

FIVE STEP PRAYER

PRACTICAL MODEL

1. LISTEN - IDENTIFY THE REAL ISSUE

Ask what the person is seeking from the Lord. If it's relevant, ask when it first started and what was going on at the time. Why did it start? Listen to them - and the Holy Spirit. Encourage them to take a posture of receiving from God. Let them know that you are praying the whole time your hand is on them (ie listening to God, as well as talking, counts as prayer!).

2. DISCERN - HOW SHOULD I PRAY?

What sort of situation is this? What sort of prayer/response is needed? Be aware of the power of unforgiveness (they'll need to repent & forgive); generational curses (need breaking); afflicting spirits (command to leave); lifestyle issues (repentance & command healing); cancer (curse & command to shrivel & die).

3. PRAY - SHARE THE FATHERS HEART

Build faith, then be quiet and listen to Jesus. It's ok (good) to stop and listen at several points during the prayer time. If you have it, quietly utilize the gift of tongues. Thank God for who He is. Discern the heart of the Father for this person/situation. Pray accordingly. Short succinct prayers.

Command sickness to leave (command prayers vs petitionary). Speak directly to the problem: "In the name of Jesus, pain be gone!"

Exercise humble but godly authority as a child of God.

Offer any prophetic words sensitively, recognizing that you might be wrong. They might need to pray something out loud themselves, (repentance).

4. REVIEW - WHAT'S GOING ON

Ask what is going on (I tend not to do a big ending 'Amen' before this). Did they sense God/anything? If it is a physical thing, can they test that part of their body now. Remember some healing comes in stages.

If needed, pray a second time (for complete healing, to respond to some additional info that has just been shared, etc).

5. CLARIFY - HOW TO MOVE FORWARD

If healed: Share the testimony - thank God and tell someone (who'll worship with you, support you!) If there are any lifestyle issues, make changes!

If there's an afflicting spirit, be aware it might try to return & to rebuke it in Jesus' name. If not healed: Come back again and again. NOT lack of faith on their part. Keep believing that Jesus is at work. (Further care or counseling)

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INSTRUCTIONAL MODEL

STEP 1: LISTEN IDENTIFY THE ISSUE

- Introduce yourself then ask what would you like me to pray for?
- Natural level – what can you see?
- Supernatural – ask God for Words of Knowledge, discernment, visions, words;
- Get the facts
- Move to the next stage when ready.

STEP 2: DISCERNMENT

- What is the condition/situation?
- Natural causes – disease, accident
- Sin – committed by them or against them
- Emotional hurts causing physical or other pain
- Relationship problems – lack of forgiveness
- Supernatural – may be demonic
- Keep asking for God's help – it may be useful to pray in tongues
- Ask them questions if appropriate.

STEP 3: PRAYER

- What kind of prayer shall I pray to help this person?
- Check if it is ok to lay hands on them
- Ask the Holy Spirit to come and minister to the person
- Ask for God to heal
- Keep praying in the Spirit
- Command of faith Acts 3:6
- Pronouncement – of faith John 4:50
- Demonic – rebuke (break their power) bind them (contain) expel (get rid).

STEP 4: PRAYER REVIEW

- How are you doing?
- Keep your eyes open and watch for the effects – Phenomenological signs (warmth, tingling, shaking etc);
- Ask questions – find out what God is doing
- Stop when – they think it's all over; the Spirit tells you it's over; you've run out of things to pray; when it's going nowhere
- Remove your hands, talk to them to indicate you are stopping.

STEP 5: CLARIFY HOW TO MOVE FORWARD

- What should they do to keep their healing? i.e. 'Stop sinning' - John 5:14
- Read their Bibles, spend time with God; (Word transforms!)
- Share with someone
- Become engaged in an MC or support group
- Check with their doctor confirm healing
- Further care/counseling