

# Healing Prayer

Experiencing Freedom in God's Truth

## My Research

- People: Donna & Jamie Winship
- Scripture, Bible Translations used are NLT, Amplified, NIV
- Books: Listening and Inner-Healing Prayer/Rusty Rustenbach, The Healing Presence/Leanne Payne, Restoring the Christian Soul/Leanne Payne

## What is Healing Prayer?

Definition: Prayer that is led by the Spirit and allows God to speak through your mind and memory in order to bring healing and wholeness in all areas of your life where the lies were planted and exchanging them for God's truth.

## Why do we need it?

- God is always speaking to us. *Hebrews 4:12*
- God wants us to be at peace. *Isaiah 26:3* "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

What stops us from being in perfect peace? \_\_\_\_\_

Examples of lie-based thinking from the Bible: Eve, Genesis 3

- Lie 1: You're not like God
- Lie 2: You're not good enough
- Lie 3: God can't be trusted

## What results from wrong belief/lie-based thinking?

1. Perception changes
2. Wrong actions follow
3. Negative emotions and lies emerge
  - *shame*
  - *fear*
  - *guilt*
  - *ashamed*
  - *hopeless*
  - *powerless*
  - *abandonment*
  - *confusion*
  - *unworthy*
4. Identity shifts

## **What does it look like to experience healing prayer?**

1. Identify the negative emotion
2. Identify the memory
3. Identify the lie
4. Confess the lie
5. Ask Jesus what the lie looks like
6. Release the lie to Jesus
7. Release others in forgiveness
8. Receive the truth
9. Healing your memory
10. Walk in the truth

## Healing Prayer

Step-by-step questions to ask God

1. Identify the negative emotion  
What is the feeling you want to speak to me about?
2. Identify the memory  
When was the first time I felt this way?
3. Identify the lie  
What is the lie about God or about myself that I began to believe in that moment?
4. Confess the lie  
God, I tell you the truth...
5. Ask Jesus what the lie looks like  
Show me a picture, what do the lies look like that I have come to believe?
6. Release the lie to Jesus  
While in that same picture, Jesus please take the lies from me.
7. Release others in forgiveness  
Who do I need to forgive (others, God, myself)?
8. Receive the truth  
What is the truth you want to give me to replace the lie?
9. Healing your memory  
Where is Jesus in my memory? What is He saying to me in the memory?
10. Walk in the truth  
Psalm 139:23-24, Romans 12:2-3, James 1:5

## Affirmation Prayer

Dear Holy Father God, This is the day that You have created. I choose to rejoice and be glad in it. There may be many challenges, but choose to believe the truth that You are in control and only have my good in mind. I choose to believe that You are always working in my life for my benefit.

Thank You for opening the way for me to be in oneness with you through the death of Jesus on the cross, his burial in the tomb and his resurrection on the third day. I commit my life to You this day and submit myself to the Lordship of Jesus and the blood of his redemption power.

Thank You that Jesus is in You and that You are in Jesus and that your Spirit dwells in me. Thank You that when You look upon me, You only see righteousness, worthiness, holiness, and purity because Jesus cancelled all my guilt and shame on the cross.

Thank You that You created me to be exactly who You want me to be and that I am your child and beautiful in your sight. Today, I choose to see myself as You see me, to believe in myself as you believe in me and to love myself as you love me. Thank You that the resurrection power of your presence is living in me.

I receive everything You desire for me this day. For this is the day that You have created, I choose to rejoice and be glad in it.

Father, I bind my will to your will, obligating it to your plans and purposes for me.  
I bind my mind to the mind of Jesus so I can hear your thoughts in my thoughts.  
I bind my emotions to the healing balance and comfort of the Holy Spirit.

I loose, smash, crush and destroy all the wrong beliefs, wrong attitudes, excuses, deception and denial that my soul has been holding onto. I loose the effects and influences any wrong words spoken about me or to me and I loose the works of the enemy from me.

Father God, what is the scheme of the enemy in my life today? (Take time to listen so you can stand firm against the enemy's scheme)

Father God, what do YOU want me to know about this day? (Take time to listen to the still small voice of the Father. Receive what He is communicating to you and thank Him.)  
Help me to be aware of You and Your love throughout this day.

Today Father God, your will be done on earth as it is in Heaven. Amen

## Remember this from Listening Prayer...the 4 keys:

1. Does it line up with scripture?
2. Does it bring glory to God?
3. Does it produce peace and freedom?
4. Does it align with the fruits of the Spirit? *Galatians 5:22*
5. Does it encourage you, build you up? If you're being corrected, does it feel like it is done in kindness and for your benefit?

## Remember this from Listening Prayer...what to ask for clarification?

- God, what do you want me to know?

## Next Steps:

- If you haven't already, get a journal. 😊
- Refer to and use the healing prayer, and affirmation prayer. Ask God:
  - "Father, what is the scheme of the enemy in my life today?"
  - "Father, what truth do you want me to know about this day?"
- Memorize these scriptures:
  - *Psalm 139:23-24 Search me, O God, and know my heart; try me and see my every anxious thought. Remove from me any evil thing, and lead me in your ways everlasting.*
    - *Begin to ask God to show you the negative emotions so you can recognize them and practice healing prayer to get rid of them.*
  - *Romans 12:2-3 Do not conform to the patterns of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.*
  - *James 1:5 If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.*

## Further Your Journey:

- June 15<sup>th</sup>, 10-4 pm, Women's Prayer Retreat. Come and go as your schedule allows to enjoy a beautiful location for a time of solitude to practice the tools we've been learning. Subiaco Retreat House, 2711 E. Drahner Road, Oxford 48370.
- Incorporate Midweek and Weekend services to keep learning.