

Preparing for Listening Prayer

Please read the first three chapters of **Healing Life's Hurts**. (optional if your session is scheduled very soon)

Remember: the Holy Spirit will lead us in this process.

The Prayer Minister's role is simply to help you:

- Focus on your current feelings
- Encourage you to go to a memory that connects with your present feelings
- Identity the beliefs in that memory, especially any lies.
- Encourage you to listen to the Holy Spirit as he leads you into all truth about your beliefs in that memory.

Please take your time in our prayer session together. This is a process. Relax and take time to get in touch with your emotions and beliefs in each memory all along the way.

Replacing lies we have believed with God's truth is a process that usually takes more than one session in order to find significant relief from all lie-based emotional pain.

Please ask questions about anything you do not understand prior to our first prayer session.

Are you willing:

- To **feel any feelings and go to any memories** that will help you discover and discard any lies you believe about yourself?
- To **lay aside your present circumstances** and connect with any memory your mind associates with your current feelings?
- To **choose to remember whatever you need to remember** and choose to know whatever you need to know about your emotions and beliefs in your memories?
- **Not shy away from painful emotions or memories** but instead to embrace and own the pain and all beliefs in those memories?
- Trust that **God wants you to know the truth about yourself** more than you do and that he is more committed to your freedom from lies than you are?