

Listening Prayer Restoration Prayer Model

“GOD SEARCH AND KNOW ME...” PSALM 139

1. IDENTIFY THE ISSUE

What happened? What was the trigger? *“Jesus, what just happened?”*

How did I react or respond? *“Jesus, what was my response?”*

What am I feeling? *“Jesus, what part of me did that interaction land on in my heart that caused me to feel _____.”*

What are my thoughts and beliefs about what happened? *“Jesus, what are my beliefs about what happened?”*

Similar Experience(s):

“Jesus, is there another time in my life that I experienced something similar?”

“Jesus, what do you want me to know about this previous experience and the current experience?”

PRAYER:

“Jesus, please come near this pain, hurt, wound, disappointment, injustice, etc., and bring your comfort.” (Wait and listen: What do you sense?)

“Jesus, what do you want me to know about these experiences?”

(Wait and listen: What do you sense?)

IDENTIFY THE STRONGHOLDS:

The repeated lies we believe about ourselves, God, others, and circumstances that determine our posture and our reactions.

Examples of Strongholds (Judgments and vows):

(Judgement and Vow: “God is mad at me, so I have to work harder”)

(Vow and Judgement: “If I do not make sure they are happy, they won’t love me”)

“Jesus, regarding these experiences, are there any strongholds of beliefs (judgments, internal agreements, or lies) and reactions, I have believed and participated in, toward God, others, myself, or circumstances?” (Listen and write down.)

IDENTIFY THE TRUTH:

“Jesus, what is the truth about this (these) experience(s)?”

(Refer back to previous answers and listen and write down what you sense:

What is the truth about what happened? _____

What is the truth about my feelings? _____

What is the truth about what I believed and did? _____

What is the truth about each judgment and each vow? _____

2. REPENTANCE

PRAYER OF REPENTANCE:

“Jesus, with your help, I repent (turn away from) the lies and agreements (judgments) of _____

_____ and I repent for taking matters into my own hands to save myself by determining my reaction of (vow) _____

and I ask you to forgive me. I renounce this judgment and vow (name it) _____

_____ as a lie and I now turn to You to be my Source of protection, healing, wholeness, and provision. Show me what it looks like in my everyday life? Equip me and empower me to receive Your grace instead of my own strength. In Jesus’ Name, Amen.”

3. FORGIVENESS

“Jesus, is there anyone I need to forgive, including myself, or You concerning these issues?” (Name Individuals)

“Jesus, what was the wrong or injustice I experienced?” (i.e. Not recognized for an accomplishment)

“Jesus, what is the debt owed to me from that wrong or injustice I experienced?” (i.e. To be seen, valued, and appreciated) _____

PRAYER OF FORGIVENESS:

“Jesus, with your help, I release the right to hold onto and try to collect this debt of wrong or injustice from (list wrong) _____ . I give you the right to take charge of the collection of that debt. I now release (name the debt) _____ into your hands as the debt manager of my life. Jesus, I ask you to fill the hole left in my heart, life, relationship, etc., because of this debt, and I give you permission to fill this debt however You choose to do so to make me completely whole. Free me from any ungodly ties of wounding or victimization between (name individuals) _____ and me. I choose to release their debt into your hands. I receive You as my source of repayment, wholeness, and freedom. In Jesus Name, Amen.”

4. REDEMPTION | RESTORATION

“Jesus, as I have released all of this to You and accept your forgiveness and healing through the full payment of Jesus’ punishment on the cross and the full reward of His resurrection, please release into my spirit the gifts and blessings of Your rewards. Jesus, as your Beloved, what do you want to give to me now?” (Listen and write)

5. WALKING OUT REDEMPTION

“Jesus, help me fully receive the truths you have revealed to me.” (Please list truths)

_____.

“Jesus, show me the first steps of what it looks like for me to walk these truths, gifts, and rewards out.” (Describe)

_____.

6. SEAL THE LISTENING PRAYER SESSION

“Jesus, I ask you to seal this work in my heart today. I commit all finished work and all work yet to be done into your hands for completion, because YOU are the Author and Finisher of my faith. Jesus, teach me and empower me each day to grow and walk in the truths revealed to me. In Jesus Holy Name, Amen”