

HOW TO PRAY FOR EMOTIONAL HEALING

1. **Listen to the person** you are praying for with love and compassion and **listen to the guidance of the Holy Spirit and the Word.**
2. Ask them to briefly share what they are experiencing and bring it to the foot of the cross.
3. **Ask Jesus what He would want to give them.**
4. Ask for the **power of the Holy Spirit** to come upon them.

According to their need and the direction of the Holy Spirit you may use any of the following:

1. Pray that they may have the desire and grace to **forgive those who have wounded them and to forgive themselves.**
2. **Break off the pain, shame and guilt** associated with the trauma/wound.
3. **Cancel the assignment of demonic influence** that lies to them that they are not really a child of God, not safe, have no value, can never get beyond this, etc.
4. **Break any possible roots from the past**—genetic predispositions, learned behavior, past unresolved and unhealed trauma/emotional wounds
5. **Bind the power of any harmful habits** that may be involved.
6. **Pray for a way of escape** from the temptation to use unhealthy coping strategies. (1 Cor. 10:13)

Recognize Your Limitations as a Prayer Minister:

- Unless you have been trained as an Inner Healing Prayer Minister or as a counselor, please **do not try to counsel or give advice or lead them into the inner healing experience.** Remember your prayer ministry is most likely one of the first steps in their emotional healing process.
- Working through past trauma, stopping harmful habits and learning healthy behaviors and positive coping strategies need to be walked out with a mentor or counselor.
- **Deliverance ministry** with discernment and the counsel of others is always done as a team. It is **different than prayer ministry** and should not be done in public.
- Do not assume that a person with emotional issues needs deliverance.

Share Follow-up Opportunities

Give them a handout with opportunities for more extended emotional healing prayer ministry and counseling.