

Praying Effectively for Healing

Week Eight

The Five Step Prayer Model

- It should not be looked at from a _____ point of view.
- Rather, view it as a natural process of _____ both with the person you are praying for and with God.
- It's a RELATIONAL PROCESS, not a mechanical formula.
- Most appropriate to use when praying for others in a _____ context, rather than larger settings such as healing meetings or evangelistic outreaches – they require a different approach.
- It is not the only way to pray for the sick – there is not one specific 'model' in the Bible. Jesus used many and varied ways of healing.

Preliminary Steps: Step One AND Step Two – The Interview. The Diagnosis – Mark 9:17-21

- Briefly interview the person requesting prayer. Be _____ and gentle with a loving attitude.
- Ask them what the _____ need is, but do not go into lengthy detail.
 - What is your name?
 - What would you like prayer for?
 - How long have you had this condition?
 - Do you know what the cause is OR Why do you think you have this problem?
 - Have you seen a doctor? What do they say is the matter? Do you have a diagnosis?
 - Did someone cause this condition? Have you forgiven him or her?
 - Do you remember what was happening in your life when this condition started?
 - Did any significant or traumatic event happen to you within six months or a year of this condition starting?

These questions are helpful because before praying for physical healing, you may need to help the person with unforgiveness or with emotional wounds such as fear, shame and rejection. _____ can be the major hindrance to healing.

- During the interview, _____ on Holy Spirit. Quietly ask Him if He has anything to show you about the person's condition or its cause. _____! He may give you a word of knowledge that could cut to the primary cause of the illness, exposing its root.
- REMEMBER: The purpose of an interview and diagnosis is to determine the _____ cause of someone's infirmity or sickness. The most common roots:
 - _____ causes such as an accident or an injury.
 - Sickness rooted in the _____ – psychosomatic. The main root of many illnesses – ____%
 - The condition may be partly or totally caused by emotional stress.
 - Perhaps the person has had headaches ever since they lost their job.
 - Perhaps their back has hurt ever since someone cheated on them.
 - Perhaps cancer was discovered a few months after divorce, or after the death of a parent or child.
 - An afflicting _____
 - _____ issues such as neglecting scriptural teaching regarding rest, diet, exercise, stress.
 - _____ issues:
 - Perhaps their condition is a result of habitual sin.
 - Perhaps it is the effect of a curse (genetic-generational curse, vow or judgment).
 - Perhaps they were born with the condition or disease.
 - Perhaps the person has torment in the mind as a result of an occult experience they had.
 - Four doors of sin: Fear, Hatred, Sexual Sin, Occult

Step Three – The Prayer Selection – The ultimate goal here is to pray for _____. So, led by Holy Spirit, select the prayer ministry to be most effective in dealing with the specific need(s).

- _____ Prayers: A _____ to heal, directed toward Father, Jesus, or Holy Spirit
 - *Father, I ask you to restore sight to this eye, in the name of Jesus.*
 - *Father, I pray in Jesus name, come and straighten this spine.*
 - *Father, in the name of Jesus, I ask you to heal the inflammation in Amy's knee and take out the swelling and pain.*
- _____ Prayers: A command directed toward the _____, not toward God; such as to a condition of the body, a part of the body, to a troubling spirit, or to the infirmity, or affliction (pain, swelling, throbbing). The specific sense of what God wants to do in a particular situation is gained through words of knowledge.
 - *In the name of Jesus, I command this tumor to shrivel up and dissolve.*
 - *In the name of Jesus, I command this spine to be healed and straightened.*
 - *In Jesus name, I command every afflicting spirit to get out of Jim's body.*
 - *In the name of Jesus, I command inflammation, swelling and pain to leave Amy's knee and body.*
 - *I command this high blood pressure to come down to normal pressure, in Jesus name.*

You should use command prayers _____ of the time, but especially in these instances:

- When there has been a word of knowledge for healing, or some other indication the God wants to heal the person *at this time*.
- When breaking a curse or vow.
- When casting out an afflicting spirit or any other evil spirit.
- When using petition prayers and healing progress has stopped.
- When being led by the Spirit to use command prayers.
- When leading ministry in large healing meetings from the front

REMEMBER: Based on the interview step, you determine whether to command an afflicting spirit to leave, command a tumor to disappear, command a leg to grow out if it's shorter or command a pain to leave whatever area.

If you perceive the condition is a _____ issue or a _____ issue, you would not pray commands at first.

- _____ of another's wrong conduct – If it appears that someone else caused the condition, or that someone wronged the person about the time the condition started, find out if the sick person has forgiven the other. If not, forgiveness should precede your prayer for healing.

If you sense forgiveness is called for, you might ask something like this: *Sometimes I find that when praying for healing in this area, there may be a need to forgive. Would it be alright if I ask Jesus to bring to your mind anyone He wants you to forgive related to your healing?*

- _____ for one's own wrong conduct and asking _____ for it. If it appears the condition was brought on by sin, very gently inquire if the person agrees this might be so. If they do, encourage them to repent and ask God's forgiveness. This should precede prayer for healing. Sin that is not repented for can impede healing.

Be gentle and _____. Ask if perhaps the condition could be related to their lifestyle (present or in the past), or perhaps say, *"I wonder if this condition could be related to things you have done in the past?"* Never accuse the person confrontationally of causing their condition by their sin; this is destructive and probably from the enemy. Ask Jesus to reveal it to them.

If this is the leading of Holy Spirit, He will usually indicate the specific sin which is the problem, not sin in general.

A person may need to forgive himself or herself from having caused the injury or sickness. This may seem unnecessary, but it sometimes releases healing. Some examples:

- _____ can contribute to back pain and some depressions.
- AIDS may result from a _____ lifestyle.
- Lung cancer might have been caused by _____.

The last preliminary step before praying is to ask the person _____ to pray while you are praying for them. Be gentle and loving, *“It may seem hard not to pray right now, but it’s really important for you to be in receiving mode. I need you to relax, close your eyes, and focus on your body. Let me know if anything begins to happen in your body; if the pain moves, increases, leaves completely.”*

Ministry Steps – The preliminaries are over, it is time for the actual prayer ministry!

Step Four – The Prayer Ministry (Praying for Effect) – Mark 9:25-26

- Ask _____ to anoint with oil and permission to _____ hands on their shoulder. Lay hand on affected body area only if appropriate. Women to women, men to men, or have the person lay their hand on their knee first then yours.
- Audibly _____ Holy Spirit to come – wait a minute or two. Tell the person receiving prayer that you will be quiet for a minute or two while you wait on Holy Spirit. When the manifestation of His presence has ebbed, check to see if healing is complete. If it is not, continue your ministry.
- Pray with your eyes _____ with a gentle expression on your face so you can observe the person you’re praying for.
- Remember to _____ pray or command in the name of Jesus (Mark 16:17-18).
- _____ God for whatever He does. Father, Jesus and Holy Spirit can never be thanked enough!!
- Keep prayers or commands _____ – deal with the cause of the condition if you know the cause as well as the symptoms. For example:
 - *Father, in Jesus name, I command this ruptured disc to be healed and filled with fluid, and every pinched nerve to be released and soothed. In the name of Jesus, I command the pain to leave Joe’s back.*
 - *In the name of Jesus, I command every afflicting spirit and every spirit of infirmity to leave Jim’s body, now.*
 - *Father, in the name of Jesus, I command all stiffness to leave this joint, all pain to leave and all swelling to subside. I command all calcium deposits and all scar tissue to dissolve, in Jesus name.*
- _____ and re-interview. Mark 8:22-25
 - *What has happened to the pain now? Did you feel any pain while I was praying?*
 - *See if you can read the sign now. Do you still feel heat in your stomach?*
 - *Try moving your knee now.*NOTE: a person may be partially or completely healed _____ feeling anything. They may not realize the healing has taken place until they use the affected part. If they can do something they could not before, or that caused pain before, they can see if the prayer has made a difference thus far.
- If the healing is _____ – Praise the Lord! If the healing is only partial, continue ministering. Jesus prayed multiple times. We should continually listen to the Holy Spirit and stop to re-interview a person as frequently as necessary to determine what is happening.
- If nothing seems to be _____, you may want to re-interview the person. Good question to ask, “What is going on”. Other questions to ask:
 - Would you try again to remember any significant event within six months or so of the beginning of this condition?
 - Have any other members of your family ever had this condition?
 - Do you have a strong fear of anything?
 - Has anyone ever pronounced a curse over you or your family?
 - Do you know if anyone is angry with you?
 - Have you had other accidents? (if the person is accident prone, there could be a root in an inner vow, bitter root judgment, a curse, or an afflicting spirit)
 - Have you ever participated in any kind of satanic or other occult activity?
 - Has anyone in your family been a member of the Freemasons or Eastern Star?

- How do you know when to _____ praying? You stop when the person is _____, when they want you to stop, when Holy Spirit tells you to _____ or when you are gaining _____ ground and receive no other way to pray. It does not mean nothing has happened in response to your prayer. You just don't know what God is doing.
- If the condition has existed for a _____ time or if it is a condition that _____ medical treatment – consider that is likely to be a _____ causing the condition or resisting healing and command it to leave. *In the name of Jesus, I command any spirit of arthritis to leave Joe's body.*
- If the person reports the _____ has moved or increased, it signals the likely presence of an afflicting _____. Simply command it to leave in the name of Jesus. You might pray with more intensity but not volume. *In the name of Jesus, I break the power of this afflicting spirit and command it to leave Joe's body!*
- Sometimes the person needs _____ healing before physical healing follows.
- Use your normal _____ of voice. Shouting and praying loudly in tongues will not increase your effectiveness.
- Don't preach, don't give advice, and don't prophesy.
- Do everything in love. Don't be pushy with an _____.
- As a general rule, it is better to finish praying for one _____ before starting to pray for another, unless Holy Spirit directs you differently.
- Never instruct a person to alter or discontinue _____ even if they believe they are healed. Have them return to their doctor for any changes.

Step Five – Post-Prayer Suggestions – When you have finished the ministry time, it is beneficial to provide helpful follow up _____ or exhortations.

- Encourage the receiver's _____ with the Lord. You might share a scripture verse.
- If the condition resulted from occult experiences or habitual _____, suggest tactfully that a change in lifestyle may well be needed to avoid a recurrence of their condition.
- Encourage the person to get prayer from _____ if there is little or no evidence of healing, or if their healing has not been complete. Sometimes healing is _____. Ask, seek and knock!
- Tell the receiver if the symptom(s) _____, not to be surprised, not to doubt their healing, but command it to leave in Jesus name. Assure them Jesus will help them stand firm.

_____ your time to determine your plan for prayer ministry for each individual.

GOAL: Leave the person in _____ then you _____ them.

Going Deeper: To the degree believers are in agreement with God and His Kingdom, determines the level of experience they have with Him and the level of powerful anointing they carry.

This week, meditate on the scriptures referenced in this lesson. Ask Holy Spirit to give you revelation about using this five step prayer model to pray more effectively for others. Come into agreement with Him, and record what He reveals to you. Ask Holy Spirit to give you an opportunity to pray for **two people** this week using the prayer model and accompanied with words of knowledge.