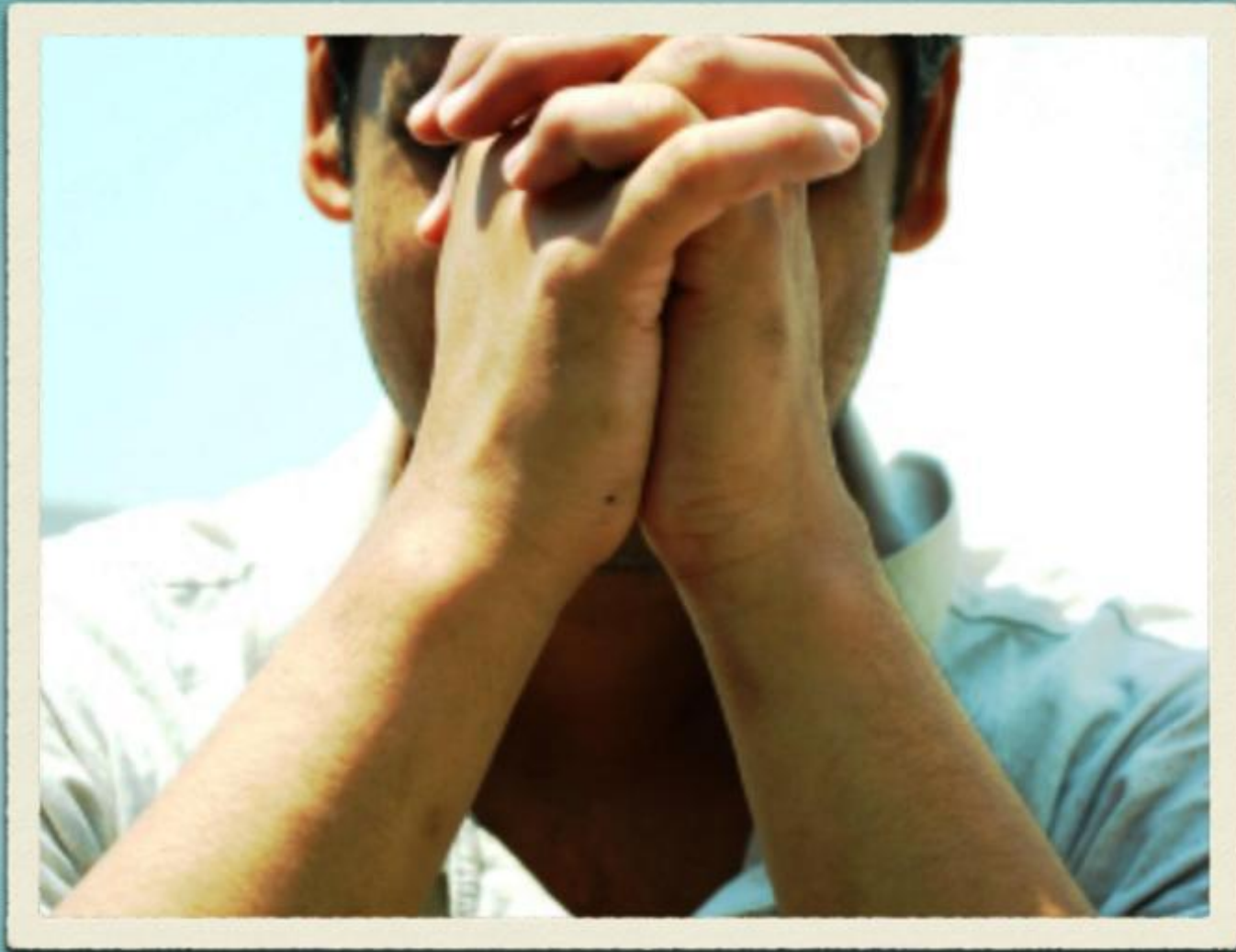


DEEP HEALING PRAYER



CONFESS

1) **Confession.** Repent, confess your sins, and hear God's word of forgiveness. (Psalms 51 and 32 are useful.)

CONFIDE

2) **Pain.** Identify a present pain (emotional, relational, or physical) and feel it as intensely as you can. Allow the pain to reach a level of at least 5 on a scale of 1 to 10.

3) **Past.** Ask Jesus to lead you to past events where you have felt this pain before. There may be only one pertinent experience or several. Stay open to the Lord's guidance until He has shown you all the relevant episodes.

- **Opposition.** If the prayer process seems to be blocked, in the Name of Jesus bind up the spirits who are seeking to prevent the reception of what Jesus wants to give. Say something like: "By the authority of Jesus Christ and His blood shed on the cross, I command all demons working here to cease your activities and depart."
- (For physical healing) Ask Jesus if the pain is related to any particular sin you have done or has been done to you. If He indicates that a sin of yours is involved, repeat Step 1.

CHRIST

4) **Invite.** Focus again on the pain and feel it intensely. As you do so, pray: “Jesus, please come and communicate with me in any way You wish to use.”

5) **Listen.** Wait silently for Jesus to come. Don't try to force it with your own thoughts. According to His will, He may communicate through a portion of Scripture, a word that is seen or heard, an image in the mind, or other means.

6) **Check.** You may ask Him follow-up questions to correctly understand what is revealed to you. Since the Bible advises, “Test the spirits to see whether they are from God” (1 John 4:1), consider: Whether the message is in accord with the Holy Scriptures (1 Thessalonians 5:16-22). Whether it brings clarity, hope, or healing. If the answer is “yes,” take comfort in what the Lord has revealed to you.

7) **Test.** To determine if you have been healed, try again to feel your pain intensely. If it is significantly weaker or completely gone, you have been healed. (If not, ask: “Lord, what else needs Your healing?”, and repeat Steps 2-6.)



Celebrate!

CELEBRATE

- 8) **Praise.** Thank Jesus for healing you.
- 9) **Request.** Ask Jesus, “Lord may I speak with you about other concerns in the future?” Listen for His answer.
10. **Future.** Feel free to repeat this process with other hurts, concerns and questions. You may teach others to do the same.