

Listening Prayer (LP) is a powerful prayer ministry that helps replace lies we believe about ourselves with God's truth so that our mind is renewed (Romans 12: 2).

Four Steps of LP

1. Feel the feeling
2. Follow that feeling back to a memory or cluster of memories
3. Identify the belief in the memory (s)
4. Listen to what God thinks of that belief in the memory.

Feelings: LP is all about feelings

We feel what we believe.

Under every feeling is a belief, even if it is not consciously acknowledged.

Feelings often drive behavior.

Lies we believe will usually cause painful emotions.

Painful emotions often lead to poor choices

Lies are often birthed and hidden in painful memories of past events

Replacing lies with truth changes our emotions and our behavior.

The client must be willing to feel whatever he needs to feel and go to whatever memory he needs to go to in order to find greater emotional and spiritual health.

Feelings are the smoke that leads us to the fire (the lie)