

# HEALING PRAYER GUIDE

## Transformational Quiet Times: Lesson 6

Use a journal or paper to record the things God shows and tells you.

If you get stuck or feel overwhelmed say a prayer thanking God for His love for you. Put the situation under the blood of Jesus and find someone to pray with you.

**We are Jesus sheep and we know His voice. We silence all voices but the Father, Son, and Holy Spirit.**

1. Holy Spirit, identify a time I overreacted; a time when I was reacting to something other than what had just happened.
2. Holy Spirit, what was I reacting to?
3. List as many feelings as you can about the event(s) Holy Spirit brought to mind.
4. Holy Spirit, what lies have I believed because of what happened? Lies about myself, about God, or about others?

**When you are ready to let go of the lies continue.**

5. I repent of believing (insert the lies you wrote down or shared). You say that if I confess I am forgiven. I confess I was wrong to believe those lies and receive Your forgiveness.
6. I renounce the lies and break my agreement with them in Jesus name.
7. Holy Spirit, is there anyone I need to forgive for teaching me these lies?

**If there is and you are willing to forgive them continue. \***

8. I forgive (whomever Holy Spirit says) for teaching me these lies. I release them from my judgment. I bless them in Jesus name.
9. I give you the negative feelings (name them if you want to) I had about what happened. What do you have for me?
10. Holy Spirit what is the truth?
11. Identify the emotions you have now.
12. Pray in your own words. Thank God for the truth He revealed and the gifts He has given.

## **If you are not ready to forgive**

\*If you are not ready to forgive ask Holy Spirit what He would like to say. This WILL NOT be condemning. It may be instruction but it will be encouraging and empowering, not condemning. If you are feeling condemned, pray and find someone to pray through this with you.

Pray

“Heavenly Father thank you for your love. I’m not ready to forgive and I put this under the blood of Jesus until I am ready and have someone to help me.”