

Five Step Prayer Model

The context for the entire prayer model is love, not just healing. Our goal is that each person that we pray for feels the love of God through our ministry regardless of the outcome.

I. Interview & Expectations

Remember, though this might feel overwhelming at first, using the guide gets easier over time. As you become more attentive to the Spirit, you'll naturally adjust to the ministry context you are in.

1. Check

- a. **Condition:** "Please describe your condition. When did it start?" (Mk 9:21)
- b. **Pain or Limitations:** "On a scale of 1-10, what is your pain level at now? Is there anything you can't do because of this condition (decreased mobility, shortness of breath, etc?)"

2. Consider

- a. **Faith**
 - i. It is important that you identify their faith. Ask the following to assess, draw out, or build more faith for healing:
 1. **Ask:** "Do you believe Jesus **wants** to bring you healing?"
 - ii. If you sense a lack of faith for healing, consider following up with the following
 1. **Have them ask in prayer:** "Jesus, do you want to heal me now?"
 2. **Share Testimony:** Build faith by sharing healing from similar conditions. Sometimes, sharing the testimony of the last person that got healed in your line almost always increases faith that allows for healing to flow.

3. Explain

- a. **Review the prayer process**
 - i. **Our Work:** "We are going to be silent and ask Jesus how he wants us to pray and then pray for you."
 - ii. **Your Work:** "When we pray for you don't pray for yourself - just be aware of what God is doing."
 - iii. **God's Work:** "You may feel heat, tingling, cool, peace or other possible manifestations of God's presence.. This can be normal but not necessary for healing. After we pray we are going to check back in and see what God's doing."

4. Invite

- a. **Confirm Understanding and Seek Agreement**
 - i. "Before we begin, do you have any questions?"
 - ii. "Does this sound good to you?" or "Are you ready to start?"

II. Prayer Selection

It is critical to remember that it's our job to listen and be obedient to his promptings. As you directly ask the question, let Holy Spirit lead you in selecting one of the three non-sacramental modes of healing prayer below:

1. Pray: Holy Spirit, how do you want to heal this person?

- a. **Prayer of petition:** A request to God to heal, Asking as a Son with authority! Power based on intimacy with the Father. "Fervent prayer of a righteous man is powerful" (James 5)
 - i. "Father in the name of Jesus, I ask you to let your presence come and bring healing to _____."
- b. **Prayer of Command:** An authoritative act of faith addressed to a body part, a sickness, or evil spirit. (Mt 10:1)

- i. **Body:** “In the name of Jesus, I command bones, ligaments, muscles, and tendons, be healed”
- ii. **Sickness:** “In the name of Jesus I command this tumor to dissolve and disappear”
- iii. **Spirit:** “In the name of Jesus I command the spirit of affliction to leave now in Jesus name.”
- c. **Prophetic Act:** An action done in the physical realm of what you’re seeing in the spiritual realm that releases God’s power to heal:
 - i. **Pray:** Father, what are you doing? Or “How do you want to release healing right now?” (Jn 9:6)

III. Prayer Ministry

Remember, healing prayer flows from obedience and love.

1. **Ask Holy Spirit to come.** Pause. Keep eyes open when praying! (You can close eyes during prayer selection, but not now)
2. **Keep prayers short.** Use a normal tone of voice. Pray in the name of Jesus.
3. **DO NOT MASSAGE!** Ask permission to touch or pray in tongues.
4. **Be aware** of gender, age, physical distance, and general location. Consider your breath.

IV. Re-interview

It’s important to ask encouraging questions, test out healing, and pray more than once (Mk 8:23-25).

1. **Test it out:** Faith is activated when trying to do something they couldn’t do or re-checking pain level.
 - a. **If fully healed**
 - i. **Ask:** “Do you believe that Jesus has healed you OR is healing you right now?”
 1. *Don’t claim healing for the person, but create room for them to discern and respond to what God is or is not doing yet. The receiver alone can judge if healing takes place.
 - ii. **Celebrate** and move into post-prayer suggestions
 - b. **If improvement but not fully healed**
 - i. **Consider** asking one of the following
 1. **Pray Again:** “We would love to pray again. Is that okay?”
 2. **Check For Faith:** “Do you believe that Jesus is healing you right now?”
 3. **Pray For More:** “Can we pray again for him to finish what he started?”
 - ii. **Repeat** steps 2-4 at least two more times or until 100% healed.
 - c. **If no improvement [or additional improvement]**
 - i. **Consider Praying Again:** “We would love to pray again. May we?”
 - ii. **Consider Obstacles:** “Can we ask Jesus if there could be anything he’d like to address that could bring breakthrough into this time of prayer for healing?”
 1. **No:** If guest declines, consider praying again or post-prayer suggestions
 2. **Yes:** If guest accepts, proceed:
 - a. **Invite:** “Oftentimes trauma, unforgiveness we have toward others, or unrepentant sin can block healing. Would it be okay if we ask Jesus if there’s any of these blocks going on right now?”
 - b. **Ask:** “Jesus, is there any trauma, unforgiveness, or unrepentant sin that you want to address right now in order for me to receive your healing?”
 - c. **Pray**
 - i. **No:** If the guest doesn’t sense anything, consider praying again or post-prayer suggestions

- ii. **Yes:** If guest identifies an area, consider inviting to see Jesus and repeat below.
 1. **Trauma:** “Jesus I surrender _____ into your hands. Jesus, I trust in you. Jesus, I receive your peace.”
 2. **Forgiveness:** “In the name of Jesus, I forgive _____ for _____.”
 3. **Repentance:** “In the name of Jesus, I repent for my sin(s) of _____. Jesus please forgive me and cleanse me in your blood.” (If mortal sin, encourage them to go to confession later. Also note, they can keep this private while also repeating quietly the details)

d. If pain increases

- i. If pain is moving or increasing, it’s likely a spirit of affliction or trauma. Shift to a command prayer: **Pray:** “In the name of Jesus I command the spirit of affliction to leave now in Jesus name.”

V. Post Prayer Suggestions

1. **If healed:** Encourage the receiver to vocally claim in faith only what Jesus has actually healed: “In the name of Jesus, I claim that Jesus has freed me from ____ pain.”
 - a. Encourage them to continue to bless what God has blessed and to not partner with doubt. Consider commanding post-healing symptoms to leave in Jesus’ name.
2. **If no healing manifests, love and encourage**
 - a. **Share:** Healing can be like a seed that grows over time. Share Testimonies!
 - b. **Encourage:** Persevere in prayer and understand that their suffering is not meaningless united to Jesus.
 - c. **Recommend:** seek after testimonies of healing, books, documentaries, other services, intimacy in prayer, scripture, sacraments, etc.
 - d. **Love:** Be sure that the person leaves feeling loved by God even as they wait for a breakthrough. If appropriate, invite them to continue to receive prayer from others as available.
 - e. **Leader: Resist personal disappointment: If a person was loved, your prayer was successful!**
3. **Closing Prayer**
 - a. **Ask Jesus:** As you close your session with prayer, consider your guest and ask the Lord how best to bless them. Your prayer may need to emphasize encouragement and consolation, celebration and thanksgiving, hope and perseverance, or simply for peace and union with Jesus. There is no ‘formal prayer’ for this reason.
4. **Non-Physical Conditions And Other Considerations**
 1. **Inner Healing:** With respect to circumstances and limited training, pray encouragement and healing while also providing direction toward more specific ministry opportunities.
 2. **Deliverance and Demonic Manifestations:** Do not engage in anything further than command prayers (casting out or silencing manifestations) unless you have specific deliverance ministry training and have permission from guest and team to engage. If you are not confident in silencing manifestation, find someone who is. The goal is not to give the enemy room to distract from what God is doing.
 3. **Diagnosed Mental Health Conditions:** If diagnosed anxiety, depression, fear, or mental health issues like bipolar disorder come up do not add shame or claim medical insight into a condition. However, discern how to encourage confidence in God’s power while honoring ongoing (or necessary) mental health care, engage:

- a. **Pray for the outpouring of the Holy Spirit.**
 - b. **Pray for the mind of Christ.**
4. **Unknown Medical Condition:** If someone has a condition that medical science has not been able to verify, consider the following: **Pray a deliverance prayer of binding spirit of affliction/infirmity and releasing Holy Spirit to heal that condition.**

Homework: If you participated in the practicum, write a one page summary of your experience. Consider testimonies, areas of challenge, questions, and personal insight and breakthroughs. Capturing this will help in the ongoing renewal of the mind we need as we move through the ebbs and flows of the spiritual life. Share this with your small group.

Supplemental Reading: *Healing* by Dr. Mary Healy (see syllabus for suggested weekly reading)