

## R.E.A.L. PRAYER

### MY JOURNEY:

1. A SURPRISE
2. *HEALING OF THE MEMORIES* (DAVID SEAMONDS) VALIDATION
3. THEOPHOSITC (ED SMITH) RESOLVING THE PAIN
  - A. EXPLORING THE PAIN
  - B. INVITING INTO THE PAIN
  - C. "BUTTONS"
4. IMMANUEL (KARL LEHMAN) PERCEIVING THE PRESENCE
  - A. APPRECIATION
  - B. PRESENCE
  - C. MEMORY
  - D. SHARING
5. LISTENING PRAYER (DARYL ANDERSON)
  - A. WORD PICTURES
  - B. WORDS OR PICTURES

## WLVS – WOUNDS, LIES, VOWS, STRONGHOLDS

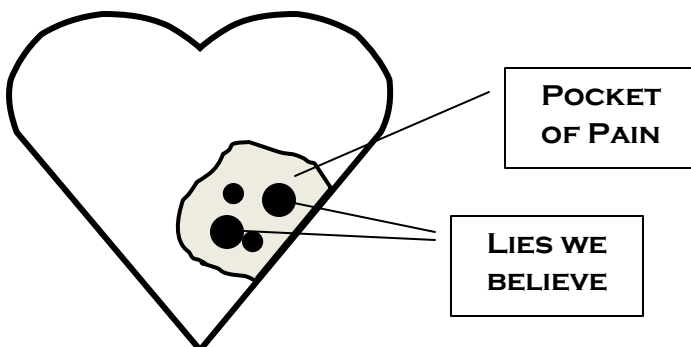


WOUNDS = POCKETS OF PAIN

LIES = SEEDS PLANTED IN OUR POCKETS OF PAIN

VOWS = AGREEMENTS MADE WITH THE DEVIL; FLESH STRATEGIES FOR DEALING WITH OUR PAIN

STRONGHOLDS = THE FRUIT THAT GROWS FROM THE ROOT ISSUES





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### R. Remember



**"Father in Heaven** (if the person was traumatized by their father and would prefer to use a different title for God that is fine), **please bring to my mind any memory or memories that you would like to heal today."**

Notice that we are not asking God to uncover every wound you have ever had. We just want to deal with those that He knows you need help with today. He also knows which memory is the best to handle first. It is not always the most recent, or the most painful, or the earliest painful memory in your life.

### E. Explore

There are two parts to this step. First, we want to explore the right brain aspects of the memory. Then, we will explore the left brain aspects of the memory.

**Father, please bring to my mind the sights, sounds, smells, emotions, and other aspects of this memory that I need to remember in order for your healing to be as complete as possible.**

As you share your emotions try to give them names. Is the dominate feeling Shame? Rage? Terror? Abandonment? Betrayal? What word fits best?

On a scale of 1-10 how strong is this emotion? 1 means it is barely present. 10 means it is overwhelming.

**Father, please reveal the lies that the Adversary succeeded in planting in my heart as a result of this traumatic event.**

List the lies. Write them down or have someone write them down for you. Again, ask yourself, "On a scale of 1-10 how true do these lies feel? The more true they feel, they more certain you can be that you are dealing with the issues God wants to heal.

### A. Ask

**"I ask Jesus to do whatever he needs to do to heal this memory. I invite Him into the memory and ask Him to allow me to perceive His presence."**

### L. Listen

Once you have asked Jesus to heal the memory, it is time to stop, look, and listen. Jesus tends to reveal himself through sight, sound, or sense. Some people see him or a representation of him in their memories. Others hear his words in their minds. Still others sense relief from dominant emotion and have an experience like a light going on in which the lies no longer feel true.



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### Binding



Before starting it is a good idea to bind any wicked spirits from counterfeiting the work of Christ or interfering in anyway.

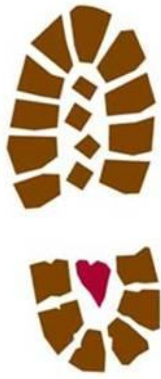
**“In the name of Jesus, I bind any demons from interfering with God’s plans for healing. You will not block the person from perceiving Christ’s presence and you will not counterfeit that presence.”**

### Further Tips

1. If a person has trouble perceiving the presence of Christ, there are several options you can try.
  - a. Bind any demons that may be interfering. “In the name of Jesus I bind any demons from blocking my view of Christ.”
  - b. Look around the scene carefully. Sometimes Jesus is on the outside looking in and needs to be specifically asked to enter the scene.
  - c. Ask the Lord to show you where the demons were in the memory. Sometimes seeing the Adversary at work makes it obvious who the real enemy was. It can also make the truth that God teaches stand out even more clearly. “If it is your will, would you show me where the demons were during this memory.”
  - d. If there is still no connection with Jesus you may need to back out of the memory and do more processing of the memory itself. It is always possible that it is simply not the right time for this to take place and that there are other steps God knows are needed first.
2. It is important to test the spirits. Demons can impersonate Christ. I have found this especially true with people who have an occult background, a legalistic background, a prosperity gospel background, or an abusive background. Often the false Jesus they have come to know in their counterfeit Christianity will make itself known instead of the true Jesus.

To test the spirits simply pray: “If this Jesus that I see (or who has spoken to me) is a wicked spirit counterfeiting the true Christ, I command you to leave in Jesus name.”

If the “Christ” they see leaves, you know it was a counterfeit. It is a good idea then to ask for the Jesus who came in the flesh, died, and rose again and who loves me to make Himself known.



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3. Test what was learned with Scripture. People often wonder if they just made up the experience that they had. I sometimes point out that the important question is whether the “truth” they learned is really “true.” Did they learn to see themselves in a way that is consistent with Scripture? Did they learn to trust God in an area where they used to distrust Him? Can you find Scriptures that teach the lessons that were learned? If so, you have not only tested the reality of the experience, you have reinforced it with Scripture.

## Follow Up

Here are some suggestions for what to do when your prayer time is finished.

1. **Share.** Share what you learned with at least two other people. Wounded people are often isolated people. It is important at several levels that they share what Christ has done for them with others. I have often found that when people do not do this, the impact of their experience quickly fades. Others have noticed the same thing. I know one counselor who will not meet with people a again until they share with at least two others.
2. **Study.** It is a good idea to read books that reinforce the lessons learned in the healing experience. It is also helpful to do a Bible study about the truths learned during the healing experience.
3. **Stay the Course.** Healing of traumatic memories is not the end of the journey, but a point of breakthrough that will hopefully make the rest of the journey more manageable. Some people will have many layers of issues that need resolution. Some may need to develop new skills or there may be new habits that need to be practiced.