

# Listen, Love, Pray

Leslie Weinzettel - March 25, 2023

- Ultimate goal: create a space in which a person feels safe, respected, valued so that they can receive from the Lord
- Not meant to be consecutive steps, these are continuous and simultaneous
- Very simple elements that anyone can do!
- Not a formula, only Jesus can heal and he can't be reduced to one method that always works, healing is entirely up to him and we are always dependent on following him and what He's doing, according to his wisdom and knowledge that is infinitely higher than ours

## Prepare

- Prepare yourself
  - Pray in a team (ideal for safety for all involved and combination of spiritual gifts)
  - Pray for protection over yourselves, your family, prayer recipient (sample prayer from Christian Healing Ministries [Prayer for Protection](#))
  - Decide who will lead prayer session or if you will "tag team"
  - Have supplies ready: tissues, breath mints, blessed oil/water
- Prepare the person - vital so he/she can feel comfortable, know what to expect. Builds trust, and ultimately helps them feel safe, relaxed, and able to receive from the Lord (that's the goal!)
  - Explain goal of connecting this person to Jesus, the only source of healing, your role is to pray as companion in facilitating this connection
  - Invite them to share what they're experiencing along the way
  - Reassure them that they do not have to perform or produce results, you are not expecting anything and there is no pressure to have a certain "experience" or to please you
  - Explain they don't have to analyze or pray for themselves, just receive
  - Explain you will allow times of silence in which both of you can listen to the Lord and wait on him for anything he would say or reveal or a sense of direction (both of you can listen)
  - Encourage them to be aware of anything they are experiencing (in their body, in their mind (thoughts, memories), in their emotions (feelings surfacing), in their imagination (images or pictures in their minds), specific memories (even if seemingly insignificant)
  - Ask permission to anoint with oil, lay on hands (appropriately), or pray in tongues

## Listen

- Listen to the recipient

- Invite person to share their story or specific prayer request
- Listen to their story with compassion (without shock or judgment)
- Having safe place to unburden hurts/pain is huge part of healing
- Reassurance of confidentiality (exceptions abuse/danger, must report)
- Refrain from interrupting, interjecting your own story even if you relate, this is their time and we don't want to shift the focus away from them
- Please refrain from counseling, giving advice, preaching, trying to problem solve, or fix the person etc. not the time/place for that
- Listen to the Lord simultaneously
  - May highlight something the person says as important to pray into
  - May give you a specific direction to pray
  - May even deposit a word of knowledge - always to bless/affirm, never to expose, accuse, humiliate - can be a key to unlock deeper healing
  - Don't have to force anything or make anything up, this is about cultivating a posture of dependence on the Lord
  - Not relying on our own human reasoning but looking to the Lord for what HE wants to do, according to his perfect and complete knowledge and wisdom, what He knows best
  - "The son can do nothing but himself but can only do what He sees the Father doing" John 5:19
- Silence: very important to intentionally build in times of silence. Prepare the person ahead of time so they know you're not just floundering, let them know purpose is for both of you to listen to the Lord
  - Gives space for the Lord to speak directly to a person
  - You can prepare them: a memory might come to mind, scripture verse, a thought, image in imagination, song, sensation in body
  - They don't have to make anything up or force anything at all, this is just to be open to the Lord and learn to recognize when he's speaking/ministering
  - Also space for you to listen to the Lord for guidance
    - If you sense the Lord specifically giving you a prophetic word, discern if it's meant to be shared (or just for you to pray internally)
    - Make sure it agrees with scripture, with the character of God, never to condemn, expose, humiliate
    - Offer it gently, ask if it resonates or means anything to them
    - Gives person freedom to test it, gives us freedom to be wrong without harming/confusing the person
    - We're learning and we don't always get it right. If we share it in gentleness and humility it's ok

## **Love**

- Ask the Lord to fill you with his love for the person you are praying for
- See them as he sees them, love them as he loves them

- Pray that it would be His love that this person encounters and receives, it's ultimately his love that heals us and that we most need

## Pray

- Anoint recipient with oil and invite the Father, Son & Holy Spirit to fill the person's entire being with His healing love and power, to guide and direct this time, to minister to the person in a way that only He can and in the way that He knows best (in your own words!)
- Listen in silence and wait upon the Lord for guidance, periodically allow times of silence for God to speak to person directly and for you to listen to the Lord
- Pray with eyes open (or periodically) to observe response (tears, smile, agitation, arms crossed etc. ) and can check in (also communicate w/partner)
- If praying for a specific issue (i.e. fear, anger, rejection, shame) invite the Lord to reveal the root cause of the pain
- If praying for a specific memory, ask the person if they're willing to allow Jesus to go back to that painful experience to bring healing (he knows what we can handle and when, and he will never violate or expose etc.) no need to dig
- invite the Lord back into that time/experience to bring his truth, his love, his comfort, his care, to cleanse the person of the pain experienced in that memory, to release the person from whatever pain they're carrying (grief, shame, fear, rejection)
- To reveal his truth, to uproot and remove any lies the person came to believe as a result of this experience
- May also discern the need to send away an evil spirit that has harassed or attached to that person in that wounded place
  - Can be a very simple, quiet prayer. No need to be dramatic or raise your voice. A calm, clear prayer in the love and authority that Jesus has given you as his follower (Mark 16:17)
  - Important to discern the entry point (trauma, sin, occult involvement etc.) and address the root cause with prayer for healing (trauma) or confession/repentance (sin) or repentance/renunciation (occult) so the root is dealt with.
  - Be sure to pray the Lord fills the vacated space with His presence
- Check in with the person periodically to see what they are experiencing (again, seeing, hearing, feeling, thinking, sensing etc.) - don't want to go on our own bunny trail, want to follow what the Lord is doing in the person
- Ask the Lord to fill up the empty places with his perfect love, to replace those painful emotions with his very self, with his peace, with all the fruits of the Holy Spirit
- If praying for physical healing, helpful to pray specifically and ask for the Lord to heal, (leave the results up to the Lord, that's not up to us, there's mystery), check in with person to see what they are experiencing,
- Be mindful as we pray that all areas are interconnected, bodies affect emotions and spirits, spirits and emotions affect bodies, may be a need to discern and pray into other related aspects or roots
- See where it goes

- When it seems appropriate to close, close with a prayer of blessing over the recipient, pray for the Lord to seal the work He has done today under his protection and care
- Closing
  - Remind the person that healing is usually a process that involves time, layers, and often more than one prayer session, you're not expecting it to be a one and done thing
  - Possibly arrange a follow-up time depending on the context
- Pray with your prayer partner for cleansing following ministry (sample prayer from Christian Healing Ministries [Cleansing Prayer](#))

### **Friendly Reminders**

- Pray in teams of 2 if at all possible - safety for everyone
- Respect confidentiality
- If a person is dealing with a more serious situation or if you have safety concerns for them or anyone else, tell a pastor so they can follow up appropriately
- There are various models of healing prayer out there and I like the analogy of tools in a toolbox, they can be helpful, just involves discerning which "tool" is needed for each situation, which involves listening to the Lord for guidance

\*Listen, Love and Pray is the model taught by Christian Healing Ministries  
<https://www.christianhealingmin.org>