [God] as uncaring and unloving.

2. When she accused the boyfriend:

She didn't just say, "I accuse him of having sex with me."

Her accusations were:

- He seduced me.
 - He got me drunk and then aroused me.
 - He said everyone had sex together.
 - He told me he loved me, but the next day he passed by me with another girl.
 - He was 20 and I was only 14. He was older and more responsible for his actions.
-

2. An in-depth discussion brings greater awareness of the wrongs

Much time is intentionally allowed for discussion.

It's not rushed in order to get to the person on to forgiving.

The hurting one is encouraged to share the details.

E.g.: "As we talked, Brent was able to verbalize more clearly what he had against the director." (*Seminar on Prayer Resolution 2012*, p. 45.)

Safe Helpers:

- Ask questions to bring out more detail, as well as for clarification
- Share their perspective
- Share God's perspective

Results from the discussion

The hurting one:

- Sees the wrongs with more clarity
 - Sees additional wrongs he/she hadn't thought of
-

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[1. Accuse \(Prayer step\)](#)

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2. FORGIVE (PRAYER STEP)

Key Points

1. Definition of forgive:

Trusting God enough to believe that He will see that justice is done on my behalf — to the point that even my sense of justice will be satisfied.

2. Forgive prayer step:

Put show me the person and the wrongdoing into God's hands, trusting that He will see that justice is done.

— Give up your right to accuse or be a witness against the person about this again.

3. Justice = getting the offense paid for

(Justice is the unique part of PR's definition of forgiveness.)

— God will have the offender pay, or

— God will apply Jesus' death on the cross as payment for the sin.

4. Forgiving benefits you.

5. Forgiving allows God to work in the wrongdoer's life.

6. Forgiving doesn't mean you must reconcile.

Sample prayer:

"I forgive [name] (not, 'I want to forgive ... — that's not the same as forgiving) because I don't want to carry this any more.

I hand him/her over to You, Father, and ask You to see that payment is made and justice is done on my behalf.

I give up my right to accuse [name] about this again, or to be ready to witness against him/her about this."

Explanation/Further Information

2. Forgive prayer step

Trust God to see that justice is done: that the debt owed you is paid

— You trust God to do it. It's no longer your concern how God does it.

— You no longer insist that the offender must be the one who pays.

— If God applies Jesus' death as payment, you accept that the blood of Christ is enough to make full payment for the offense. Nothing needs to be added by the offender.

— "Because there is no past, present or future with God [God is outside of time], I can be assured that the moment I forgave, payment was made; justice was done — the matter is finished." (*Seminar on Prayer Resolution 2012*, p. 63)

Can see: [Give up right to accuse or be a witness](#)

3. Justice = getting the offense paid for

"God will see that justice is done in either exacting the cost of sin from that person, or placing the cost on His son, Jesus Christ. Either way, someone will pay for the sin." (*A Journey to Wholeness*, p. 199.)

4. Benefits you

You're not able to get justice on your own.
God is the only one who can bring justice.

You can be free to live without the burden.

— To not continue to carry this hurt and have it take a toll on your mind, emotions, or body

You are able to put your energies into fully living in the present.

"When we forgive ... we put down a load ... we have more energy for living in the present, instead of using the energy to maintain the past." (*A Journey to Wholeness*, p. 203)

5. Allows God to work in the wrongdoer's life

When you forgive you are no longer in the middle, standing between God and the person who hurt you (trying to collect payment from him/her.)

You get out of God's way, so He can deal with the offender.

"We increase God's power in another's life when we take our hands off." (*A Journey to Wholeness*, "For the Wrongdoer," pp. 199-201.)

6. Doesn't mean you must reconcile

Can see: [Forgiving is different than reconciling](#)

References

Cleansing, pp. 21-24.

Forgiveness, pp. 36-38.

Freedom from Dark Forces: pp. 122-124, 138-139.

Freedom from Words of Power, pp. 81-84.

A Journey to Wholeness: pp. 191-193, 197-203, 227-237.

The Narrow Road to Forgiveness, pp. 65-69.

Seminar on Prayer Resolution (2012), pp.58, 62-63 (Includes definition of forgiveness p. 63).

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- 2. Forgive (Prayer step)

2a. GIVE UP RIGHT TO ACCUSE OR BE A WITNESS

Key Points

When you forgive, you give the situation over to the Heavenly Father trusting that He will provide justice for you.

Because God sees to it that it is paid for, you can:

- 1. **Give up your right to accuse** the person about this offense ever again (Active)
- 2. **Give up your right to be a witness** against the person, waiting to be called (Passive)
(Exception: If your must testify in court)

These are steps for final closure in forgiving.

You close the book on the offense and let it go.

Sample prayer: "I give up my right to accuse or be a witness against [name] for this any longer."

Explanation/Further Information

1. Give up your right to accuse

No longer actively keep rehashing the event or bringing it up (because this offense is now paid for)
You do not continue to hold a grudge.

2. Give up your right to be a witness

No longer passively stand by ready and waiting for a chance to tell it:

- to get sympathy
- to get others to judge the person who hurt you
- etc.

(because this offense is paid for)

Exceptions:

If you must testify in a court of law

— If you become involved in litigation, you would be testifying as a civic duty, not to get personal revenge.

In a ministry situation

— You may share your experience if the Holy Spirit prompts you in order to help someone.
(Sharing will not be emotionally charged for you because the situation has been resolved.)

References

Forgiveness, pp. 37-38.

Freedom from Dark Forces, p.139.

Freedom from Words of Power, pp. 96-97.

The Narrow Road to Forgiveness, pp. 67-68.

Seminar on Prayer Resolution (2012), pp. 58, 63.

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- 2. Forgive (Prayer step)

2b. FORGIVE: GOD'S COURTROOM ANALOGY

A righteous lawyer, the Holy Spirit, helps us understand the facts of the case and gather all the evidence. (the discussion)

We bring our evidence to God's courtroom and leave it there. (the accusations)

We turn, leave the courthouse, and go back into life.

The case is no longer our burden or concern, because the Righteous Judge will see to it that a right verdict is made and that justice is done. (Forgiving is trusting God for this.)

"We do not need to check on the ruling later because, in God's perfect court, justice is always done ... We can concentrate instead on getting back to living!" (*A Journey to Wholeness*, p. 202)

References

A Journey to Wholeness, p. 202.

The Narrow Road to Forgiveness, p. 68 (top).

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[2. Forgive \(Prayer step\)](#)

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- 2. Forgive (Prayer step)

2c. FORGIVING IS DIFFERENT THAN RECONCILING

Forgiving does not mean that you must reconcile.

You may not even want a relationship with the person. He/she may not be safe or trustworthy. But because you have forgiven, now you can make that choice.

It takes two to reconcile.

Reconciliation cannot take place if only one party is willing.

Reconciliation can only happen after:

- 1. The wounded person forgives
and
- 2. The offender owns up to what they've done:
 - Acknowledges the hurt, losses and suffering
 - Doesn't deny, excuse or minimize their behavior

Reconciliation is a process of restoring trust.

Comes from seeing changed attitudes and actions *over time*

References

Forgiveness, pp. 41-43.

The Narrow Road to Forgiveness, pp. 94-102.

Seminar on Prayer Resolution (2012), pp. 130-134.

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- B. Core Steps in the Prayer of Resolution

3. CONFESS (PRAYER STEP)

Key Points

1. Confess prayer step:
Tell your Heavenly Father specifically what you did wrong/how you sinned, without making excuses.

2. Purpose of confessing:
To acknowledge all that you want forgiveness for, so your sin can be cleared out
God wants us to confess our sins so that He can forgive us.¹

3. What to confess:
— Wrongs done (words, deeds, attitudes)
— What you should have done
We must see the sin through God's eyes/His standard of right and wrong.

4. State the wrongdoing accurately & precisely.
Vagueness lessens the fact of real sin.

5. Confess with an attitude of
— **Remorse:** Being truly sorry
— **Repentance:** Choosing to turn away from that sin; to reject it as a way of living; to take another path

Sample prayer pattern: "I confess I ___, ___, ..."

Explanation/Further Information

1. Confess prayer step
Confession is a process of 'putting things out on the table,' so to speak. Everything is exposed for what it is." (*The Narrow Road to Forgiveness*, p. 79)

Without making excuses or justifications

Examples:

"I couldn't control myself."
"Everyone was doing it."

You are responsible for your actions.

2. Purpose of confessing
— To cleanse you of any unrighteousness
— To clear out anything that gets in the way of your relationship with your Heavenly Father

"Confession is not for God's benefit, as if He did not know what we did. It is for our benefit." (*The Narrow Road to Forgiveness*, p. 112)

3. What to confess
Wrongs done: deeds, words & attitudes

What should have been done (sins of omission)
— When omission brings harm, that is a sin.

Ask the Father, "Is there is anything else to confess regarding this matter?"

4. State the wrongdoing accurately & precisely

Need a full, clear honest confession without hedging

E.g.: Not, "We messed around," but, "We committed adultery."

References

Forgiveness, p. 38.

Freedom from Dark Forces, p. 140.

Freedom from Words of Power, p. 91.

A Journey to Wholeness, "The Deed" pp. 264-265, pp. 279-280.

The Narrow Road to Forgiveness, pp. 78-79.

Seminar on Prayer Resolution (2012), p. 59.

Scripture

¹ "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (I John 1:9 KJ)

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- B. Core Steps in the Prayer of Resolution
- 3. Confess (Prayer step)

3a. SEE SIN AS GOD DOES

We need to see sin as God does, “through His eyes.”

“God’s eyes” = the reality of what was done against us, and of what we did

"Part of our job as we minister to others is to help them see life, reality, as God sees it. Seeing life as it really is includes a greater awareness of sin and its effects." (*Freedom From Dark Forces*, p. 3)

To see sin as God does we need to see it without the influence of our cultural standards.

E.g.: America's sexual norms are not God's.

God doesn't minimize or excuse sin.

Sin is so serious He sent His Son to die to pay the penalty for it.

Reference

The Narrow Road to Forgiveness, pp. 7, 49-55.

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[3. Confess \(Prayer step\)](#)

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4. ASK FOR FORGIVENESS (PRAYER STEP)

Key Points

1. Ask God to forgive you.¹
2. The Father will forgive you, if you confess your sin.
3. Receive/accept God's forgiveness.
This includes forgiving yourself.

Sample prayer: "I ask You, Father, for forgiveness for these things."
(For the things that you just confessed — you don't need to restate them)

Explanation/Further Information

1. Ask God to forgive you.

You are asking:

- that the sacrifice Christ made would be applied to your sin
- that the debt you owe will be cancelled
- that God not remember your sin any more

2. The Father will forgive.

- If you confess²
- If you forgive others³

Forgiveness is an act of God's mercy.
(Mercy = you don't get what you deserve.)

Why is God able to forgive you?

Because He applies the blood of Christ to your sin

- Payment was made by His Son for the penalty you deserve.

3. Need to receive/accept God's forgiveness

Forgiveness is a gift offered to you.

Your part is to take it.

- It's a choice to receive it or not.
- Until you take it, it's not yours.

Result of accepting forgiveness: The guilt is gone and you are free!

If the issue is about something very shameful:

Make sure they receive forgiveness.

- Ask: "Did you receive God's forgiveness?"
Christ paid for it, but you must take that forgiveness. You must apply His sacrifice to this.

Make sure they also have forgiven themselves.

- Ask: "Do you forgive yourself?"

If God is willing to accept Christ's death as payment and has forgiven you, you must not hold yourself to a higher standard than God's. That is saying that Christ's death was not enough.

Can see: [Forgive yourself](#)

References

Forgiveness, p. 38-39.

Freedom from Dark Forces, p. 140.

The Narrow Road to Forgiveness, pp. 80-81.

Seminar on Prayer Resolution (2012), p. 59.

Scriptures

¹ "When you pray ... pray like this ... forgive us our sins, as we have forgiven those who sin against us." (Matt. 6:7, 9,12 NLT)

² "If we confess our sins, He is faithful and just to forgive us our sins." (1 John 1:9a NASB)

³ "If you forgive those who sin against you, your Heavenly Father will forgive you." (Matt. 6:14 NLT)

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- 4. Ask for forgiveness (Prayer step)

4a. FORGIVE YOURSELF

Key Points

Even after asking God for forgiveness and receiving it, some people don't/won't forgive themselves.

Make sure the hurting one forgives him/herself, especially if the issue is about something he/she is ashamed of.

If the person is having trouble forgiving him/herself:

- 1. Can discuss and teach about God's forgiveness
 - 2. Can have the hurting one accuse and forgive him/herself!
-

Explanation/Further Information

1. Discuss/teach about God's forgiveness

Christ's payment at the cross handled sin completely.

— You don't need to add your payment to His sacrifice.

E.g., by hating yourself, punishing yourself, trying to do good to work it off, etc.

Can ask:

— Is the blood of Christ enough?

— God forgave you: Are you holding yourself to a higher standard than God's standard?

(If it was enough for God, for the penalty that was owed you, then is it enough for what you owe yourself?)

After the discussion with this new understanding **ask again**:

— “Do you forgive yourself?”

Sometimes the person needs to hear themselves say it: “I forgive myself!”

2. Can guide the hurting one to accuse and forgive him/herself

Sample prayer:

“I accuse myself of ...”

I choose to forgive myself.

— I trust You enough to believe that You will see that justice is done and payment is made.
(Jesus paid for it!)

— I give up my right to accuse myself any longer, because it's finished!”

Reference

The Narrow Road to Forgiveness, pp. 80-81.

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4. Ask for forgiveness (Prayer step)

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I. CORE PRAYERS AND STEPS
B. Core Steps in the Prayer of Resolution

EMOTIONS (PRAYER STEP) — if pertinent

Key Points

Emotions prayer step:

Give (release) the harmful emotions to God, and ask Him to take them.

God then takes those negative emotions and frees you from them.

He replaces those emotions with peace.

If pertinent = Sometimes this step is not needed.

E.g.: If the emotions were not strong, or if the forgiveness prayer took care of them

Sample prayer: “Heavenly Father, I give You the emotions I have had [list them] regarding this situation. I ask You to take them.”

Explanation/Further Information

There is no need for further reactions to those past events, because justice was taken care of when forgiveness was extended and received.

— Therefore, you can give up those emotions.

E.g., You were rightly angry, but now that you have justice, you no longer need that anger.
(The emotions kept the issue alive until it could be dealt with.)

Can see: [Emotions and Definitions](#)

You are releasing/giving up the emotions relating to this situation — not giving up all emotion.

E.g.: You are not giving up anger as a possible emotion

— regarding something else in the future

— regarding something in the past that has not yet been dealt with

(Anger is a God-given response to perceived injustice.)

You may still grieve as you realize the reality of what happened from God's perspective.

But the anger, shame, etc., will be gone.

To help identify the emotions:

— “What are the emotions have you have been carrying all these years?”

— “Ask the Holy Spirit to reveal any feelings that might be under the surface.”

— “Are there any emotions that you want to let go of?”

(Sometimes the person says, “They have been taken care of!”)

Note: Occasionally, you may have the person do the emotions step right after forgiving or right after asking for forgiveness, if the emotions were strong.

Sample prayers regarding emotions:

"I ask that you take away from me the shame and sense of helplessness I felt then." (*A Journey to Wholeness*, p. 287)

"Heavenly Father, Now that I have put these men into Your hands to see that justice is done on my behalf, I no longer need the emotional reactions I have carried so long.

I want to give up these, as they come out of that horrible scene. There is the hatred I feel toward these men, the humiliation and degradation; there is the fear and the feeling of helplessness. There is the feeling of revulsion and the nausea I have felt whenever the memory surfaces. I give these to You and ask that You take them from me as they pertain to that time." (*The Narrow Road to Forgiveness*, p. 82)

References

Freedom from Dark Forces, "Release" p. 139, "Sexual Feelings and Memories" pp. 163-4.

Freedom From Words of Power, pp. 125-126, 131-132.

A Journey to Wholeness, pp. 265, 287 (top).

The Narrow Road to Forgiveness, pp. 81-83.

Seminar on Prayer Resolution (2012), p. 63 (#6).

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I. CORE PRAYERS AND STEPS
B. Core Steps in the Prayer of Resolution

MEMORIES (PRAYER STEP) — if pertinent

Key Points

Memories prayer step: Ask God to put the memories under the control of the Holy Spirit
— so the memories can no longer trouble you or harm you
— so you don't have access to them to beat yourself up
— so Satan doesn't have access to them to use against you

God doesn't erase the memories, but takes the pain and power out of them.

When the Holy Spirit has you remember it, it will be for the purpose of helping someone else, and there will be no pain or power attached to the memory.

If pertinent = Sometimes this step is not needed.

E.g.: If the memories were not strong, or if the forgiveness prayer took care of them
But you may want to do this step If the memories have been troublesome, long-lasting, etc.

Sample prayer: "I ask You, Heavenly Father, to put these memories under the control of the Holy Spirit."

Explanation/Further Information

God can nullify the effects of negative memories.

— The memory will not be emotionally charged.
— God gives you detachment. (It will be like it happened to someone else, not to you.)

"We can't ask God to take away the memories but we can ask Him to put those memories under the control of the Holy Spirit, so they no longer have the ability to harm us or bring up emotional reactions."
(*The Narrow Road to Forgiveness*. p. 83)

Sample prayers regarding memories:

"Take the memory of that time under the control of the Holy Spirit so it can no longer trouble me." (A *Journey to Wholeness*, p. 287)

"Heavenly Father, I ask that you take the memories of this time and put them under the control of the Holy Spirit, so they are no longer available to me except as the Holy Spirit permits (for ministry insights, etc.). Close these doors, so that neither I nor Satan have access to them any longer, and so that they can no longer affect me." (*Freedom from Dark Forces*, p. 164)

References

Cleansing, pp. 61-62.

Freedom From Dark Forces, pp. 164, 168.

Freedom From Words of Power, pp.102, 125-126 (top), 131-132 (top).

A Journey to Wholeness, p. 287 (top).

Narrow Road to Forgiveness, pp. 83, 85-86.

Seminar on Prayer Resolution (2012), p. 63 (#7).

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II. PRAYERS FOR SPECIFIC AREAS

A. Sexual Sin

SEXUAL SIN PRAYER

Introductory Points

All sexual acts outside of marriage are sexual sin.

Sexual sin can also take place even without physical touch.

Jesus said sexual sin begins in the mind.¹

Begin with the earliest incident.

That's where the patterns begin.

Do an entire separate prayer for each person.

Discussion Ideas

Understand the issues clearly before praying, including each person and offense (wrongs done/what should have been done).

Some examples to stimulate thinking about:

A. Who may need to be accused of what?

Anyone in the greater circle (who enabled the sexual encounter), e.g.:

The person who set you up on the date

- Knew that the guy used women, but didn't tell you
- Didn't care about your value
- Etc.

The main person:

Your sexual partner

- Didn't respect my boundaries
- Expected sexual favors for taking me out
- Used me
- Treated me as a sex object, not as a person
- Should have protected me & my purity
- Etc.

B. What may need to be confessed?

- Was flattered by his attention
- Didn't listen to the discernment I had; ignored my conscience
- Didn't respect myself
- Had sex outside of marriage (committed fornication)
- Sacrificed myself in my desire for intimacy

(The desire for intimacy is God-given. But you get no intimacy in illicit sex.)

- Etc.
-

RESOLVING THE EFFECTS OF SEXUAL SIN

* = For more information see "Prayer Explanation" below

1. Accuse* (one at a time)

2. Forgive* "

- Give up right to accuse again
- Give up right to be a witness

3. Confess*

4. Ask for forgiveness*

5. Ask to break the bonds* — physical, emotional & spiritual

6. Ask for cleansing from the defilement*

Optional steps, if pertinent:

- Give emotions to God*
 - Ask memories to be put under the control of the Holy Spirit*
-

Prayer Explanation

FORGIVENESS STEPS (for the wrongs/sin) #1-4

It's important that the hurting one be thorough in acknowledging the wrongs, without excusing them, in order to have a complete forgiveness.

(We begin with the part others played because:

- As the hurting one forgives the others, this allows God to forgive him/her.²
- After looking at the others' involvement, the hurting one is able to more accurately see what his true part is.)

THE OTHERS (#1-2)

One at a time, accuse & forgive:

- Anyone in the greater circle (who had a lesser part)
- Then, the main person

***1. Accuse**

Tell the Father how the person wronged you: deeds, words, attitudes (*from the discussion*)

Sample prayer: “I accuse [name] of ... ”

***2. Forgive**

Sample prayer: “I forgive [name] for these things. (Don't repeat the list of wrongs.)

I hand him/her over to You, Heavenly Father, because I don't want to carry this any more.

I ask You to see that justice is done on my behalf.

I give up my right to accuse or be a witness against [name] any further, for this situation.”

You are giving up your right:

- To accuse, i.e., to hold it against the person any more; to keep bringing it up (active)
- To be a witness, i.e., to be ready to tell about it (passive)

(You can give up these rights because God is taking care of the justice, seeing to it that it's paid for.

Therefore, there's nothing else to accuse or witness. You are closing the book on this.)

(REPEAT STEPS #1-2 WITH EACH PERSON.)

YOURSELF (#3-4)

***3. Confess**

Acknowledge how you wronged others and yourself: deeds words, attitudes (*from the discussion*)

Sample prayer: “I confess ...”

Confess with an attitude of remorse, and with the desire and choice to repent, i.e., to turn the other way.

***4. Ask for forgiveness**

Sample prayer: “I ask You, Father, for forgiveness for these things.” (Don’t restate the wrongs you just confessed.)

Receive God’s forgiveness.

STEPS FOR ONGOING CONSEQUENCES (from sexual sin) #5-6

***5. Bonds**

Ask God to break physical, emotional, spiritual bonds formed

Bonds (or ties): the oneness formed in any sexual activity

(These bonds need to be broken because they are unholy bonds, i.e., outside of marriage.)

***6. Cleansing**

Ask God for cleansing from the defilement

Defilement: a spiritual state of uncleanness that occurs in sexual sin
Spiritual cleansing is needed (purification).

(This is different from the cleansing from sin and unrighteousness that comes with forgiveness of sin.
“When sexual sin is performed by us or against us … we need purification. It is a cleansing of the spirit.”
— *Journey to Wholeness*, p. 285)

OPTIONAL STEPS, IF PERTINENT

(If pertinent = if the emotions or memories were strong or are still troublesome after giving and receiving forgiveness.)

***Emotions**

Give the emotions (list them) to the Father, and ask Him to take them.

God frees you from those emotions and replaces them with peace.

(The emotions kept the issue alive until you could deal with it. Now that you’ve had your justice, you don’t need those emotions any more and can willingly give them up.

E.g., You were rightly angry, but now that you have justice you no longer need that anger.)

***Memories**

Ask the Father to put the memories under the control of the Holy Spirit:

- so the memories can no longer trouble you or harm you
- so you don’t have access to them to beat yourself up
- so Satan doesn’t have access to them to use against you

(When the Holy Spirit has you remember it, it will be for the purpose of helping someone else, and there will be no pain or power attached to the memory.)

References & Sample Prayers

Cleansing, pp. 58-61 (Includes a sample prayer), pp. 70-73.

Freedom From Dark Forces, pp. 162-164.

A Journey to Wholeness, pp. 284-287 (includes a sample prayer, pp. 286-287).

Seminar on Prayer Resolution (2012), pp. 67-79.

Scriptures

¹ “I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.” (Matthew 5:28 NIV)

² “Forgive us our debts, as we also have forgiven our debtors ... ‘ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.’ ” (Matthew 6:12, 14-15 NIV)

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II. PRAYERS FOR SPECIFIC AREAS

A. Sexual Sin

Info/Notes on Sexual Sin

BONDS

Key Points

1. Bond: The oneness created through any sexual act

This oneness happens automatically.

2. Three aspects of bonding:

- **Physical** (a physical tie is formed)
- **Emotional** (an emotional tie is formed, positive or negative)
- **Spiritual** (a spiritual tie is formed; a uniting of your spirits)

3. Bonds are lasting.

They don't go away on their own.

4. Only God can break bonds.

Must ask God to break unholy bonds (those outside of marriage)

5. Result of God breaking unholy bonds:

- Restores you to wholeness; returns the other person to neutral
- If married, frees you to fully bond to your spouse
- If unmarried, will be able to establish a marriage in purity

Prayer step: Ask God to break the physical, emotional and spiritual bonds formed.

Explanation/Further Information

1. Bond: Oneness

Designed by God to take place in a marriage relationship¹

Bonds are created in any sexual act²

- In long-term relationships
- In brief encounters
- In unwanted encounters
- Full intercourse is not required
- Even in fantasizing

Examples of bonding:

- You can't seem break free of an unhealthy relationship, though you want to.
- You ended a relationship with someone, but feel jealous when you see him/her with someone else.
- A victim can feel emotionally tied to his/her perpetrator, even years later.
- A married woman often had dreams about her former fiancee. After breaking the bonds, the dreams ceased.

2. Three aspects of bonding (*Cleansing*, pp. 46-49, & *Seminar on Prayer Resolution 2012*, p. 69.)

- Physical bond

That person's touch is not neutral thereafter, but is is special or different (either good or bad).

E.g.: If you shake the person's hand, even years later, it's more significant than shaking just anyone's hand.

— Emotional bond

"We can't control our response to the other when he or she enters the room." (Cleansing, p. 47)
The emotional response may be attraction, excitement, arousal, dread, repulsion, etc.

— Spiritual bond

We're not only physical beings, but also spiritual beings.
It's the bond between our spirits that makes us one. We are asking for this oneness to be broken.

3. Bonds are lasting.

They don't go away automatically:

- When you're no longer with that person
- When you become a Christian
- Because you're now married to someone else
- Because the sexual activity was long ago

5. Result of breaking the bonds:

- You are no longer connected to this person from your past. The person becomes neutral.
 - People often experience a lightening in their spirit!
-

References

Cleansing, pp. 45-49 (top), 61-62.

Freedom From Dark Forces, pp. 162-163.

A Journey to Wholeness, pp. 285 (top), 287 (top).

The Narrow Road to Forgiveness, pp. 88-89 (Example of a bond between rape victim and perpetrator).

Seminar on Prayer Resolution (2012), pp. 67-70.

Scriptures

¹ "A man will leave his father and mother and be united to his wife, and the two will become one flesh." (Matthew 19:5 NIV) (Also Gen. 2:24)

² "Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, 'The two will become one flesh.'" (I Corinthians 6:16 NIV)

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II. PRAYERS FOR SPECIFIC AREAS

A. Sexual Sin

Info/Notes on Sexual Sin

CLEANSING FROM DEFILEMENT

Key Points

Defilement: A spiritual state or condition of uncleanness

1. Defilement of the spirit occurs in any sexual sin.

— Replaces purity (the state of being spiritually pure, clean, not tainted)

2. People live out defilement in some way.

— Affects their view of themselves and their behavior

3. Spiritual cleansing is needed (purification).

(This is not the same as cleansing from the sin, which was taken care of when they confessed their sin to God.)¹

Sample prayer: “Cleanse me from the defilement of this.”

Explanation/Further Information

1. Defilement occurs in any sexual sin.

It's a “stain” on your spirit when sexual sin is performed by you or on you.

(Other sins, for example stealing, do not create defilement, and therefore do not need a request for cleansing. — *Freedom from Dark Forces*, p. 141)

Examples of defilement:

- Rape victims feel dirty. They can shower and scrub to try to take away what they are feeling, but still feel dirty because that doesn't take care of the *spiritual* state.
- Being looked at lustfully by a stranger can be defiling, even though there is no physical contact. You feel dirty.

2. Defilement is lived out in some way.

Some examples:

- “After Betty’s father molested her … she lived the next three decades feeling unworthy, unloved and unclean (defiled).” (*Cleansing*, p. 43)
 - Feel ashamed; don’t feel worthy of a good relationship
 - Become promiscuous, believing you are “damaged goods”
 - Determine not to let your emotions out again
 - Some who were molested go on to molest others.
-

References

Cleansing, pp. 42-44, 49 (top).

Freedom From Dark Forces, p. 163.

A Journey to Wholeness, pp. 285-286.

The Narrow Road to Forgiveness, p. 88.

Seminar on Prayer Resolution (2012), pp. 70-71.

Scripture

¹ “If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” (1 John 1:9 KJV)

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II. PRAYERS FOR SPECIFIC AREAS

A. Sexual Sin

Info/Notes on Sexual Sin

SAFE HELPER LEAVE FOR SENSITIVE ISSUE?

Once in a while, when a hurting one has a sensitive sexual issue to share, he/she may ask the Safe Helper of the opposite sex to leave the room.

Should the Safe Helper leave the room?

Usually no

- You can say, "We work as a team."
- Just because the hurting one wants you to leave doesn't mean it's necessary.
- Don't let the hurting one dictate.
- It can be helpful and affirming to hear the opposite sex Safe Helper's response to what happened. E.g., it can be very healing for a female to hear a male Safe Helper angered by what a man did to her.

But it depends on the situation.

Be sensitive to the Holy Spirit if you should leave.

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II. PRAYERS FOR SPECIFIC AREAS

A. Sexual Sin

Info/Notes on Sexual Sin

SHARE ABOUT SEXUAL PAST?

There is no value or need to share the details of your sexual past, even if a spouse or dating partner wants to know.

If God considers it finished and remembers it no more, neither should we.
(Make sure you have resolved your sin before God.)

Sharing details is not required to be honest.

- It's not a matter of hiding things. It will hurt them.
- It adds an unnecessary burden to them that they cannot do anything about.
- It becomes a block between you and the person.

Instead, be brief in sharing

"We may need to tell them that we have a sexual history or that we have had an abortion — but not the details." (*A Journey to Wholeness*, p.260)

E.g.: "God took care of my sexual past. That's garbage and it's been dealt with."

We can share the principles behind PR that brought us healing, but don't share the details.

Reference

A Journey to Wholeness, "Role of the Spouse" pp. 259-261, "A word of caution" pp. 317-318.

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II. PRAYERS FOR SPECIFIC AREAS

A. Sexual Sin

Info/Notes on Sexual Sin

WHY PRAY ABOUT SEXUAL SIN FIRST?

God answers in a dynamic way for sexual issues.

The release and cleansing from sexual sin is experienced more deeply than other prayer answers.
People usually feel a difference right away.

— They get such a clean feeling after breaking bonds and cleansing, and are pleasantly surprised!

They can see that PR works!

They see that God answers prayer.

That sets the stage to go onto other areas that are less dynamic.

Sexual sin is part of the “garbage” that needs to be removed to get to the real you.

These things don't define who you *are*, but are things you've done or that have happened to you.

— It's always good to clean that up; to get it out of your life and be free of it!

(We begin there and get rid of it.)

They can see other issues and destructive patterns more clearly, after they have handled sexual sins.

This is the way we work in PR.

If they say they don't want to, nobody really *wants* to do it first, last, or in the middle!

But this is the way we work.

Reference

A Journey to Wholeness, p. 275 “The Circumstances.”

Seminar on Prayer Resolution (2012), p. 55.

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II. PRAYERS FOR SPECIFIC AREAS

C. Parental Issues

PARENTAL ISSUES PRAYER (& ANY SIGNIFICANT CAREGIVER)

Introductory Points

Examine the parent's modeling and performance during the early years when the hurting one lived at home.

Those are the years when a person's basic worldview was shaped.

(Better behavior by a parent later doesn't erase effects of unhealthy behavior modeled early on.)

Look at each parent from 3 perspectives or roles:

(It's too much to deal with the whole at one time.)

1. As a man or woman — what he/she was like outside the home in the community

(This impacted your expectations of men and women, and view of your own masculinity or femininity.)

— Pray about this role first, as it's the one with the most emotional distance from the child.

2. As a husband or wife — how they were as a spouse

(This impacted your view of marriage, choice of spouse, and marriage relationship.)

3. As a dad or mom — how they parented/treated you

(This impacted your self-esteem, view of the Heavenly Father, and how you parented your children.)

— Do this role last, as it's the most personal and emotional, and the most constructive or destructive.

Examine and pray about each role one at a time.

— Father as: 1. a man; 2. a husband; & 3. a dad;

— Mother as: 1. a woman; 2. a wife; & 3. a mom

Most often it doesn't matter which parent you do first. But in some cases, it is simpler to begin with whichever parent was the "better" one, and then go on to the other one.

We honor our parent's position and evaluate their performance.

Many people have questions about accusing their parents. How is this honoring them, as God tells us to do?

We honor our parents by seeing they have the worth to be accountable for their actions.

— It is both respectful and honoring to hold people accountable, just as God does us.

(God honors us by seeing we have the worth to be accountable for our attitudes, actions and omissions.)¹

Also, pray about other caregivers/models who had significant input into their upbringing.

E.g.: Step-parents, a grandparent, an older sibling

Discussion Ideas

Maintain the focus on one role at a time.

For ideas of possible questions to ask, see Seminar on Prayer Resolution (2012), pp. 96-98.

ROLE 1: Father as a MAN or Mother as a WOMAN

A. Determine what the parent modeled.

What was your [father like as a man] or [mother like as a woman] outside the home? (with neighbors, work, church, in the marketplace, etc.)

Some questions to stimulate thinking:

— E.g.: Friendly? dress nicely? manners? hard worker? ethical? handle stress? generous with time & resources? interested in spiritual things? sees being a man/woman as a blessing? etc.

How would you define what a [man] or [woman] is, based on your parent's behavior and model?
(what a man/woman does/is like)

B. Evaluate their model.

Which things in the model are good that you want to keep/to follow — that you're thankful for?

Which things are unhealthy/harmful — that you want to reject?
(that you don't like/don't want to be like)

Tip: (In your notes you may want to put a star by things they are thankful for, & an X by things they reject. Then refer to that when the person prays.)

C. How did you live out their model in good or harmful ways?

In what ways did that model impact the way you view the opposite sex?

E.g.: You may have assumed all [men/women] were like your parent in the negative sense, thus placing an unfair judgment on those who didn't deserve it. How?

In what ways did that model impact the way you view yourself as a [man or woman], or impact how you live?

E.g.: His/her modeling had an impact on whether you are generous or not.

Go to "PRAYER STEPS" (below) "For 1: Father as a MAN or Mother as a WOMAN"

ROLE 2: Father as a HUSBAND or Mother as a WIFE

A. Determine what the parent modeled.

What was your [father like as a husband] or [mother like as a wife]?

Some questions to stimulate thinking:

— E.g.: Kind? affectionate? respectful? provide? handle finances? chores? handle disagreements? controlling? see marriage as a blessing or a burden? etc.

How would you define what a [husband] or [wife] is, based on their marriage?
(what a husband/wife does/is like)

B. Evaluate their model.

Which things in the model are good that you want to keep/to follow — that you're thankful for?
(that you'd like to bring into your marriage)

Which things are unhealthy/harmful that you want to reject?
(that you would not want to bring into your marriage)

C. How did you live out their model in good or harmful ways?

How did that model impact your choice of a partner?

or, Did you make a judgment that if this is the way all [women/men] are, I won't get married?

How did that model impact your marriage & view/treatment of your spouse?
E.g.:

- You may have assumed your spouse is like your parent, and assigned to him/her some negative attitudes or actions of your parent. If so, how?
- You may have acted out some aspects of the negative modeling with your spouse. If so, how?

Go to “PRAYER STEPS” (below) “For 1: Father as a HUSBAND or Mother as a WIFE”

ROLE 3: Father as a DAD or Mother as a MOM

This section is not as much about a model, as about the hurting one’s personal experience of the parent’s behavior, interactions and attitude toward them.

Discuss all the specific offenses.

Deal with everything you have against your [dad] or [mom].

- E.g.: How you were treated; what he/she did to you; attitude toward you

Tip: Make a note of any Words of Power but don’t deal with them here. Save them for that section.

Were there any negative pieces you took on, or negative reactions you had?

Is there anything you need to confess?

How did their behavior impact you in parenting your children?

What, if any, of these negative pieces did you carry on with your own children? Did you behave towards your kids in a similar way?

- E.g., in the areas of discipline, nurturing, affection, involvement, training

What were the good pieces that you are thankful for?

Go to “PRAYER STEPS” (below) “For 1: Father as a DAD or Mother as a MOM”

PRAYER STEPS

* = For more information see “Prayer Explanation” below

(These roles have the same prayer steps.)

For 1: Father: as a MAN or Mother: as a WOMAN

For 2: Father: as a HUSBAND or Mother: as a WIFE

1. Praise God and accept the good pieces of what was modeled

2. Accuse the unhealthy aspects of what was modeled

3. Forgive

- Give up right to accuse again

- Give up right to be a witness

4. Confess how I lived out the model in harmful ways

5. Ask for forgiveness

6. Reject the negative aspects of the model of a [], & the patterns in my life that are similar*

7. Ask God to break the power that the unhealthy modeling has had in my life.*

8. Ask God for help to develop a healthy model

Optional steps, if pertinent:

- Give emotions to God
 - Ask memories to be put under the control of the Holy Spirit
-

For 3: Father: as a DAD or Mother: as a MOM

This section is not as much about a model, as about the hurting one's personal experience of the parent's behavior, interactions and attitude toward them.

1. Praise God and accept the good things in how I was parented/treated*

2. Accuse the offenses against me by my parent

3. Forgive*

- Give up right to accuse again
- Give up right to be a witness

4. Confess ways that I have not been a good parent, etc.

5. Ask for forgiveness

6. Reject the unhealthy patterns in my life*

7. Ask God to break the power those unhealthy patterns have had in my life

8. Ask God for help to develop healthy parenting patterns

Optional steps, if pertinent:

- Give emotions to God
 - Ask memories to be put under the control of the Holy Spirit
-

Prayer Explanation

***6-7. The unhealthy modeling & any unwholesome patterns**

"If we don't actively reject their unhealthy modeling we, by inaction, condone such behavior and allow it for others and ourselves." (*Seminar on Prayer Resolution 2012*, p. 95)

Sample prayers:

— "I reject these negative aspects of [mom's model of a woman]. This is not the way I want to see women."

I ask You, God, to break the power they have had in my life."

— "I reject these negative aspects of a [husband], and the patterns in my own life that are similar. I do not want to be like that and I don't want these negative aspects of the model for my children. I ask You to break the power these negative aspects have had in my life."

References

¹ *Seminar on Prayer Resolution (2012)*, p. 90.

A Journey to Wholeness, pp. 75, 204-205 (top).

The Narrow Road to Forgiveness, p. 44.

Seminar on Prayer Resolution (2012): Children and Parents, p. 90; pp. 95-99.

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II. PRAYERS FOR SPECIFIC AREAS

C. Rebellion & Authority Issues

REBELLION PRAYER

Introductory Points

Rebellion: A refusal of obedience to, or acceptance of, an authority.

Rebellion may begin by

- A decision to rebel or
- A reaction of rebellion, as a result of unjust behavior or wounding by an authority

Rebellion may be expressed in

- Outright disobedience or
- Subtle disobedience (A person may not be aware they're rebellious.)
E.g.: Ignoring an authority, doing things "my way," being passive, bringing dissension

Rebellion is often transferred or projected (carried over) **from the initial offending authority, to judging all authorities.**

- You automatically respond negatively to other authorities, based on the bad behavior of one.

Both the original rebellion, and the projection of it to other authorities, must be dealt with in prayer.

Discussion Ideas

Understand the issues clearly before praying, including each person and offense (what were the wrongs; what should have been done).

Some examples to stimulate thinking about:

THE INITIAL REBELLION

1. Who may need to be accused of what?

The person who provoked your reaction to rebel (e.g., a parent, coach, etc.)

- Betrayed your trust by ...

2. What may need to be confessed?

- You initiated rebelling against the authority

or

- You reacted to injustice from the authority by rebelling.

- How did you rebel?

(Even if a child seemed to have no other choice but to rebel in response to unfair parents, he is still guilty of responding in rebellion.)

- The damage you did by rebelling (to yourself, your relationships, jobs, etc.)

THE PATTERN OF UNJUST TRANSFER (PROJECTION)

What may need to be confessed?

Acknowledge the pattern:

- Carried over your mistrust of the person from the original rebellion to _____
- Made unfair judgments on others, instead of judging each person on their own behavior.
- How did you rebel against others?
- Damage done to others, to yourself

(E.g.:

- A man who rebelled against his critical father, projected that all his bosses were critical. He worked under them with a rebellious attitude ...
 - A woman who rebelled against an unjust father, projected that judgment to all men. She rebelled against her husband and against all male authority ...)
-

RESOLVING THE EFFECTS OF REBELLION & TRANSFER

* = For more information see "Prayer Explanation" below

THE INITIAL REBELLION

1. **Accuse***
2. **Forgive**
 - Give up right to accuse again
 - Give up right to be a witness
3. **Confess***
4. **Ask for forgiveness**

THE PATTERN OF UNJUST TRANSFER/PROJECTION

5. **Confess the pattern** of unjustly projecting the sin of [the original person] to [_____] and rebelling against them.*

6. **Ask for forgiveness for the pattern.**

7. **Reject the pattern** of unjustly transferring a rebellious attitude to _____ (others).*

8. **Ask God to break that power of the pattern** in my life.*

9. **Ask God for freedom to discern and judge each person on their own merits.***

10. **Ask God for help in finding healthy ways to deal with abuse and injustice.***

Optional steps, if pertinent:

- Give emotions to God
 - Ask memories to be put under the control of the Holy Spirit
-

Prayer Explanation

THE INITIAL REBELLION

*1. **Accuse** — regarding the wounding you received

*3. **Confess** — regarding your reaction of rebellion

THE PATTERN OF UNJUST TRANSFER — projecting that to others #5-10

*5. **Confess the pattern**

Sample prayer:

"I confess I judged _____ on the basis of _____ behavior, rather than on his own behavior, and rebelled by ... That was not fair of me ... "

E.g.:

"I confess I projected onto my husband what my father did. I judged him as bad based on the behavior of my father, and I have no evidence that he was ever bad ... "

*7. **Reject the pattern**

(Take your stand that you don't want this pattern in your life any more.)

***8. Ask God to break the power of the pattern**

(Only God is able to do that.)

***9. Ask God for freedom to judge each person on their own merits**

We want to be able to look to authority as safe until proven otherwise.

We want to judge each person based on their own behavior.

***10. Ask God for help in finding healthy ways to deal with injustice**

There are godly options for dealing with disappointment, injustice, abuse, betrayal

References & Sample Prayer

Freedom from Dark Forces, pp. 112-113.

The Narrow Road to Forgiveness, pp. 89-90.

Seminar on Prayer Resolution (2012), pp. 88-94 (Includes a sample prayer, pp. 92-93).

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II. PRAYERS FOR SPECIFIC AREAS

C. Rebellion & Authority Issues

REBELLION & AUTHORITY NOTES

Sources of rebellion:

1. Can rebel on your own initiative; a premeditated choice
or
2. Can be a reaction or response to unjust behavior by an authority, especially a parent
E.g., from:
 - Abuse
 - Betrayal
 - Not having your worth validated

Rebellion against an authority can lead to:

Transferring/projecting that negative judgment onto other authorities, and automatically rebelling against them.

You don't consider the merits of each authority, but group them together and judge them based on the sins of the original authority that hurt you.

God as Father is replaced with Jesus

- This happens mostly on a sub-conscious level.
- Prayers are to Jesus, rather than to the Father.
- You see yourself as a sinner saved by grace, instead of as a child of the Heavenly Father.

Some situations where rebellion might occur:

- Husband and wife
E.g.: When a husband is extremely unreasonable it often leads to rebellion in the wife, which then is her sin.
- Child and parents
E.g.: Showing disrespect to parents
- Employee and employer
E.g.: Unwillingness to be under authority
- Citizen and government
E.g.: Not obeying laws

It is *not* rebellion to take care of your safety. But don't have a rebellious attitude.

In the Old Testament David kept his distance from Saul because he wasn't safe. That was not rebellion.
He still honored Saul's position as king.

References

Freedom from Dark Forces, pp. 112-113.

The Narrow Road to Forgiveness, pp. 89-90.

Seminar on Prayer Resolution (2012), pp. 88-92.

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II. PRAYERS FOR SPECIFIC AREAS

D. Other Life Situations

ABORTION

Introductory Points

For multiple abortions, do each abortion separately.

- There are different people involved
- The reasons for having an abortion vary from one abortion to another
- The reactions and emotions can be different

It's very important to look at the "greater circle," because women who feel guilty about an abortion have invariably taken on all or most of the blame.

They don't feel forgiven until they've dealt with others in the picture.

Address the illicit sex with the father of the baby before going on to deal with the abortion.

If they don't feel any guilt about their abortion, don't address it at this time.

They must feel a conviction themselves that this is something to be dealt with. Don't try to convince them. Wait for the Holy Spirit to do that.

Discussion Ideas

Understand the issues clearly before praying, including each person and offense (wrongs done/what should have been done).

Some examples to stimulate thinking about:

A. Who may need to be accused of what?

Your parents

- Would have rejected you if they found out you were pregnant
or
- Insisted you have an abortion; would have cut you off if you didn't
- Drove you to the abortion
- Didn't encourage you or offer assistance to keep the child or pursue adoption

Any friends, relatives, authority figures who:

- Counseled you that abortion was "no big deal"
- "Supported" you by driving you there, paying for it
- Didn't encourage you or offer assistance to keep the child or pursue adoption

Medical or clinic personnel

- Misled you
- Performed or facilitated the abortion

Father of the baby

- Didn't step up and accept responsibility
- Didn't encourage you not to have the abortion
- Said he'd leave if you didn't have an abortion
- Didn't offer to tell your parents with you and stand by you
- Didn't want the baby
- Etc.

B. What may need to be confessed?

Why you chose abortion (Don't just confess you had an abortion, but also why.)

- Didn't want to lose your boyfriend
- Didn't want the pregnancy and child to interfere with your studies, career, body image, etc.
- Fear: of your parents, damage to your reputation, financial problems, etc.
- Didn't want to have to stay connected to the father because of the child

How you wronged the father of the baby

- Didn't inform him that you were pregnant
- Didn't inform him that you were going to have an abortion
- "Punished" him for his part in the abortion by ...

How you wronged your parents

- Didn't tell them about the pregnancy because you assumed they couldn't handle it
(Didn't give them a chance to rise to the occasion and help you and the baby)
- Deprived them of knowing their grandchild

How you wronged the baby

- Deprived your child of life

How you wronged your other children

- Deprived them of a sibling
- Focused excessively on them, to make up for what you did
 or
- Deprived them of healthy parenting, believing you didn't deserve to enjoy them after what you did

How you wronged yourself

- Deprived yourself of the opportunity to know and enjoy your child
 - Hurt yourself by medicating your pain: with alcohol, promiscuity, etc.
 - Hated/condemned yourself for years after this
 - Ran away from God instead of letting Him heal you
 - Etc.
-

PRAYER STEPS: ABORTION

* = For more information see "Prayer Explanation" below

First: Deal with any illicit sexual activity that led to the pregnancy.

See: [Sexual Sin Prayer](#)

FOR THE ABORTION

- 1. Accuse** (one at a time)
- 2. Forgive** (one at a time)
 - Give up right to accuse again
 - Give up right to be a witness
- 3. Confess**
- 4. Ask for forgiveness***
 - Receive God's forgiveness
 - Forgive myself

- 5.. Reject identity as murderer** (if needed)*
- 6. Ask God to break the power of that label.***

- 7a. Ask God for cleansing from the defilement of the procedure of abortion (murder)***
- b. Ask God for cleansing of the womb from the defilement (the location)***

Optional steps, if pertinent:

- Give emotions to God
- Ask memories to be put under the control of the Holy Spirit

Prayer Explanation

***4. Ask for forgiveness**

After they have asked God for forgiveness:

— Make sure they received forgiveness.

Ask, “Did you receive God’s forgiveness?”

(Christ paid for it, but we must apply His sacrifice to this.)

— Make sure they also forgave themselves.

Ask, “Do you forgive yourself?”

(If God is willing to accept Christ’s death as payment and has forgiven them, we must not hold ourselves to a higher standard than God’s. That is saying that Christ’s death was not enough.)

***5-6. Identity as a murderer** (if they see themselves that way)

That is not who they are. It is something they did.

Sample prayer:

“I reject that I am a murderer.

(Your part is to take your stand and reject that label.)

I ask You, God, to break the power of that label.”

(Only God can break the power of that label.)

***7. Cleanse from defilement:**

Defilement is a spiritual state of uncleanness. Cleansing, or purification, is needed.

a. From the procedure

Cleansing is needed for the shedding of blood.

(E.g.: Soldiers in the Old Testament who came back from battle were defiled and needed cleansing.)

b. Of the womb

Cleansing is needed in the location where the abortion (murder) happened.

The womb is supposed to be a place of security and safety.

Miscellaneous Note

Option: You may want to consider a positive way(s) to remember your child and give the child dignity.

Examples:

- Name the child. (Ask God what the sex of the child is.)
 - Buy a special memento or keepsake in the child’s honor.
 - Write a poem or letter to the child.
 - Plant a tree.
 - Have a memorial service.
-

References

A Journey to Wholeness, pp. 173-174, “Uniqueness” p. 267.

The Narrow Road to Forgiveness, pp. 56-58, 77.

Seminar on Prayer Resolution (2012), "The Greater Circle" pp. 60-61.

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D. Other Life Situations

FALSE WORD OF THE LORD/PROPHECY

Introductory Points

A word of the Lord, or word of prophecy, is a message a person gives to someone that the giver claims to have heard from God. Words of the Lord can be valid.

A false word of the Lord:

- is not from God, and therefore doesn't come to pass
- can cause harm to the recipient, if the person believed it

Therefore, words of the Lord/prophecy should be tested.

Examine the source.

The person giving the word must believe that Jesus is God and came in the flesh.¹

Examine the word given.

- Is it consistent with God's character, His Word and the principles found in Scripture?
- Is it life-giving? (Words from God give life, hope; encourage. They don't tear down or destroy.)
- Does it lead you toward the goals you already know God has set for you?

Look for confirmation. Some ways are:

- Confirmation often comes through a person who has nothing to gain by your decision one way or the other.
- Does your own spirit bear witness with it? Does it seem right, (or do you just want it to be true)?
- God may use a verse to confirm it.
- You may read something supporting that word of the Lord.

Discussion Ideas

Understand the issues clearly before praying, including each person and offense (wrongs done/what should have been done).

Some examples to stimulate thinking about:

A. Who may need to be accused of what?

The person who gave you the false word

- Said it was from the Lord, when it wasn't
- The problems resulting from believing him/her

Anyone you told about the "word" who could have cautioned you to test it

Etc.

B. What may need to be confessed?

- Accepted the word given without testing or confirming it
- Made decisions based on that word, versus seeking God yourself
- Looked to that word to fix things in your life, rather than to God
- Thought God had betrayed you when it didn't come to pass
(But If it didn't come true, then it wasn't from God.)
- Etc.

PRAYER STEPS

* = For more information see "Prayer Explanation" below

1. Accuse

2. Forgive

— Give up right to accuse again

— Give up right to be a witness

3. Confess

4. Ask for forgiveness

5. Reject the prophecy given.*

6. Ask God to break the power it has had in my life.*

Optional steps, if pertinent:

— Give emotions to God

— Ask memories to be put under the control of the Holy Spirit

Prayer Explanation

***5-6. Sample prayer:**

"I reject the prophecy '_____.'"

(Your part is to take your stand and reject it.)

"I ask You, God, to break the power that prophecy has had in my life."

(Only God can break the power of it.)

Other Notes on Words of Prophecy

Safe Helpers be careful not to say, "The Lord said..." or "God is saying..."

Say, "This is me speaking..."

"Word of prophecy" is not the same as "prophecy" in Scripture

Prophecy in Scripture:

— One kind warns people to straighten up their lives, or else bad will happen.
(If God gives a prophecy that is a warning, we need to take heed.)

— Another kind will happen whether you do anything or not. We have no control over it.
E.g.: the birth of Christ; Armageddon

Scripture

¹ "Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God." (I John 4:1-2 NASB)

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LEAVING A MISSION FIELD, MINISTRY OR CHURCH

Introductory Points

When God moves us to a new work or a new place it means He is finished blessing us in the place we are, and wants to bless us in a new place.

When you leave, for whatever reason:

— **Leave in victory.**

A victory is you are trusting God for your leaving.

— **Leave in peace.**

Forgive any who hurt you and confess any sins, so there are no issues left over that need to be dealt with.

— **Leave with satisfaction for the work you have done.**

— **Leave with thanksgiving for the blessings you received.**

Discussion Ideas

Understand the issues clearly before praying, including each person and offense (wrongs done/what should have been done).

Some examples to stimulate thinking about:

A. Who may need to be accused of what?

Any co-workers who:

— Hurt you by ...

— Made things difficult by ...

Any recipients of ministry, congregants, etc., who:

— Hurt you by ...

— Made things difficult by ...

Any authorities who:

— Forced you to leave, when you wanted to stay

— Abused you by ...

— Failed you by ...

(People leave the mission field thinking they failed, but often the authorities failed them. Many leaders are inept and even dangerous. There are unworkable situations.)

— Etc.

B. What may need to be confessed?

— Rebelled; caused dissension by ...

(That's not an option for a child of God.)

— Stayed too long, because ...

(You, not someone else, are responsible for whether you stayed.)

— Didn't wait for confirmation, to see if you were to be in this [ministry, etc.] in the first place

— Etc.

PRAYER STEPS

* = For more information see "Prayer Explanation" below

- 1. Accuse** (one at a time)
- 2. Forgive**
 - Give up right to accuse again
 - Give up right to be a witness
- 3. Confess**
- 4. Ask for forgiveness**

5-6. Once you are no longer under the authority of a person and/or organization:

- 5. Declare that I step out from under the authority [name].***
- 6. Ask God to release me from being under that authority.***

- 7. Let loose of the commitment I made** (to a project, a particular ministry, a people group, etc.)*
- 8. Ask God to release me from that commitment** — from the obligation to carry it out, and from the responsibility of it.*

Optional steps, if pertinent:

- Give emotions to God
- Ask memories to be put under the control of the Holy Spirit

IF YOU ARE LEAVING MINISTRY AS A VOCATION:

E.g., leaving being a missionary or a pastor due to medical reasons, going to a secular position, retirement, etc.

- 9. Ask God to release me from the obligation to fulfill the dedication to service** that was performed on my behalf (by a commissioning, by the laying on of hands, etc.)*

WITNESSING PRAYER

At the end of the witnessing prayer Safe Helpers:

Thank the person for their service.*

Bless them as they move on.*

Prayer Explanation

***5-6. The authority**

Sample prayer:

"I step out from under ____'s authority. I return them to a brother/sister in Christ."

(Your part is to state what you want to happen.)

I ask You, God, to release me from being under their authority."

(Only God can release you from the power of that authority.)

***7-8. The commitment**

Sample prayer:

"I let loose of the commitment I made.

(Your part is to state what you want to happen.)

I ask You, God, to be released from the commitment and the responsibility of it."

— So you don't carry the burden with you, e.g., of the people's well-being, salvation, etc.
(Only God can release you from it.)

If LEAVING MINISTRY AS A VOCATION:

***9. Dedication to service**

You are asking to be released from the commitment to a role or position, e.g., from serving as a pastor (although we never leave service as Christians).

— This enables you to move on in life.

Otherwise, you won't be happy, e.g., in a secular position.

AT THE END OF THE WITNESSING PRAYER:

***Thank the person on behalf of the church and on God's behalf.**

Express appreciation for their service, especially for people who haven't been thanked.
(Many have not been thanked!)

***Bless the person to move onto what God has for them next.**

E.g.: Richard and Connie Smith, in their role as the "priesthood of believers" (I Peter 2:9), laid hands on and blessed two women who did so much in ministry, and yet had been so betrayed. Both women went on to be successfully involved in other ministry. Without this thanks and blessing, they may have left ministry altogether! This would have been a big loss for them and for the people they went on to help.

Other Notes on Leaving a Mission Field, Ministry or Church

There is a grieving process when God is moving you on to another assignment:

- Even though you are obeying God
- Even if you see His hand very clearly in the new direction
- Even if you are excited about the next place or next step

E.g.: A pastor who was excited about the new position to which God was moving him, still had a sense of loss leaving a church with people he'd grown to love.

The grieving is exacerbated if you were not wanting to leave.

E.g.: When the country where you were serving is closing off to missionaries

Give yourself permission to grieve.

A "call" from God ("I feel God is leading me to ...")

Make sure you have some confirmation. What is your confirmation?

There are many great needs and many good, godly works out there. You need to know which of these good works God wants *you* to be involved in.

A father is not called to ministry to the detriment of his family.

Leaving a church

God may have you in a church for a season in your life and then move you on. Leaving is not a betrayal.

Don't sit under teaching you don't agree with. That is giving your assent.

Sometimes people stay in a church when they should leave because they are not growing. They sacrifice God to stay with their friends.

Reference

A Journey to Wholeness, pp. 111 (last paragraph) - 112 (top).

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E. Words of Power

WORDS OF POWER PRAYER

Introductory Points

Words of power (WOP) are words spoken by someone who is in a position of power (a parent, teacher, coach, etc.) that create a force for good or harm in our lives.

We can also speak them over others or ourselves (e.g., inner vows).

They are “words that stick.” They have a long-lasting effect.

WOP can be positive (e.g., affirmations)

WOP can be harmful, when they:

- affect our thinking and behavior negatively.
- limit our freedom and choices; enslave us.

They can “create a rut in the road that we cannot get off of.” (*Freedom from Dark Forces*, p. 113)

4 categories of words of power

Vow: A promise, or strong statement of intent, carrying an obligation to fulfill it

- E.g.: I will be a missionary to China; I'll never cry again.

Judgment (or declaration): A strong defining statement

- E.g.: You're ugly; You caused mom's death.

Dedication: A binding promise to serve

- E.g.: God, if you heal my son, I'll give him to you to be a minister.

Curse: Forceful words or statements leading to despair, destruction or death

- E.g.: A father called his daughter a slut. (These words operated like a curse in her life.)

Many of the deepest wounds people have are words of power that someone said.

The effects of words of power cannot be stopped by our willpower.

- We will live out the words until we are released by God's intervention.

Discussion Ideas

Understand the issues clearly before praying, including each person and offense (wrongs done/what should have been done).

Some examples to stimulate thinking about:

A. Who may need to be accused of what?

Person who spoke the WOP

- Said, “_____” to you (the WOP)
- Led to damage in your life; How?

B. What may need to be confessed?

For a vow:

- Made an unwise vow
- Didn't fulfill your vow
- What were the problems it caused?

For a judgment:

- Accepted a judgment someone spoke over you
- Lived out those words spoken in your life with negative effects; How?

or

— Spent a tremendous amount of energy trying to prove the words wrong; How?
E.g.: After your father called you “fat” you became enslaved to diets, even when you weren’t fat.

Etc.

RESOLVING THE EFFECTS OF WORDS OF POWER

* = For more information see “Prayer Explanation” below

- 1. Accuse**
- 2. Forgive**
 - Give up right to accuse again
 - Give up right to be a witness
- 3. Confess**
- 4. Ask forgiveness**

- 5. Reject the vow, judgment, dedication or curse***
- 6. Ask God to break the power of the words***

7. Ask God:*

Vow: For release from the obligation to fulfill it

Judgment: For freedom to be who I am

Dedication: For freedom of life choices

Curse: For freedom to be blessed

Optional steps, if pertinent:

- Give emotions to God
- Ask memories to be put under the control of the Holy Spirit
- Lies confronted (if you believed the WOP)*

See: [Foundational Lies Prayer](#)

Prayer Explanation

***5. Reject (or renounce) the vow, judgment, dedication or curse**

Sample prayer: “I reject the words ‘_____.’”

(You must take your stand that you don’t want these words in your life.)

***6. Break the power**

Ask God to break the power of (nullify) those words

(After God knows your position, that you reject those words, then He is free to do His part. Only He is able to break the power of the words in your life.)

***7. Ask God for release/freedom**

This is how you can go forward, without the words holding you back any more!

OPTIONAL STEPS, IF PERTINENT

***Lies**

If the person believes the word of power is true, also deal with it as a lie.

E.g.: If the hurting one was told he’s a “loser” and believes it.

References & Sample Prayers

Freedom from Dark Forces, pp. 113-114, 152-153, 169-174 (Include sample prayers).

Freedom from Words of Power, pp. 4, 8, 15,
— pp. 124-129 (vows)
— pp. 116-119 (judgments/declarations)
— pp. 129-133 (dedications/vows others make)

A Journey to Wholeness, pp. 110-112 (vows).

The Narrow Road to Forgiveness, pp. 90-91.

Seminar on Prayer Resolution (2012), pp. 100-105 (Includes a sample prayer for a vow, and a sample prayer for a dedication, p. 104)

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JUDGMENT (OR DECLARATION)

Key Points

Judgments or declarations are strong defining statements that have long-lasting effects.

Judgments are harmful:

- when they are destructive and are accepted.
- when they create scripts that we live by that restrict us or put us in roles we are not suited for.

We can either:

- become what was spoken and live it out, or
- spend a tremendous amount of energy trying to prove the words are wrong.

E.g.: A father tells his son, "You'll never amount to anything."

Then the son either:

- Gives up and quits trying, or
- Drives himself to prove that he *will* amount to something

God can free us from living under the power of a judgment.

Explanation/Further Explanation

Examples of judgments or declarations

- You're fat; dumb; ugly; a burden; etc.
- You should never have been born.
- Your mom killed herself because you were such trouble.
- You're going to end up like your Uncle George. (who was an alcoholic)

Where judgments come from

From influential people in our lives (parents, older siblings, teachers, etc.)

We can make judgments or declarations about ourselves.

E.g.:

- I am damaged goods.
- Nothing works out for me.
- I'm the black sheep of the family.

Psychology and psychiatry give labels.

Labels say, "This is who you *are*,"

- vs. just helping to explain behavior so you can look for ways to correct it. (*Freedom from Words of Power*, p. 31)

We can make judgments about others.

Judgments can be implied (not spoken), and can be just as damaging.

E.g.: You may have a negative judgment about someone and it shows in the way you treat them. They sense it.

Sometimes you may need to deal with the words as a lie, if the person believes it.

References

Freedom from Words of Power, pp.17-26, 31-32, 113-120.

Seminar on Prayer Resolution (2012), pp. 102-103, 105.

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Info/Notes on Words of Power

VOW

Key Points

- 1. Vows are promises or strong statements of intent, carrying a long-term obligation.**
 - 2. Vows must be fulfilled.^{1, 2}**
 - 3. Unwise vows cause problems.**
 - 4. Only God can intervene and release you from a vow.**
We need to confess our sin in making the unwise vow and ask for release from it.
 - 5. In most cases, it is better not to vow.^{3, 4}**
If the person is not sure if they should have made a vow, have them ask the Father, "Should I have made this vow?"
-

Explanation/Further Information

1. Vows are promises, or strong statements of intent

Examples of vows:

- I promise I will go to Spain and be a missionary.
- I vow that I will get even with Joan.
- A woman who was molested by her father vowed to suppress her femininity, which she felt had caused the problem. (*Freedom from Words of Power*, p. 128)

Examples of strong statements of intent:

(They operate like vows.)

- I will never cry again.
- I will never again let my emotions control me.
- I will never be poor like my father. I'll make a million dollars before I'm thirty or die trying." (*Seminar on Prayer Resolution*, 2012, p. 102)

3. Unwise vows cause problems.

You may be miserable trying to fulfill a vow you shouldn't have made.

or

You may feel guilty if you're not fulfilling a vow you made.

E.g.:

Some people made vows to God to be missionaries while caught up in the emotion of a spiritual rally, when that was not suited for them.

- As missionaries they were miserable and unsuccessful.
- Those who went on to other occupations instead, always felt guilty for not becoming missionaries.

You may unwittingly become exactly what you did not want to be.

E.g.:

"I will never be a drunk like my father."

This "can create a destiny that includes being *like* father ... including drunkenness." (*Freedom from Dark Forces*, p. 170)

You may sabotage your relationships, success in life, etc., by an unwise vow you made.

E.g.:

Joe vowed to be tough and never again show weakness after being beaten up by a bully.

— Later, as a husband and father, the only emotions he expressed were anger and harshness.
(*Seminar on Prayer Resolution 2012*, pp. 101-102)

Even “good” vows can be unwise, because they cause obligation.

- Versus just being capable to do good behavior
- Versus being able to follow what the Holy Spirit leads you to do

5. In most cases it's better not to vow.

God doesn't want us to live out of obligation, but out of freedom of choice.

He wants us to live out of our heart, not out of rules.

It's better to say, “I will try to ...” or “it's my intent to...” (than “I will ... ”)

Don't make a good thought into a vow.

Reword it so it doesn't become a vow.

E.g.:

“I promise I will read a chapter a day from the Bible.”

You may have good intentions, but don't bring legality into it.

Be careful of mass vows made in a group.

— Versus just asking God to help you to be a better Christian, spouse, or whatever the topic of the gathering is

Note: “On the other hand, if God led us in [making] our vows ... ask God to enable us to fulfill our promises to Him.” (*Freedom from Words of Power*, p. 128.)

References & Sample Prayers

Freedom from Dark Forces, p. 169-170 (Includes sample prayers).

Freedom from Words of Power, pp. 121-129.

A Journey to Wholeness, p. 111.

Seminar on Prayer Resolution (2012), pp. 100-102, 103 last paragraph - 104 (Includes a sample prayer).

Scriptures

¹ “When you make a vow to God, do not delay to fulfill it.” (*Ecclesiastes 5:4 NIV*)

² “If a man makes a vow to the Lord, or takes an oath to bind himself with a binding obligation, he shall not violate his word; he shall do according to all that proceeds out of his mouth.” (*Numbers 30:2 NASB*)

³ “It is better not to vow than to make one and not fulfill it.” (*Ecclesiastes 5:5 NIV*)

⁴ “You have heard ... ‘You shall not make false vows, but shall fulfill your vows to the Lord.’ But I say to you, make no oath at all ... — Jesus (*Matthew 5:33-34 NASB*)

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WHAT IF WOP IS TOO BAD TO SAY?

Occasionally, the hurting one won't want to tell you what the words were that were spoken over them because he/she feels it's too bad to say.

The person doesn't need to say the words in the discussion, or in their prayer.
— God knows what was said.

— He/she can just say, "those words."

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Info/Notes on Words of Power

WORDS OF POWER IN NATIVE LANGUAGE

Words of power have the most emotional impact in the language in which the person heard them.

If a word of power was spoken in another language, it's very important the hurting one uses the original language in his prayer, especially in the prayer step of rejecting the words:

"I reject the words '_____'.
I ask You, Father, to break their power."

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F. Occult Involvement

OCCULT INVOLVEMENT PRAYER

Introductory Points

We deal with occult involvement after the other sin has been cleared out (sexual, rebellion, etc.). Then it is easier to deal with, because the Kingdom of Darkness has lost most of its legal right to be in the person's life.

(Sins are like grips that give the enemy something to hang onto in our lives. As we forgive and receive forgiveness, the grips are shaved off. The enemy has less and less to hang onto, and eventually slides off! — Richard Smith)

The person's occult involvement may have been:

— **Active:** Something they did

(Even if they didn't realize it was an occult activity)

E.g.: Played with a Ouija board; put flowers by a statue of Buddha in a temple

— **Passive:** Something someone else did, which put them in that position of occult involvement

E.g.: Lived in someone's home where the owner had occult things; was a victim of Satanic ritual abuse

Safe Helpers pray a hedge of protection before beginning.

Discussion Ideas

Understand the issues clearly before praying including each person and offense (wrongs done/what should have been done).

Some examples to stimulate thinking about:

1. Who may need to be accused of what?

- The person who introduced or brought the occult involvement
- The damage it caused
- Etc.

2. What may need to be confessed?

- Participated in the activity (if pertinent)
 - The damage it caused
 - Etc.
-

RESOLVING THE EFFECTS OF OCCULT INVOLVEMENT

* = For more information see "Prayer Explanation" below

- 1. Accuse** (if pertinent)*
- 2. Forgive** (if pertinent)*
 - Give up right to accuse again
 - Give up right to be a witness
- 3. Confess** (if pertinent)*
- 4. Ask for forgiveness** (if pertinent)*

- 5. Renounce the allegiance made to the Kingdom of Darkness** by my involvement in ____.*

6. Ask God to nullify/break the allegiance.*

7. Reject any claim the Kingdom of Darkness has on me by my involvement in ____.*

8. Ask God to nullify that claim, and break its power in my life.*

9. Reject any claim I have on the Kingdom of Darkness.*

10. Ask God to nullify that claim, and break its power in my life.*

11. Ask God to close any door to the Kingdom of Darkness that was opened by my involvement with this.*

12. Ask God for cleansing from occult defilement*

13. Pronounce/declare allegiance to the Kingdom of God*

Optional steps, if pertinent:

- Give emotions to God
- Ask memories to be put under the control of the Holy Spirit
- Any lies that need to be confronted

See: [Foundational Lies Prayer](#)

Prayer Explanation

FORGIVENESS STEPS (for the wrongs/sin) #1-4

***1 & 2. Accuse & Forgive**

"If pertinent" = Is there anyone to accuse and forgive, or was this all your own doing?

***3 & 4. Confess & Ask for forgiveness**

"If pertinent" = Sometimes you were innocent and there is nothing to confess, or to ask forgiveness for.

If you do have something to confess, be specific in your confession.

Example:

— Not, "We were just playing with the Ouija board,"
But, "I sought guidance from the Ouija board; I knew inside me that this was wrong, but I did it anyway. I sinned in consulting a spirit." (*Freedom From Dark Forces*, p. 140)

STEPS FOR ONGOING CONSEQUENCES/RESULTING ISSUES (from occult involvement) #5-13

***5-6. Allegiance to the Kingdom of Darkness**

By your involvement with this, you opened yourself up to allying with the Kingdom of Darkness.

Sample prayer:

"I renounce any allegiance to the Kingdom of Darkness that came about by my dabbling in ____."

(Your part is taking your stand against this.)

"I ask You, God, to nullify the allegiance."

(Only God has the power to break/nullify this.)

#7-10. Claims

A claim is an expectation of services.

The Kingdom of Darkness has expectations of you and, because you do their expectations, you expect certain services from the Kingdom of Darkness.

Examples:

- You give an offering to the fertility god, and expect it will give you a child, produce crops, etc.
- You give pornography your attention, your mind and your body. (You are “feeding it,” every time you engage in pornography). In turn, you expect it to give you back this good sexual feeling.
- You check your horoscope every day and live your life by it, and expect the fulfillment of what your horoscope says for that day.
- You go to a fortune teller looking for answers about your future. You expect the fortune will come true.

***7-8. Claim from the Kingdom of Darkness**

The claim the Kingdom of Darkness has on you is that you will continue to “worship it,” “feed it,” i.e., give it something.

Sample prayer:

“**I reject any claim the Kingdom of Darkness has on me by my involvement in _____.**

(Your part is to take your stand and reject it.)

I ask You, God, to nullify the claim the Kingdom of Darkness has on me, and break its power in my life.”

(Only God has the power to break this.)

***9-10. Your claim on the Kingdom of Darkness**

The claim you have on the Kingdom of Darkness is that it will, in return, give you something back that you want.

Sample prayer:

“**I reject any claim I have on the Kingdom of Darkness.**

I ask You, God, to nullify that claim and break its power in my life.”

***11. Close the door**

This step puts finality to it.

When God closes the door, Satan can't open it. There is no more opportunity for the enemy to come in from that sin.

***12. Cleansing from defilement**

Defilement of the spirit occurs with any occult involvement.

Cleansing is needed. Therefore, we ask the Father to cleanse us from the defilement.

***13. Allegiance to the Kingdom of God**

Sample prayer:

“**I pronounce my allegiance to the Kingdom of God and to the Father, Son and Holy Spirit. I was bought by the shed blood of Christ.”**

Other Notes

“Dealing with the occult is no more of a problem than dealing with any other sin.

It is still bringing things, piece by piece, to God for Him to perform his resolution.” — Connie Smith

When working on occult issues renew the Covering Prayer if you don't meet for more than about a week.

"I [Richard Smith] have found that...the protective effects only last about a week." (*Freedom From Dark Forces*, p. 147, and *The Narrow Road to Forgiveness*, p. 126.)

References & Sample Prayer

Freedom from Dark Forces, pp. 138-142 (Includes a sample prayer).

Seminar on Prayer Resolution (2012), pp. 80- 87 (Includes a list of occult activities, pp., 81-83).

Scripture

"The reason the Son of God appeared was to destroy the works of the devil." (I John 3:8 RSV)

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II. PRAYERS FOR SPECIFIC AREAS

F. Occult Involvement

Info/Notes on the Occult

OBJECTS: SHOULD YOU KEEP?

Ask about the object:

What is it? What is it for?

If it has occult significance, destroy it.

Don't give it away.

(in the Old Testament whenever they destroyed an altar to a false God, they would knock it down and burn it.)

If you are not sure, ask God,

"Does this object I have have any occult significance?" (Yes or no?)

If there is any doubt, destroy it.

You don't want anything in your home that represents an idol or that is used in worship to any other god, whether or not it has actually been used or dedicated for that purpose.

Reference

Seminar on Prayer Resolution (2012), p. 81 (top).

Scripture

"Do not bring a detestable thing into your house or you, like it, will be set apart for destruction. Regard it as a vile and utterly detest it, for it is set apart for destruction." (Deuteronomy 7:26 NIV)

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II. PRAYERS FOR SPECIFIC AREAS

G. Foundational Lies

FOUNDATIONAL LIES PRAYER

Introductory Points

Foundational lies are incorrect beliefs, distortions or false assumptions that have harmful effects in our lives because we feel and act out of what we believe.

— They are harmful to us, and to our relationships with God and others.

Foundational lies can be about:

— **Ourselves:** E.g., I am powerless; My worth is based on my performance.

— **Others:** E.g., Men can't be trusted; People are out to take advantage of me.

— **Life/your world view:** E.g., Life is a burden; The world is not a safe place.

— **God:** E.g., God is distant; God is disappointed with me.

(Most foundational lies are about ourselves.)

Can see: [How to identify lies](#)

We want to get rid of incorrect beliefs, so we can go forward with a foundation of truth.

— Otherwise, our faulty beliefs will pull us back and we'll re-create the same kind of problems we have had.

Often, the truth does not come quickly and succinctly, but rather it is a process.

— We work with the hurting one and with the Holy Spirit to help discover and uncover what the truth is.

After the hurting one receives a truth, give him/her a copy of it to keep and review.

(Also, at the completion of PR you can give them a list of all the truths they received.)

Discussion Ideas

Preliminary discussion:

If there is a question whether the belief is a lie or not:

You can have the person ask God, "Is this true?"

Can see: [How to determine if a belief is a lie](#)

Some examples to stimulate thinking about:

1. Who may need to be accused of what?

The person who gave you the lie

— How they gave you that message

E.g.: My dad gave me the message "_____ " when he did this to me _____.

(A lie is easy to believe because people who are powerful and influential in our lives gave us these messages.)

— The damage the lie led to

People who reinforced this message (Who?)

— How they contributed to the lie

2. What may need to be confessed?

— Believed the lie (This is a sin because it brought harm.)

— Brought harm to yourself; How?

E.g.: "I lived out the lie that I was worthless by becoming promiscuous ...

— Brought harm to others; How?

— Brought harm to your relationship with God; How?

RESOLVING DISTORTIONS/LIES

* = For more information see "Prayer Explanation" below

DEAL WITH THE LIE #1-6

1. Accuse*

2. Forgive

— Give up right to accuse again
— Give up right to be a witness

3. Confess*

4. Ask for forgiveness

5. Reject the lie*

6. Ask God to break the power this lie has had in my life*

Witnessing Prayer

Safe Helpers witness the lies steps.

*GET A TRUTH #7-9**

7. Ask for the truth to replace this lie.*

8. Accept the truth — that it's from God, it's about me, and I choose to believe it.*

9. Ask God to bind the truth to me so I can believe it and live it out.*

Optional steps, If pertinent:

— Give emotions to God
— Ask memories to be put under the control of the Holy Spirit

Witnessing Prayer

Safe Helpers witness the truth steps.

Prayer Explanation

DEAL WITH THE LIE #1-6

***1. Accuse**

Sample prayer: "I accuse [name] of giving this message ' _____ ' to me by ... "

***3. Confess**

Sample prayer: "I confess I believed this lie and lived it out, and hurt myself by ... "

***5. Reject the lie**

Sample prayer: "I reject " _____ ." (the lie) **This is not true. I reject this as having any power in my life."**

***6. Ask God to break the power of the lie.**

The power of the lie must be broken. Otherwise, even if we know intellectually that something is true, we will *act* out of our faulty belief.

**GET A TRUTH #7-9*

(Make sure you have witnessed the steps for "Lies," so you can start fresh asking for truth.)

Safe Helpers can explain how we go about receiving a truth from God to replace that lie. Include:

- It usually won't be the opposite of the lie.
 - Don't try to think up something. Just see what you are sensing.
 - You may get a clear succinct answer, or
 - You may get a feeling, a song, a picture, etc. We'll work together to uncover the truth in that.
- Can see: [Prepare hurting one to ask for a truth](#)

*7. Ask for the truth to replace this lie

Sample prayer: "Father, I need a truth to live by. There is room where this lie used to be. I ask You to give me a truth to fill that spot."

Safe Helpers: "We are in agreement with the prayer. We need a truth, Father. What is the truth You have to replace this lie?"

We can pray a hedge of protection, also.

Only wait 20 -30 seconds and then ask, "What's going on?"

Ask questions to help them uncover the truth.

E.g.:

- Tell me about that.
- What does that [picture, song, etc.] mean to you?
- What's the message in that?"

Can see: [Asking for and getting a truth](#)

Can see: [Criteria for a valid truth](#)

*8. Accept the truth

Ask: "Do you accept that this truth came from God? that it's about you? that it's for you?"

*9. Ask God to bind the truth to me

Ask: "Can you live this truth out on your own?" (No.)

You need help getting this truth from your head to your heart — to your belief system.

Sample prayer: "I ask You, God, to bind this truth to me, so it becomes more real to me than the lie ever was. Help me to believe it and live it out."

(At the end can discuss how to live out the new truth & how that would look.)

Can see: [Live out the new truth](#)

References

Freedom from Words of Power, pp. 135-143.

Seminar on Prayer Resolution (2012), pp. 106-110, 128-129.

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G. Foundational Lies

Info/Notes on Lies

HOW TO DETERMINE IF A BELIEF IS A LIE

Sometimes the Safe Helpers recognize a belief the hurting one has is false, but the hurting one is not sure.

Can ask the hurting one:

"Has it brought harm?"

- to you?
 - to others?
 - to your relationship with God?
- Truth doesn't bring harm.

"Is it life-giving?"

- Does it lead me to life or destruction?
 - Does it lead to being down, discouraged or depressed?
- Truth leads to life.

"If your friend believed this, what would you tell her?"

Sometimes that helps the person see that it isn't a healthy belief to live by.

- They wouldn't want their friend to think this way.

Can have the hurting one ask God:

"Is this true?"

If the person comes to see that it's a faulty belief, then he/she can pray through the steps to remove the lie and get a truth.

Reference

Freedom from Words of Power, pp. 157-158 (top).

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G. Foundational Lies

Info/Notes on Lies

HOW TO IDENTIFY LIES

Some ways to identify lies:

Can ask, “How do you label yourself?”

E.g.: “I’m a quitter,” “I’m too sensitive.”

Can ask, “What messages did your parents give you about yourself, life, others?”

Then ask, “Out of the messages they gave you, what have you come to believe?”

E.g.: “The world is not a safe place.”

Can have the person pray and ask God to reveal a harmful belief he/she has.

“God, will you show me one harmful belief I have about myself?”

Listen for and make a note of any negative beliefs or misconceptions the hurting one says over the course of going through PR:

— about themselves, others, God, or life/their world view

Keep a running list or write “Lie” in the margin of your notes, so you can find them later.

When it’s time to address lies, refer to this list or to the margin of your notes.

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II. PRAYERS FOR SPECIFIC AREAS

G. Foundational Lies *Info/Notes on Truth*

PREPARE HURTING ONE TO ASK FOR A TRUTH

Safe Helpers share:

We want to hear the truth from God, because then it gets to our hearts.

- It's not just an intellectual truth.
- This has a transforming impact on us.

God wants to give us truth. He wants us to live by truth.

He says, "The truth will set you free." (John 8:32 GNT)

God is free to give you this truth in any way that He thinks you will grasp it best.

The truth usually won't be the opposite of the lie.

Inside you will sense something. Don't try to think up something.

This is about your Heavenly Father telling or showing you something.

- He may do it through words, a picture, a line from a song, a Bible verse, a memory, etc.
- Sometimes we don't hear a truth, but we feel a truth in our innermost being.

Sometimes people get a truth right away. More often, however, there is a process involved.

- We work together with the Holy Spirit to discover and to uncover the truth in whatever you may be sensing.
-

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II. PRAYERS FOR SPECIFIC AREAS

G. Foundational Lies
Info/Notes on Truth

ASKING FOR AND GETTING A TRUTH

KEY POINTS

It's helpful to pray a prayer of protection over this process.

After a hurting one asks God for a truth, wait no more than 20 - 30 seconds before asking them what's happening. We want to get their first impressions.

We don't want them to give them time to:

- analyze or rule out what they saw or heard
- work up a reasoned answer
- be confused
- give the enemy any opportunity

Sometimes, people get a clear succinct truth to replace the lie.

Other times they may get a picture, a Bible verse, a phrase from a song, a memory, etc.

— We explore that together, asking questions and discussing it, to uncover the kernel of truth within it.

(See below for examples.)

— Everyone has to be engaged: the hurting one, the Safe Helpers and the Holy Spirit.

If you sit in silence, pray a covering prayer over them (so Satan can't put something in their mind).

The more you do this the better you will get at it!

EXPLANATION/FURTHER INFORMATION

After 20-30 seconds start engaging with the hurting one.

QUESTIONS YOU MAY ASK TO START ENGAGING THE HURTING ONE

- What's going on?
- What's happening?
- What's happening inside right now?

Don't ask:

What is the truth? What's the answer?

- That pressures them.

E.g.:

Safe Helper: "What is going on?"

Hurting one: "Nothing."

Safe Helper: "What do you mean by that?" ...

Safe Helper: "Ask again." (for a truth)

REASSURE THEM IF THEY ARE STUCK

This is about your Heavenly Father telling/showing you something.

- Don't try to think up something.
- Inside you will sense something.

God wants to give us truth. He wants us to live by truth.

QUESTIONS YOU MAY ASK TO HELP EXPLORE/PROBE WHAT THEY START TO SHARE

(E.g., if they get a Bible verse, song, picture, etc.)

- Tell me about that.
- What do you mean by that?
- What does that mean to you?
- What in this refers to you?
- What does this say about you?

E.g.:

Safe Helper: "What's happening?"

Hurting one: "I don't know I just see a picture."

Safe Helper: "Tell me about the picture."

CAN HAVE THE HURTING ONE ASK GOD QUESTIONS

Yes/no questions (It can be easier to hear a "yes" or "no" answer)

E.g.:

- Was this from You, God?

(Sometimes it was the hurting one trying to come up with something.)

- Is this something out of which You want to give me a truth?

If no, have him/her ask again for a truth to replace the lie.

Clarification questions

E.g.: **What is the truth You want to teach me out of this? [picture, song, etc.] I need more clues."**

QUESTIONS YOU MAY ASK THE HURTING ONE TO HELP GET TO THE KERNEL OF TRUTH

- So what is the truth? What is the kernel of truth in this?
- What is the message in that?
- What truth does God want to deliver to you in that?
- Give me one short sentence out of this whole paragraph. **What is the truth that all of this says?**
(So that when Satan comes to tell you the lie, you know the truth.)
- Does this replace the lie for you? How?

EXAMPLES OF UNCOVERING THE TRUTH

The hurting one heard, "God loves me."

Safe Helper: "Yes, He does.

That's a truth about God. Hang onto that truth.

What is the truth about you in that?

Go back and ask God, 'Why does He love you?'

Hurting one: "Why do you love me, God?"

— "Because I'm lovable!"

The hurting one saw a picture of a daffodil

Safe Helper: "What does a daffodil mean to you?"

Hurting one: "It's my favorite flower."

S.H.: "So what does that say about you?"

H.O.: After thinking for a minute, she broke into a big smile and said the daffodil represented *her*. She realized that, instead of being unacceptable, she was God's favorite! He delighted in her!

S.H.: "So what is the truth?"

H.O.: "I am God's favorite!"

The hurting one saw a picture of a father showing off a wonderful baby

Safe Helper: "What's the truth from this picture that God wants to deliver to you?"

Who does that baby represent?"

Hurting one: "It represents me."

S.H.: "What is the message in that?"

H.O.: "I'm precious!"

(**Note:** These truths that were uncovered meet the criteria for a valid truth.

— They were true at creation, are consistent with God's character, are life-giving, spoke to their hearts and are universal for all His children.)

Can see: [Criteria for a valid truth](#)

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G. Foundational Lies
Info/Notes on Truth

CRITERIA FOR A VALID TRUTH

KEY POINTS

When a hurting one asks God for a truth, we need to determine if the truth he/she receives is a valid truth to replace their lie.

Some criteria that might help determine if the truth is valid:

1. Is it a creation truth, i.e., true from your creation? (if the lie was about you)
— Not a redemption truth, that became true *after* you accepted Christ

2. It's usually not the opposite of the lie, but is uniquely suited for you.

3. Is it life-giving?

4. Does it bring joy, relief, a pleasant surprise?
— Does it speak to your heart (not just to your head)?

5. Is it consistent with the character of God & the principles found in Scripture?

6. Does it replace the lie for you? — How?

7. Is it a truth about you? (if the lie was about you)

8. Could it also be universal — true for all people?

Explanation/Further Information

1. Is it a creation truth? (if the lie was about you)

Creation truth:

Something that was true at your creation as a person
It is how God made you — in His image.

Example of a creation truth: "I am precious."

(You were precious to God at your creation, not just after you came to Christ.)

Redemption truth:

Something that became true when you accepted Christ's payment for your sin and entered His family

Examples of redemption truths:

— "I have the mind of Christ."

— "I can do all things through Christ."

(These are true of a born-again person, but were not true at their creation.)

If the hurting one gets a redemptive truth, have them ask God again for a truth from their creation.

E.g.:

The lie was, "I am worthless."

The hurting one got this truth: "I am a new creation."

Safe Helper: "Yes, that is true. That became true when you trusted in Jesus.

But it's not the truth God would tell you about *this*. Ask the Holy Spirit for a truth that was true about you as a *creation of God*."

Why we want a creation truth:

— Your worth was established at your creation.

God didn't just love you after you were saved.

That's why He sent His Son to die for you, *because* He loved you so much!

— Truth that heals and replaces your negative view of yourself will be something that was true at your creation.

— When you know your intrinsic value, your thoughts and actions can flow from that.

2. It's usually not the opposite of the lie.

While the opposite of a lie is a true statement, it's not the truth we are looking for.

Have the person ask again for a truth that is especially for them.

E.g.:

The lie was: "I don't matter."

The truth the person got was: "I do matter."

Safe Helper: "Yes, that is true. You do matter. But I don't think that's the truth the Father has for you now. Take that truth and set it over here, and let's ask the Heavenly Father for another truth that He has just for you personally to replace this lie."

4. Does it bring joy, relief, a pleasant surprise?

In PR we are looking for a truth from the Father that is tailor-made for the person; that impacts his/her heart, not just something to intellectually assent to.

6. Does it replace the lie?

Discuss how this truth replaces the lie for them, to see if it actually does.

If what the hurting one received is true, but doesn't seem to replace the lie:

— Accept that truth.

— Have them ask God again for a truth to replace the lie.

E.g.:

Safe Helper: "Yes, that is true. But it is not the truth that God would have for you to replace this lie. Ask Him again."

7. Is it a truth about you? (for a lie about themselves)

About you as a person

— Not about your behavior

— Not about God

If the truth is not about them, ask questions to uncover the truth about them *within it*.

E.g.:

The hurting one's truth was: "God loves me."

Safe Helper: "Yes, that is true. That's a truth about God.

But what is the truth about you? *Why* does He love you?"

Hurting one: "Because I am lovable?"

Safe Helper: "So what's the truth about you?"

Hurting one: "I am lovable!"

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G. Foundational Lies *Info/Notes on Truth*

IF HURTING ONE'S TRUTH DOESN'T SEEM RIGHT

Sometimes the truth the hurting one gets doesn't seem right.

- It strikes your heart as questionable, *or*
- You don't agree with it, *or*
- It doesn't seem to have any relation to the lie.

Don't say, "I think you're wrong."

Options for things you might say:

"Why don't you ask God, 'Is this the truth You have for me?'"

If "no," have the hurting one ask again.

or

"Let's look at this"

Examine and discuss it together.

E.g.:

"I don't think that was what you heard from God because ..."

— that's not His character ... "

— that doesn't line up with Scripture ... "

— that is destructive. God is an encourager."

"Why don't you ask Him again?"

or

"Let's reject that one ..."

Hurting one's truth: "I matter if I do things right."

Safe Helper: "Let's reject that one. You matter whether you do things right or not."

"Let's throw that one back and ask again."

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G. Foundational Lies *Info/Notes on Truth*

LIVE OUT THE NEW TRUTH

When you get a truth you will need to partner with God to change your old habits of thinking and behaving, and instead reinforce this truth.

— Then, you will come to live out the truth automatically (just like you lived out the lie before), because God will have changed you on the inside!

Choose to live out the new truth.

Now you have a choice. You no longer have the power of the lie controlling you.

— God broke the power of the lie. (He "cut the power cord," so to speak.)

Make a conscious choice and commitment to live out of the truth.

Feed the truth, and starve the lie.

It takes about 20 days to starve the lie because it's been such a habit.

— Keep the truth in front of you. Review it and affirm it daily for a while.

— Continue to reject the lie, and declare the truth.

— When the lie tries to raise its head say, "No! I reject that! The truth is ____."

— Partner with God and His power on your behalf, to get the truth from your head to your heart.

References

Freedom from Words of Power, pp. 143, 156.

Seminar on Prayer Resolution (2012), pp. 109, 140.

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III. PRACTICAL TIPS
A. How to Get Started

GET A SAFE HELPER PARTNER

In PR we strive to work in teams of two, in order to have two listeners and to bring more perspective and support to the hurting one.

1. The ideal Safe Helper team is a male and a female.

It's helpful to have both the male and the female perspectives.

"A woman sharing about her rape, for example, needs to see the male safe other get angry on her behalf." (*The Narrow Road to Forgiveness*, p. 105.)

Some hurting ones find it's easier to talk to a woman, while others find it easier to talk to a man.

(Note: The Safe Helper must absolutely not be the spouse of the hurting one.)

2. If you can't find a Safe Helper of the opposite sex, find one of your same sex.

Do not work with a hurting one of the opposite sex.

3. If you can't find a trained Safe Helper, find someone interested in helping you, even if they don't know anything about PR.

Make sure it is someone whose integrity and spiritual walk you trust.

You control the session.

Their job is mainly to be there in prayer.

You can also ask the helper to get trained.

4. If you can't find a partner you can work alone — with a hurting one of your same sex.

Solo work with the opposite sex is to be avoided.

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A. How to Get Started

SCHEDULE TIME & PLACE TO MEET

Determine when to meet (depending on everyone's availability)

Some options:

A block of 2 weeks: Mondays - Fridays; two 3-hour sessions/day

This is the most productive way to work.

This focused method allows you to gain a lot of momentum, and saves the "catch up" time that is usually necessary when meeting weekly.

— Some hurting ones take 2 weeks off work in order to do this.

Sometimes people need additional time after the 2 weeks, depending on their issues.

— Can schedule another block of time at a later date

— Can arrange to continue the process meeting once weekly, on certain weekends, etc...

Once weekly: for 3 hours

Usually in the evening if the people are working

Twice weekly: for 3 hours each time

Weekends

E.g.: One 3-hour session Friday night, and two 3-hour sessions on Saturday.

(Sometimes there are weekends you are unable to meet due to special events.)

Once weekly, plus occasional weekends (to accelerate progress)

Whatever schedule works!

Can have Zoom meetings

If you meet in person, find a safe place

At one of your homes

Make provision for privacy, and for not having to be involved in the demands and distractions from other family members.

At a church

Etc.

(*Tip*: Seat the hurting one so he/she can see both Safe Helpers without turning back and forth.)

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III. PRACTICAL TIPS
A. How to Get Started

SESSION 1 & CHRONOLOGICAL HISTORY

Key Points

Some ways to get acquainted:

- Can share a little about why we do PR
- Can ask why they have come, what they expect, what confirmation they have that God wanted them here

Pray the Opening Prayer

TAKE A CHRONOLOGICAL HISTORY/TIMELINE of the hurting one's life.

To help understand the person's issues within the context of all of their life

Ask questions & take notes.

These notes will be referred to the rest of the time you are working together.

- They serve as an outline of topics to be prayed about.

Can see: [Note-taking abbreviations](#)

Explain:

We will be asking about some areas of their life to get an overview of what to pray about.

- We want them to just briefly mention the event and the person involved.
- We don't want them to share details, so as not to open up any wounds until we can pray about it.

Ask about these areas/topics:

- General overview of their life, and how it has progressed
- Sexual area
- Rebellion/authority issues
- Words of power
- Occult involvement
- Anything else significant

Options of ways to take the history:

1. Ask about all the areas (above) within each time period of their life.

E.g.: In the time period of birth - 5 years old ask about all the areas.

2. Ask about 1 area at a time, from birth up to the present.

E.g.: Ask about the sexual area from birth through the school years to the present.

PRAY ABOUT 1 SMALL ISSUE, if time

Select an early event from the sexual area.

- Allows the hurting one to begin learning the PR process
- Gives the person an opportunity to experience the freedom that comes from resolving an issue

(If you don't have time to bring an issue to resolution, it's better to end early.)

Explanation/Further information

TAKE A CHRONOLOGICAL HISTORY/TIMELINE

Maintain strong control so the person does not go into detail and experience the emotions of events.

Ask about these areas/topics: (See *References* below for ideas of things you could ask.)

A general overview of their life, e.g.,

- Names of family of origin
- Where lived: birth to the present
- State of the home: safe, tension, etc.?
- Schooling: good student, friends, etc.?
- Married: when, names of family
- General idea of how life has progressed

Sexual incidents (the people involved and a general idea of the incident, but no details)

- Anything happen of a sexual nature that you can remember before age 5? During elementary school years? E.g.: play doctor, touching, etc.?

Rebellion/authority issues (List. No details)

E.g.: Were you wounded or betrayed by an authority figure, where you responded by rebelling?

Words of power (List, but no details)

- Were there any hurtful words spoken to you or names you were called, that have stuck with you?
- Did you make any vows, e.g., that you would or wouldn't do something?

Occult activities (List, but no details)

E.g.: any games or experiences — ouija board, palm reading, horoscopes, astrology, etc.?

Anything else significant? (List, but no details)

E.g.:

- Anything traumatic in your life?
- Spiritual background?

Options of ways to take the history:

1. Examine all the areas (above) within each time period of their life.

E.g.:

- Start with age 0-5: Ask about all the areas — general overview of life? sexual activities? rebellion? words of power? occult involvement? anything else significant?
 - Then, look at the elementary school years: Ask about all the areas.
 - Etc.
- (middle school, high school, college, job, married, divorced ...)

2. Examine 1 area at a time, from birth up to the present

E.g.:

- Start with a general overview of their life.
- Then, ask about sexual incidents: Birth to kindergarten? elementary school years? middle school?senior high? college? etc.

Do the same with:

- Rebellion
- Words of power
- Occult
- Anything else significant? (that wasn't mentioned already)

If there is not enough time to pray about an issue, close the session by praying the **Covering Prayer**.

PRAY ABOUT 1 SMALL ISSUE, if time

The first prayer takes a lot of time to teach. (People aren't used to praying this way.)

Select a small issue from the beginning of the sexual area that you feel you have time to resolve.

Can see: [Why pray about sexual sin first?](#)

E.g.:

"Let's begin working on some of this. We're going to begin with the sexual area. Let's begin with that uncomfortable feeling around Grandpa."

Discuss the issue

- Determine who was involved (the greater circle and the main person)
- Determine the accusations and confessions

Pray the Sexual Sin Prayer

Safe Helpers coach hurting one in praying this.

Take time to explain the terms used, e.g., what we mean by "forgive."

Pray the Witnessing Prayer (Safe Helpers pray)

Pray the Covering Prayer (Safe Helpers pray)

References

Freedom From Dark Forces

- "Taking a Chronological History" & "Topics to Look For," pp. 110-114.
- "Day 1," pp. 180-181. (Good description of how to begin the first session)
- "Day 2," p. 182. (Good description of how to handle the first PR prayer)

A Journey to Wholeness

- "The personal history," pp. 255-258 (top).
- "Chronological History," pp. 272-275.

Seminar on Prayer Resolution (2012), pp. 52-55.

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III. PRACTICAL TIPS

A. How to Get Started

Other Info/Notes on How to Get Started

FEEL INADEQUATE TO BE A SAFE HELPER

If you feel inadequate, you are more likely to depend upon the Holy Spirit to guide you. (a good thing!)

— When we feel too confident, we tend to not depend on the Holy Spirit. So actually, if you don't feel inadequate, you won't do a good job! (*Connie Smith*)

Don't be afraid to handle it. Initially it is scary and awkward for everyone.

— But do it anyway.

You are giving someone an opportunity to become free of hurts from their past.

Some reverential fear in being a Safe Helper is OK.

Hurting ones bare their souls to us. We want to be sensitive and handle that well.

Do what you know to do, and leave the rest to God.

God is with you. You have prayed. The Holy Spirit will guide you.

It is a work of the Holy Spirit.

God can work through us, in spite of our inadequacies.

He works through imperfect vessels.

Ask for help from other more experienced Safe Helpers:

— Between sessions you can contact a more experienced Safe Helper to ask questions

— Can take a break during a session and call a more experienced Safe Helper to ask a question.
(E.g., Occasionally, Safe Helpers have called Connie in the middle of a session.)

— Can invite a more experienced Safe Helper to come to a session to work on an issue.
(E.g.: Safe Helpers have had Connie join them, and lead a session dealing with a challenging issue.)

Even experienced Safe Helpers:

— still must rely on God, and not on their experience

— still ask for help at times

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III. PRACTICAL TIPS

A. How to Get Started

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NOTE-TAKING ABBREVIATIONS

For ease in note-taking it is helpful to use abbreviations

- When taking the chronological history
- During PR sessions

The following are examples of possible abbreviations.

Do what works for you!

ABBREVIATE RELATIONSHIPS (*Richard Smith*)

Fa — Father

Mo — Mother

br — brother

si — sister

el br — elder brother

yo br — younger brother

el si — elder sister

yo si — younger sister

hu — husband

wi — wife

da — daughter

so — son

Fa wi — Stepmother (Father's wife)

Mo hu — Stepfather (Mother's husband)

Fa Mo — paternal grandmother (Father's mother)

Fa Fa — paternal grandfather (Father's father)

Mo Mo — maternal grandmother (Mother's mother)

Mo Fa — maternal grandfather (Mother's father)

Fa br — uncle on father's side (Father's brother)

Fa si — aunt on father's side (Father's sister)

Mo br — uncle on mother's side (Mother's brother)

Mo si — aunt on mother's side (Mother's sister)

ABBREVIATE NAMES (*frequently mentioned*)

Examples:

J — John

Su — Susan

Sh — Sharon

ABBREVIATE PRAYER STEPS

A — Accuse

F — Forgive

C — Confess

AF — Ask for forgiveness

E — Emotions

M — Memories

B — Bonds

Cl — Cleansing

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Session 1 & Chronological History

or

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NOTE-TAKING IN A PR SESSION

Key Points

Safe Helpers must take notes during every session.

1. During the DISCUSSION take notes on:

— the people involved and the wrongs

Can see: [Note-taking abbreviations](#)

2. During the PRAYER write down:

— The hurting one's accusations and confessions (in brief form)

Refer to your discussion notes to remind them of anything they forgot.

(We want to make sure they bring all the hurts and sins to God because that's where the healing occurs, not in the discussion.)

— The steps prayed

E.g.: Accuse, forgive ... bonds, cleansing, etc.

These notes are for the Safe Helpers, not for the hurting one to have.

The notes help us keep track of what was prayed about.

Explanation/Further Information

Figure out a format that works for you!

Example of one format for taking notes:

Draw a line dividing a piece of paper in half vertically.

Write *DISCUSSION* on top of the left half of the page.

Write *PRAYER* on top of the right half of the page.

1. Take notes during the discussion on the left half of the page (under "DISCUSSION").

Include:

- The people involved and offenses from each
- Any significant phrases spoken
- Things to confess

Also, if you note any words of power, lies or something about the occult:

— Write WOP (for words of power), L (for lies), or O (for occult) in the margin of your paper. Then you can refer back to your notes when you come to the time to pray about those areas.

2. As the hurting one prays, take notes on the right half of the page (under "PRAYER") of:

- The prayer steps
- The people and offenses prayed about (in brief form)
- The hurting one's confessions (in brief form)

Also, check off the accusations and things to confess that were written on the “*DISCUSSION*” side of the page. (This is to make sure they were all covered. Remind the person of any they forgot.)

Example of the “PRAYER” (right) side of the page:

PRAYER

JOHN

Accuse

pressured me to have sex
used me
took my virginity
(etc.)

Forgive

Confess

didn't try to stop him
didn't value myself enough to wait
wanted to keep him as my boyfriend
(etc.)

Ask forgiveness

Bonds

Cleansing

Go to/Return to:

[III.A. How to Get Started](#)

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[Part 1: The discussion](#)

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III. PRACTICAL TIPS

A. How to Get Started

Other Info/Notes on How to Get Started

OBSERVE A PR SESSION: SET UP & GUIDELINES

It is helpful to observe a PR session(s) before becoming a Safe Helper.

Find a Safe Helper who is currently doing PR and ask if you can observe.

Setting Up the Observation

The active Safe Helper sets up the observation:

— Get permission from the hurting one before the session to have an observer

Explain that this is a step in helping the observer to become a Safe Helper.

(The observer should not be a close friend or relative of the hurting one.)

— Make a copy of [Observing a PR Session Handout](#) to give to the observer

This is an outline of what to focus on while observing.

— Go over “Guidelines for Observing a PR Session” (below) with the observer before the hurting one arrives.

— Seat the observer out of the line of sight of the hurting one, so as not to be a distraction.

Guidelines for Observing a PR Session

Before the hurting one arrives, the Safe Helper who will be doing the session goes over these guidelines with the observer.

1. Must agree to confidentiality

Do not tell the hurting ones' situation to anyone.

2. Must understand they cannot say anything during the session

3. Must not talk about the session:

— during the break

— to the hurting one at any time

4. Their role is to observe the PR process:

— types of questions asked, ways of handling issues brought up, how God works through this, etc.

(They don't need to be concerned with the hurting one's healing.)

5. After the session when the hurting one has gone, the Safe Helpers can answer any questions the observer has.

The observer must not discuss the person they observed with anyone else, other than the Safe Helpers.

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OBSERVING A PR SESSION HANDOUT

Here are some things to note while observing a session:

I. THE OPENING PRAYER Seminar for Prayer Resolution (2012), pp. 43-44

II. THE DISCUSSION — Listen for:

WHO had a part

— the main people

— the greater circle (*any other people who contributed to the wrong*)

WRONGS OR OFFENSES

— to accuse others of

— to confess

*(Notice how the hurting one is helped to identify who was involved and what the wrongs were.
Also, notice any teaching.)*

III. THE PRAYER OF RESOLUTION (p. 46)

(Notice any coaching during the prayer.)

1. ACCUSE

2. FORGIVE

— the greater circle first, then the main person

3. CONFESS

4. ASK FORGIVENESS

— for the hurting one

Optional steps, if pertinent:

EMOTIONS given to God

MEMORIES put under the control of the Holy Spirit

ADDITIONAL PRAYER STEPS when dealing with:

Sexual sin (p. 79); Parents (p. 99); Rebellion (p. 93); Words of power (p. 105); Occult involvement (p. 85); Lies (p. 110).

Other issues may also have some additional steps.

IV. THE WITNESSING PRAYER (pp. 48-49)

Go to/Return to:

[III. A. How to Get Started](#)

or

[Observing a PR Session: Set up & guidelines](#)

III. PRACTICAL TIPS

A. How to Get Started

Other Info/Notes on How to Get Started

PRAAYER SUPPORT

PR goes much more smoothly when you have prayer support.

Try to get a prayer support person, or a couple of people
(Not your co-Safe Helper)

Ask God who should be your prayer support.

When you share with your prayer support person(s) keep confidentiality.
Do NOT share details.

What to share with your prayer support person(s):

When the sessions are, so they can hold you up in prayer

Anything special to pray about (without violating confidentiality)

E.g.:

- If there's a big lie you're working with, ask them to pray that the Holy Spirit help them to receive the truth.
- If you're going to be dealing with the occult, ask for prayer for protection.

Victories (without violating confidentiality)

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III.A. How to Get Started

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FORMAT OF A SESSION: OVERVIEW

Begin with the Opening Prayer. (Safe Helper prays)

Bring a situation to resolution.

The Safe Helper usually selects a situation from the person's chronological history (which was taken in the first session).

There are two parts in the process of dealing with a situation in Prayer Resolution:

1. **Discuss the situation** (Safe Helpers and the hurting one)
2. **Pray** (The hurting one prays, guided by the Safe Helpers)

Then, the Safe Helper prays the **Witnessing Prayer**.

Bring another situation(s) to resolution, as time permits.

Repeat same process as above:

1. **Discuss**
2. **Pray**

Witness the prayer

(Note: Do not start dealing with another situation if there doesn't seem to be time to both discuss it, and pray about it. It's better to end the session early.

— We strive to have any situation we open up be resolved for the hurting one by the end of the session.

*— If you started on an issue and then see that you won't be able to finish, find a good stopping point.
Finish it the next session.)*

Close the session with the Covering Prayer. (Safe Helper prays)

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[**III.B. How to Do a PR Session**](#)

or

[**I.A. The Core Prayers**](#)

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PART 1: THE DISCUSSION

There are two parts in the process of dealing with a situation in Prayer Resolution — first the discussion, & then the prayer.

Goal of the discussion:

To gain a clear and complete understanding of the issues, in order to determine the accusations and confessions that need to be brought to prayer

Together the Safe Helpers and hurting one determine:

1. Accusations: who did what

- a. Who to accuse?
 - The main person(s)
 - The greater circle

Can see: [Accuse the greater circle](#)

b. What were the offenses and wrongs for each person?

- What did they do, or fail to do, that hurt you? (sins of commission or omission)

2. What the hurting one needs to confess

As the hurting one shares, the Safe Helpers:

Ask questions to bring out more details, and to clarify

Take notes as the person shares.

Can see: [Note-taking abbreviations](#)

Can see: [Note-taking in a PR session](#)

Give insight and perspective that the hurting one hadn't thought of

The hurting one often comes to realize that he/she and others have either more or less guilt than he/she thought.

E.g.: In addition to needing to accuse Dad for abusing her, Mom should have protected her.

Share God's perspective on the issue (based on His character, His Word and His ways)

E.g.: Sex outside of marriage is sin, even though our society says it's OK.

Affirm; validate

Affirm their feelings; validate that what happened to them was wrong

The discussion can take a great deal of time, but is important.

Before we can have resolution, we must know the details to be resolved.

- The result is a more thorough and accurate list of accusations or confessions than the hurting one would have thought of on his own.

Can see: [Be thorough in accusing](#)

Outcome of the discussion for the hurting one:

— Feels heard and validated

— Gains clarity and perspective

— Is discipled regarding the character of God and the principles found in Scripture

References

Freedom from Dark Forces, pp.137-138.

A Journey to Wholeness, pp. 263-265, 277-278.

The Narrow Road to Forgiveness, pp. 105-109.

Seminar on Prayer Resolution (2012), p. 45, “Issue Checklist” pp. 64-65.

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[Part 2: The prayer](#)

or

[How to Do a PR Session](#)

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PART 2: THE PRAYER

There are two parts in the process of dealing with a situation in Prayer Resolution — first, the discussion, & then, the prayer.

Goal of the prayer:

To bring the situation before the Heavenly Father, because only He can resolve it.
(Just discussing the situation doesn't bring resolution.)

Tips for Safe Helpers:

Coach the hurting one on the steps to pray.

E.g.: "First, why don't you go ahead and accuse [name]. He contributed to this. He's part of the 'greater circle.'"

May interrupt the hurting one during their prayer for clarification or to correct a misconception

E.g.:

A hurting one said in his prayer, "He couldn't help himself ..."

The Safe Helper interrupted: "His change of behavior when people were visiting shows that he *could* control his actions."

— A good example of a prayer illustrating coaching, clarifying and correcting is found in *The Narrow Road to Forgiveness*, pp.117 (bottom) - 119.

May be helpful to write the core prayer steps down for the person to look at:

Accuse

Forgive

Confess

Ask for forgiveness

Make sure the hurting one understands the PR steps, and what the different terms mean.

Don't make assumptions about what the hurting one means when he uses a word.

Periodically review this, and clarify any misconceptions.

Examples of questions the Safe Helper can ask:

— "What do you mean by forgive?"

(If the hurting one can't tell you or gives a partial explanation, give the definition again: "Forgiving is when you trust God enough to believe that He will see that justice is done on your behalf.")

— "Why would you even *want* to forgive him for that horrible deed?"

(Because I don't want to carry it anymore. God doesn't want me to carry it either.)

— "Will God forgive you for that?" (Yes)

"Why?" (Because I confessed, and He said if we confess He will forgive us.)

— "Why is He able to forgive you?"

(Because He will apply Jesus' sacrifice to my sin.)

Outcome of the prayer for the hurting one:

— Is able to share his hurts with his Heavenly Father

— Forgives and Is forgiven

— Gains healing and resolution/closure

PRAYER STEPS

The hurting one prays, guided by the Safe Helpers.

FORGIVENESS STEPS (for the wrongs/sin) #1-4

These steps are the core of PR. They must be done in order.

Have the hurting one start with the “greater circle” and accuse and forgive each one. Then, accuse and forgive the main person.

1. Accuse

2. Forgive

— Give up right to accuse again

— Give up right to be a witness

Next, have the hurting one pray about his/her part:

3. Confess

4. Ask for forgiveness

STEPS FOR ONGOING CONSEQUENCES (or RESULTING ISSUES)

Certain deeds have consequences that also need to be brought to prayer, in order to have full resolution.

The prayers in II. “PRAYERS FOR SPECIFIC AREAS” contain additional steps to resolve consequences or resulting issues from certain situations (such as sexual sin, rebellion, words of power, etc.)

E.g.: Consequences resulting from sexual sin are:

- The formation of unholy bonds
- Defilement needing cleansing

These consequences continue on, unless we specifically bring them to God.

— “One missionary, through good, but incomplete Christian counseling, forgave her sexual partners but did not ask for cleansing or release from the ... bonds. She felt a certain relief but waited another 6 years [until she did Prayer Resolution] for cleansing and a freeing of her spirit.” (*Cleansing*, p. 71)

OPTIONAL STEPS, IF PERTINENT

There may be other issues associated with the situation that need to be brought to prayer.

The most common are:

- Emotions
 - Memories
-

Go to/Return to:

Witnessing prayer

or

III.B. How to Do a PR Session

or

I.B. Core Steps in the Prayer Of Resolution

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III. PRACTICAL TIPS

B. How to Do a PR Session

Other Info/Notes on How to Do a PR Session

BREAK A BIG ISSUE DOWN

Break a complex situation down into small meaningful pieces.

Often one situation needs to be handled in several distinct PR prayers or sessions to be able to deal with all the items fully and clearly.

— Then the Safe Helpers aren't overwhelmed by having so many items to juggle and keep track of.

— The hurting one can process the smaller bits better.

— The hurting one is better able to present the prayers to the Heavenly Father with clarity and understanding.

Reference

Freedom from Dark Forces, p. 174 (last 2 paragraphs)

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III.B. How to Do a PR Session

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III. PRACTICAL TIPS

B. How to Do a PR Session

Other Info/Notes on How to Do a PR Session

GUIDE THEM TO PRAY “FATHER” VERSUS “LORD”

Have them address their prayers to God as “Father” or “Heavenly Father”

Jesus taught us to pray, “Our Father ... ”¹

Central to PR is the fact that we are God’s children.

Our primary identity as a believer is as a son or daughter of God.

(We are servants, second. When we pray, “Lord,” our role is that of a servant.)

Jesus opened the way for us to be called children of God.

Becoming “born again” means born into God’s family, so we automatically get a Father.

Goal of PR: To know they are legitimate and loved sons/daughters of the Heavenly Father!

Tips to help them pray to the Father:

- Before they pray, remind them to address their prayer to their Heavenly Father.
- When they slip back to “Lord,” etc., gently say, “You’re praying to the Father.”
- Tell them God is a good loving father (better than the best earthly Father). He wants a relationship with us!

When we pray “Lord ... ” or “Jesus ... ” it’s often:

— a habit of prayer

or

— the result of wounding from parents, especially fathers

A woman who had been molested by her father “found it easy to pray to Jesus, hard to pray to the Heavenly Father ... God is the ultimate loser when a parent sins against a child.” (*Cleansing*, p. 43)

References

Cleansing, pp. 25-26; 43

Forgiveness, pp. 3-4.

Freedom from Dark Forces, p. 134.

Freedom from Words of Power, pp. 85-86

A Journey to Wholeness, pp. 128-129, 281.

Narrow Road to Forgiveness, p. 112.

Seminar on Prayer Resolution (2012), p. 35.

Scripture

¹ “Pray, then, in this way: “Our Father who is in heaven … ‘ (Matthew 6:9 NASB)

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III.B. How to Do a PR Session

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III. PRACTICAL TIPS
C. Topics to Cover in PR

TOPICS TO COVER

Note: When going through the different topics and you notice a word of power (WOP) or a lie, write it down.

- Then, flag it in the margin of your notes or transfer it to an ongoing list.
- Refer to this when you are ready to deal with Words of Power or Foundational Lies (unless you resolve it at the time it comes up).

SEXUAL SIN

Begin with the earliest sexual incident from the chronological history.

Then, go through the incidents up to the present, doing a separate prayer for each person.

See: **II.A. Sexual Sin**

(Can see: [Why pray about sexual sin first?](#))

PARENTAL ISSUES

Pray about one parent at a time.

See: **II.B. Parental Issues**

Also, pray about others who had significant input into the hurting one's upbringing.

E.g.: step-parents, Grandma, an older sibling

OFFENSES FROM OTHERS

Go on to pray about any others the hurting one has something against (*unless they will be handled in the topics below: Rebellion, Other Life Situations, WOP or Occult*).

E.g.:

- Other family: siblings, relatives, in-laws, spouse
- People from school, church, work, friends, etc.

Pray the Prayer of Resolution for each person, or group of people.

See: **I.A. The Core Prayers** — Prayer of Resolution

REBELLION AND AUTHORITY ISSUES

See: **II.C. Rebellion & Authority Issues**

OTHER LIFE SITUATIONS

Pray about significant situations in the hurting one's life that haven't been covered (*unless they will be handled in the topics below: WOP or Occult*).

— These situations may be identified from the chronological history, and also may surface as you work together.

See: **II.D. Other Life Situations** for some prayers.

For other situations, you can pray the Prayer of Resolution.

See: **I.A. The Core Prayers** — Prayer of Resolution

WORDS OF POWER (WOP)

Refer to the chronological history for any words of power noted there.

Also, refer to the notations or list of words of power you've been keeping, as you worked through other issues.

See: **II.E. Words of Power**

OCCULT INVOLVEMENT

After clearing out the sin from the above areas, pray about occult involvement.

— Then it is much more easily handled, because the Kingdom of Darkness has lost most of its legal right to be in the person's life.

Begin with the earliest incident.

See: **II.F. Occult Involvement**

FOUNDATIONAL LIES

This area deals with the person's belief system: beliefs about themselves, God, people and the world around them.

— We want to get rid of faulty beliefs, so they can move forward with a foundation of truth.

See: **II.G. Foundational Lies**

Go to/Return to:

[Ending & post PR](#)

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III.PRACTICAL TIPS
D. Ending PR

ENDING & POST-PR

Key Points

When are you done?

You've gone through all the topics.

Can see: [Topics to cover](#)

The person's issues from the chronological history were addressed.

It feels like you are done to the Safe Helpers and to the hurting one.

Have the hurting one ask the Holy Spirit, "Are we finished?"

If the Holy Spirit says, "No," then there's still something there.

— Have the person ask the Holy Spirit to reveal what it is.

(Safe Helpers add our agreement to that request.)

— Work through the issue that is revealed.

If you are done, in the last PR session:

1. Share some of what they might expect post-PR.

2. Pray the [Releasing Prayer](#)

This releases the person from being under our authority.

3. Make a plan of how they can move forward, and walk out their new freedom.

4. Give the person a copy of the truths received

— so they can remember them and practice living them out

Safe Helpers do all you can to keep in touch with the people you have worked with.

(These people are not just clients.)

Explanation/Further Information

1. Share what they might expect post-PR (See "References" below)

Some emotional responses:

You may be tired.

You may have a need for a quiet and reflection.

You may have delayed emotional responses

(That does not mean the issues weren't resolved.)

E.g. You may feel deep grief and loss regarding your childhood, because you finally allowed yourself to feel.

You may find many of the same problems you had before because the same people are in your life, but you will respond to them differently.

Many problems will not be solved because other peoples' wills are involved.

There may actually be increased tension in your relationships and home, because *you* aren't the way you were before.

But you can trust God with the problem.

You'll be learning a new way to live with your family, etc. (a new "dance").

You now have the advantage of using PR tools to deal with things that come up.

Accuse and forgive others quickly.

- "Keep short accounts" on what the other guy did to you. (Don't hang onto resentments.)
- "Darts will still come, but they don't stick now." (The darts may hurt, but they will not harm you.)
- If an offense is ongoing, you need to forgive each new occurrence.
(Forgiveness is always for the past. You can't forgive for tomorrow.)

Confess your sins and receive forgiveness quickly.

If you need perspective on a difficult issue, you can call the Safe Helpers.

Get a "tune-up."

3. Make a plan to move forward.

PR is not the end, but the beginning.

- You can now begin to live!
- You are a work in progress. (None of us is ever finished.)
- Keep growing in your relationship with the Heavenly Father, living as a beloved son or daughter.

Discuss: What do they do next?

Whatever kind of help they need, help them connect with it.

E.g.:

- Get in a Bible study group
 - Find an accountability person to pray with
 - Find a church that teaches truth
-

References

Seminar on Prayer Resolution (2012), "Post-Prayer Resolution: What Now?" pp. 135-145.

A Journey to Wholeness, "Some Emotional Responses" pp. 296-304, "After Resolution" pp. 305-320.

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DRINKING, DRUGS: WORK WITH ADDICTED PERSON?

Keep in mind that in PR we are not equipped to take care of the physiological addition.

PR is not set up to be a treatment center for drying out.

(Preferably, they will already have had a period of sobriety before coming to PR.)

Yes, we can work with an addicted person, within PR boundaries:

1. The person must be sober when we have our sessions.

They can't think clearly or do spiritual transactions if their mind is fogged up.

(We can't work with a mind that is clouded by something else.)

2. If they have been drinking within 24 hours before the meeting, they need to contact their Safe Helper to reschedule the meeting.

3. If they do come to a session high or having been drinking, do not begin that session.
Reschedule it.

God loves them and wants them healed!

Note:

Addiction is a symptom of a deeper issue — of an underlying problem

When doing PR we must deal with their other issues first, before we can address the addiction part.

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MEDICATIONS — STOP?

Should the hurting one go off their antidepressant medication? No

If the person says they want to go off their medications, say, "No. Keep doing exactly what your doctor tells you to do."

We are not qualified to determine that.
(It's a liability and ethical issue.)

Have them go back and talk to the doctor who prescribed them.

They should not go off their antidepressant medication unless they see their doctor and go off it the appropriate way.

The reason for taking the meds may now be gone, but the doctor is the one to take them off of it.

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NOT COOPERATING/RESISTANT

If the hurting one:

1. Doesn't want help
2. Is resisting the PR method
3. Doesn't trust us
4. Has a block/a wall
5. Wants to keep talking about a problem instead of proceeding on to resolve it

Solution suggestions (See below)

Outcome possibilities:

As they continue working with us, they may like the results and want to continue.

or

They may choose to stop.

Principles:

- Proceed as if things are OK.
 - Give freedom to continue, or to stop.
 - Assure them we and God will continue to love and accept them, no matter their choice.
(God is not going to make them deal with it, if they don't want to. He still loves them.)
 - Assure them they're welcome back if they change their mind.
 - It's not our job to convict of sin. That's the job of the Holy Spirit.
-

SOLUTION SUGGESTIONS

When the hurting one:

1. Doesn't want help

Can proceed as if they want help

Having made the time and effort to come, something else is causing resistance.

Can give them freedom to choose to stop, if they say they don't want help.

2. Is resisting the PR method

Can say:

"This is the way we know that works. We have personally experienced healing through PR and know it has worked for many others. We encourage you to trust this process. Otherwise, let's find some other resources for you."

3. Doesn't trust you

Seldom will anyone tell you they don't trust you. But that is something you perceive.

Distrust is usually based on someone you remind them of. It's usually not about you personally.

Unless it is really hindering, just continue as if trust was there.

Trust will grow as they address issues, especially with issues relating to broken trust.

If it becomes a big hindrance, give him/her the freedom to leave.

E.g., "If you don't want to stay, we will continue to love and respect you. God will love you. But you will leave with your issues. You need to do what *you* want to do."

4. Has a block or wall

Confront and discuss the hindering behavior:

Be lovingly confrontative to get them out of their stuck spot. (It is rare that they really don't want help.)

E.g.:

- "Do you realize that you're putting up a wall? What's going on?"
- "Let's examine what the block is that is keeping you from moving forward."
- "Are you feeling threatened? Let's identify what the threat is."

Talk about what the block or wall may be. It could be:

- Fear
- A perception they have about the problem
- A lie they believe
- Spiritual warfare

Can move on to another topic

5. Want to keep talking about a problem versus resolving it

Can encourage them to proceed to resolve it

Reassure the person that their heart is in the right place.

E.g.:

"You're here because you have a deep desire to walk righteously with God. You wouldn't do this for the fun of it. We know your intention is real. God is able to heal this."

Can give them the choice to resolve it or not

E.g.:

- "We're not going to make you deal with it. But you have a choice to be free of it, if you want."
- "Do you want to be rid of these things or not? If you're not ready, then we want to stop talking about this because it's just causing you too much pain."

Can move on to another topic

Can put a time limit on the number of sessions you will work with them.

Then it doesn't drag on and on, getting nowhere.

E.g.:

"We're going to have (X) number of more sessions. Think about what you want dealt with so we use our time well."

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NOT FEELING CONVICTED ABOUT SIN

If the hurting one doesn't feel convicted that something he/she did is wrong (that the Safe Helpers perceive is wrong):

Safe Helpers can:

- Present the case for addressing it
- Present it a different way to give perspective.
- Ask what is the reasoning for not wanting to address this?
- Ask any questions you think might clarify the issue.

Outcome possibilities:

— The person may decide they *do* want to address it.

or

— After discussing it with the Safe Helpers, if the person still doesn't want to address it, leave it and move on.

(He/she may not be ready to address a particular issue.)

Principle: Conviction of sin is the job of Holy Spirit, not the job of the Safe Helper.

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PR “DIDN’T WORK”

If something is still a problem after you have done PR on it:

1. Go back and find out why it “didn’t work.” (See below)

2. Then, pray about any additional things needed to bring it to resolution.

Is there more to accuse?

Have the hurting one ask the Holy Spirit if there is anything else.

If so, discuss that.

Then, have him/her pray:

— Accuse the other things

— Forgive

Did the hurting one forgive on the wrong basis?

Ask and discuss: “On what basis did you forgive him?”

E.g.: ‘I forgave him because he didn’t know any better.’

Safe Helper: “No. He had choices. He didn’t do that around certain people.”

Then, have him/her pray:

— Accuse again (this time holding the person accountable for his behavior)

— Forgive

Did the hurting one really forgive and let it go?

Talk about what forgiveness is.

Can see: [Forgive \(Prayer step\)](#)

Then, have him/her pray: — Forgive again

— Give up rights to accuse or be a witness.

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QUITs, OR WANTS TO

If the hurting one wants to quit PR before you are done

Discuss it:

Find out why. See if they have concerns that can be addressed.

E.g.: Is there something they are afraid of, like the pain of dealing with something coming up?
(Why choose to go through life wounded if there is a process to help them become free?)

Assure them if they choose not to continue, God will still love them and so will we.

We'll be sad because we want to see them walk in freedom, but we will honor their decision.

If they still want to stop doing PR, after discussing it:

Pray the Releasing Prayer over them before we end our time with them.

This releases them from being under our authority.

If the hurting one unexpectedly quits

Very rarely, a hurting one may drop out without any notice.

It can be very disheartening when someone quits after pouring so much time, effort and concern into them. But we don't know what may be going on with the person.

Example: A woman who had been making good progress in PR didn't show up one day for her session. She never contacted the Safe Helpers again or returned their calls.

Safe Helpers pray to be released from the responsibility, and turn the person over to God:

1. Let loose of the responsibility for completing the PR sessions with [name]

2. Ask God to release you from the responsibility of finishing the sessions, based on the fact that [name] is not choosing to continue.

Turn him/her over to God.

The other Safe Helper witness this. (Do this for each other.)

Sample witnessing prayer:

"I agree with this prayer. Please make it so. Give [Safe Helper's name] full release from the responsibility for [name]."

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BURNOUT

God never asks us to burn out for Him.¹

Don't let burnout cause you to turn your back on being a Safe Helper!

If you feel burnout coming, take care of yourself:

Don't take on another hurting one right now!

Let loose of some of your other commitments.

Don't work all the time. Find time to invest in non-work.

Find something you enjoy.

Figure out a way to turn your mind off and take a mental break.

When you finish with the hurting one take a break.

Don't take on a new person just because they are on the list. There will always be hurting people waiting for help.

If you are burned out in the middle of working with someone:

Find a stopping place and take a break, with a scheduled come-back time.

— Take time to get refreshed and renewed.

If you feel you cannot continue, ask God:

"Do you want me to continue to work with [name]?" (yes/no)

— If God says no:

Ask Him to release you from the commitment you made to this person.

Find a substitute Safe Helper to take over.

Have the Safe Helper attend a session so they can get acquainted.

(Don't walk away without having someone lined up to finish.)

— If God says yes:

Ask Him for empowerment.

E.g.: "I'm willing, but You need to give me what I need. I'm going to trust You to see that I have everything I need physically, emotionally and mentally to work with [name] successfully, joyfully and peacefully."

Don't take on another hurting one until you are ready!

Scripture

¹ "Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and my burden is light." (Matthew 11:28-30 NIV)

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GOOD SELF-CARE

Always forgive others and confess your sins quickly.

“Keep short accounts.” Then you don’t have points for Satan to attack you.

— Do PR on yourself!

It may be helpful to make a list on paper of what to accuse, confess, etc... so your prayer will be thorough.

— For any issue where you are stuck, ask other Safe Helpers to work with you through that issue. They can give you perspective and insight.

Build yourself up in the Lord so you walk in freedom and victory.

— Spend time with God

— Feed on the Word

— Put on the armor of God (Ephesians 6:10-20)

— Walk in the Spirit

Recognize you have limits

That is part of being capable and competent.

Don’t work all the time. Find time to invest in non-work. Find something you enjoy.

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SEE YOUR SIN DURING A SESSION

When working with a hurting one, and you realize that you have a similar issue or sin in your life that you have not resolved:

You are still effective in your role as a priest during a PR session, even though you may not have resolved a similar issue yet.

Thank God that He revealed this issue to you.

— Now that you are aware of it, you can bring that issue to God and unload it. Then you'll be better equipped to handle the next person with this problem.

Go home and deal with it.

— Do the PR steps on yourself for the issue.

E.g.:

One Safe Helper was dealing with someone on what a father should do, and realized *he* hadn't done that particular thing with his children. He went home, prayed about it and resolved it.

— For any issue where you are stuck, ask other Safe Helpers to do PR with you on that issue. They can give you perspective and insight.

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SPIRITUAL WARFARE

"There are spirit beings out there. We don't ever need to be afraid because the Spirit that is in us is greater than any spirit out there.

However, we do need to deal with them, and it's by the power of Jesus that they are defeated. Don't be arrogant. We are not given the task of doing battle with Satan. God and the angels do that in the heavenly realm.

We are to resist, we are to stand, and we are to give him no place. We have authority over the Evil One that Jesus gave to us. Remember, this is all God's power working here. All we can do is our part.

We don't ever have to be afraid. Jesus has already conquered and defeated him, and his judgment has already been set in place." — *Connie Smith*

Claim and speak Scriptures.

Jesus quoted Scriptures. We can follow His example of how to deal with spiritual warfare:

— He said, "Away from me, Satan! For it is written, ..." (Matt. 4:10 NIV)

Examples:

"Greater is He who is in me [God's Spirit], than he who is in the world [Satan]." (1 John 4:4 KJV)

"Hide me under the shadow of Your wings." (Psalm 17:8 NKJV)

"The Lord will keep [me] safe. He will not let [me] fall into a trap." (Proverbs 3:26 GNT)

"The ruler of this world [Satan] ... has no power over me." (John 14:30 GNT)

"Every child of God is able to defeat the world. And we win the victory over the world by means of our faith." (1 John 5:4 GNT)

"For the Son of God keeps [me] safe, and the Evil One cannot harm [me].” (1 John 5:18 GNT)

"The name of the Lord is a strong tower; the righteous run into it and is safe." (Prov. 18:10 NASB)

"For God has not given [me] a spirit of fear, but of power and of love and of a sound mind." (I Timothy 2:7 NKJV)

Spend time with God and in His Word.

When we get tired or overly stretched, if we don't have time for the Word, etc., we can be more susceptible to attack.

Build yourself up so you walk in freedom and victory.

"Those who wait on the Lord shall renew their strength." (Isaiah 40:31 NKJV)

"Keep short accounts." — Forgive others and confess your sins quickly.

Don't harbor resentments or unconfessed sin.

Then you don't have an opening for Satan to attack you. Don't give him any place.

— "... give no opportunity to the devil." (Ephesians 4:27 ESV)

Resist the devil

"Submit yourselves, then, to God. Resist the devil and he will flee from you." (James 4:7 NASB)

Stand firm

"Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil." (Ephesians 6:11 NASB) — Also verses 10-18

Praise God

Sing or put on praise music.

Thank Him for what He has done in your life.

Take the authority and power we have been given in Jesus' name.

"I [Jesus] have given you authority to ... overcome all the power of the enemy." (Luke 10:19 NIV)

Reference

Seminar on Prayer Resolution (2012), pp. 87, 141-142.

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CONNIE'S NUGGETS OF WISDOM

Cope: Don't just cope. Be victorious!

Emotions: Emotions are information.

Faith:

Assuming that God's Kingdom works! (like the Centurion in Luke 7)
In the middle of a hard time all we need is a little bit of faith and God will grow it.
— In Mark 9:24 the man said to Jesus, "I believe. Help my unbelief."

Honesty: Live honestly. Your life is about *you*, not about who somebody else wants you to be.

Limits: Part of being capable and competent is recognizing you have limits.

Motive:

When you do things "in order to ____," it backfires. Instead, do something because it's the right thing to do.

Examples:

- Don't do something in order to get someone to change. Do it if it's the right thing to do.
- Don't do things in order to be a good mother. Because you *are* a good mother, good things naturally flow out of you.
- Don't do something in order to make someone love you. Loving acts naturally flow out of you. (They may or may not love you.)

Perfection: It doesn't have to be perfect to be perfectly acceptable!

A plan:

We need a plan so we have something from which to deviate. Plans are never set in concrete.
But if you don't have a plan, you'll run around in circles.
— When you do deviate, you just need to know why. Was it a legitimate thing that got in the way?

Proactive: Life with God is proactive. Even waiting on God is proactive.

Problems: God has an answer for *every* problem.

Right:

To know if something is right, ask,
— "Does it lead to light and life, or does it lead to death and destruction?"
— "Is it consistent with the character of God and the principles found in Scripture?"

Task: Because God's yoke is easy, if your task is heavy or burdensome, the task is not from God.
(Burnout for Jesus is not what God wants.)

Victim: You are not a victim. You may have been victimized, *but the victimization does not define you*.

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EMOTIONS & DEFINITIONS

Emotions are information.

Negative emotions reveal there's a problem.

Then you can look for the cause of the problem and deal with it.

— After you deal with it, you don't need that negative emotion any more.

The goal is not a life without any pain, but a life with resolution.

Definitions

Anger: A natural God-given response to perceived injustice

Fear: A natural God-given response to perceived danger or threat

— Fear keeps you alive. It's protective.

Grief: A natural God-given response to loss

Jealousy: The perception that someone is giving to someone else that which belongs to me

Pain: A natural God-given response that there is something wrong

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SATANIC INTERFERENCE IN A SESSION

Have the hurting one tell Satan to leave.
Don't tell Satan to leave for someone else.

The principle: Believers, as children of God, can take the authority that we have been given.¹
— Satan has to go.²

The Safe Helpers can coach them.

E.g.:
— “Get out of here, Satan!”
— “You may not demonstrate your power in my life. You may not make me want to hurt myself, Satan. Get out of here.”

Safe Helpers can add our authority.

Come alongside and strengthen the hurting one's stand.
E.g.: “You will *not* manifest your power, in the name of Jesus.”

Take a stand each time it happens.

If Satan won't leave, find out why and deal with it.

If he won't leave, there is some legality as to why he doesn't have to leave.
1. Ask the Holy Spirit to reveal what is the reason.

2. Pray about what is revealed so Satan will have no right to be there.

E.g.:
The Holy Spirit may reveal some area where you have unforgiveness.
— Confess that.
— Ask for forgiveness.

3. Then command Satan to leave again.

He must leave, because his legal ground to be there is now gone.

Connie Smith:

“There are spirit beings out there. We don't ever need to be afraid because the Spirit that is in us is greater than any spirit out there.”³

However, we do need to deal with them, and it's by the power of Jesus that they are defeated. Don't be arrogant. We are not given the task of doing battle with Satan. God and the angels do that in the heavenly realm.

We are to resist,² we are to stand,⁴ and we are to give him no place.⁵ We have authority¹ over the Evil One that Jesus gave to us. Remember, this is all God's power working here. All we can do is our part.

We don't ever have to be afraid. Jesus has already conquered and defeated him, and his judgment has already been set in place.”

Scriptures

¹ "I [Jesus] have given you authority to ... overcome all the power of the enemy." (Luke 10:19 NIV)

² "Submit yourselves, then, to God. Resist the devil and he will flee from you." (James 4:7 NASB)

³ "God's Spirit, who is in you, is greater than the devil, who is in the world." (1 John 4:4 NCV)

⁴ "Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil." (Ephesians 6:11 NASB) — Also verses 10-18

⁵ "... nor give place to the devil." (Ephesians 4:27 NKJV)

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SELF-HELP BOOKS

Self-help books don't bring resolution.

1. They are basically a "pull yourself up by your own bootstraps" mentality.

2. They often are helpful for:

- Identifying problems
-
- Building new patterns

They miss the piece in the middle that brings God's power to the resolution of the problem.

Self-help books are helpful after an issue has been resolved.

Then you are able to learn and incorporate new patterns that are recommended.

E.g.:

Just reading about the need for self-worth and how to behave worthily, doesn't make you believe you are worthy.

But after getting a truth about your worth in PR, you then are able to apply what self-help books teach are behaviors of people who believe they are worthy.

In evaluating a self-help book, be aware of anything that is contrary to the principles found in Scripture or to the character of God.

Reference

A Journey to Wholeness, p. 315.

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