

# Urbana Prayer Ministry Process \*\*Prayer ministry handbook, draft 11/9/22\*\*

## Prayer Ministry Process

1. Introduction
2. What do they want prayer for?
3. PIT Screening Questions and Process - if necessary
4. Immanuel Approach Prayer Introduction
5. Work through the Model
6. Next Steps

## Psych Intervention Team Referrals Screening Questions and Process

### Procedure for Referral to PIT

1. Let attendee know that you want to bring in someone who has more experience/knowledge to help
2. Raise your hand for help and a PIT member will join you
3. Introduce the PIT member to them and stay with them until you are released.
4. PIT member will assess and may turn student back to you for prayer

**Immediate Referrals** – Should be made when a delegate has experienced a traumatic event on the way to or at Urbana 22

- **Rape/Assault/Abuse**
- **Robbery**
- **Serious Accident**
- **Sudden Death** of relative or friend

**Regular Referrals** – Can be made when other problems are serious enough and do not respond to prayer:

- **Expected Death** of relative or friend
- Attendee **stops taking prescribed** psychotropic **meds**
- **Violence** or threats toward self or others
- **Suicidal** or homicidal thoughts
- **Panic Attack** or confusion about physical symptoms
- **Serious Depression** symptoms of sadness that doesn't lift, anger, trouble sleeping, concentrating, eating, and withdrawal.

**Anxiety Referrals**- If the answer is Yes to either of these questions invite a PIT member for assessment.

1. Does this person describe themselves as having overwhelming anxiety and worry or do they describe becoming more anxious even after prayer.
2. Does this person describe current physical symptoms of a possible panic attack either now or during the Urbana conference? (Sweating, heart palpitations, nausea)

**Depression/Sadness Referral** - If the answer is YES to either of these questions invite a PIT member

1. Does this person describe a sadness or depression that has started recently or is a new experience for them, or one where they can't pinpoint its cause or reason?
2. Do they describe this sadness or depression as affecting their ability to focus or participate in the program?

**Suicidality Questions** - If a student mentions thoughts of suicide or not wishing to be alive, PAUSE, as it is important to ask these questions before inviting the PIT for assessment. These are important questions. Start with, "Can I ask you a couple of questions about that?"

1. **Wish to be Dead:** "Have you recently wished you were dead?" (If YES ask the 2<sup>nd</sup> question)
2. **Suicidal Thoughts:** "Have you thought about killing yourself recently?" (If YES refer to PIT, if NO ask the 3<sup>rd</sup> question.)
3. **Suicidal Behavior:** "Have you ever done anything, started to do anything, or prepared to do anything to end your life?" (If YES refer to the PIT)

## Introduction to Immanuel Prayer

First, I want to help you find a positive memory without any negative splinters and connect emotionally with the memory – I'll coach you to imagine that you are back in the original experience, and then to describe the experience in detail, until you feel connected to the memory and feel appreciation. Doing this out loud with another person sets our brain up for connecting relationally.

Then we will ask Jesus to help you perceive His presence in the memory and connect with him in it. I will ask you to describe whatever comes into your awareness, even if it is subtle, or doesn't feel important, or doesn't make sense. Describing mental content, out loud to another person, will help you to feel the importance and recognize the meaning of subtle content. God often communicates subtly.

Next, I will help you to engage directly with Jesus to bring your question, issue, request, problem to Jesus.. I will help you to work directly with Jesus and engage with him around your prayer focus until we either run out of time or there is some type of resolve.

My job is to help you connect with Jesus and keep taking your questions, concerns issues to him. Your role is to connect with Jesus and to describe to me anything that comes into your awareness as you pray regardless of whether it seems significant or important. To make this easier it would help that you pray to God aloud.

If you have trouble perceiving the Lord's presence or hearing his response at any point, we'll just troubleshoot together.

Does that all make sense? Do you have any questions before we get started?

## Immanuel Approach Part One – Connect with Jesus in a Positive Memory

### Step 1: Prayer of Protection

Open with prayer for guidance, direction, protection and that the Lord would help the recipient establish a relational connection with Him. Lord Jesus, I commit \_\_\_\_\_ to you. I ask that you to push back any spiritual, physical or emotional distractions right now, and allow \_\_\_\_\_ to experience a clear connection with you, without interference or retaliation of any kind. Make it safe here for \_\_\_\_\_ to experience your presence. Holy Spirit, come now to guide and direct our time together with you, Father and Son! Amen

### Step 2: Quiet (for recipients struggling with anxiety)

Help the Recipient quiet their body. (Use quieting exercise, such as 4-7-8 Deep Breathing, Shalom for my body, or Body scan and relaxation of tense areas.)

### Step 3: Remember and Appreciate a Positive Memory (with or without an initial experience of God)

Help recipient recall a positive memory (a memory for which they are truly grateful and that is free from painful splinters) and remember it until they experience appreciation. As they recall the memory, help them to immerse themselves in it and recall as many details as possible (e.g., what they saw, heard, smelled, felt on their skin; how they were feeling; what they were thinking; who they were with).

### Step 4: Perceive and Connect with Jesus

Help the recipient welcome Jesus into the memory. Sample prayer: "Lord, I welcome you with my heart. Help me to perceive your living presence, and to have an interactive connection with you." Help them to describe whatever comes into their awareness, and especially to describe details re Jesus' presence. Coach them to ask Jesus, "How do You feel about being with me today?" The goal is to help the recipient attune with Jesus in their positive memory. Once this happens, they're ready to move onto Part 2.

### Step 5: Troubleshooting (if needed)

If they're struggling to perceive Jesus' presence or connect with him, troubleshoot, starting with the simplest interventions: 1. Coach them again to describe everything that comes into their awareness, focusing especially on subtle or peripheral mental content. 2. Coach them to ask Jesus, "What's in the way of perceiving your presence?". Then help them to focus and get words for any question, fear, or issue that comes forward. Coach them to talk directly to Jesus about the question, fear, or issue, and to ask for help re the blockage.

**IMPORTANT:** If the Recipient cannot perceive Jesus' presence and establish an interactive connection with him in a positive memory, DO NOT move forward into Part 2 of the Model. Keep troubleshooting and take time to attune (emotionally connect) with the person re any disappointment, and to debrief about not being able to connect with Jesus. You can also address the recipient's concerns with other forms of prayer.

## Immanuel Approach Part Two - Engage with Jesus around what they want prayer for

### Step 6: Bring request/need/issue/distress/question/trauma to Jesus

Have the Recipient bring their prayer request directly to Jesus and engage with him around their request. The key here is to emotionally connect with Jesus and engage with him around their request. They should keep taking their questions, concerns, needs, insights back to Jesus for his perspective.

- **Discernment regarding a specific question** (e.g., should they go into ministry after graduation?)
- **Persistent struggle with specific issue** (e.g., longstanding struggle with anxiety or a persistent sin)
- **Current significant distress** (e.g., a close friend or family member has just died in a car accident or been diagnosed with cancer): Help them just receive attunement with Jesus in their distress.
- **Traumatic memory** A Trauma is any painful experience that has not been fully processed and when triggered induces a stress based physical or emotional response.

### Step 7: (for trauma) Connect with painful (traumatic) memory

Coach the recipient put themselves back into the memory, and describe the details, until they start reconnecting with the painful emotions.

### Step 8: (for trauma) Perceive and connect with Jesus inside the painful memory

As soon as they start connecting with the painful memory, help them perceive and connect with Jesus inside the memory. Sample prayer: 'Jesus, thank you that you were there in the experience, and that you are in this memory. I welcome You to be with me now in this memory. Help me to perceive Your living presence.' Make sure they establish a connection with Jesus before beginning to work with the trauma.

### Step 9: (for trauma) Engage with Jesus as the therapist

Help recipient to focus on Jesus, engage directly with Jesus -- help them to look at, think about, and walk through the painful memory with Jesus. **The goal is to successfully process the painful memory by working through all the painful places with Jesus so that the experience is no longer toxic but instead contributes to our knowledge, skills, empathy, wisdom, and maturity.** Sample prayers: "Lord, what do you want me to know about this painful experience?" "Jesus, do you have more for me in this situation?"

### Step 10: (for trauma) Troubleshooting (if needed)

If the recipient is having trouble establishing or maintaining a connection with Jesus, use the troubleshooting techniques from Part I. If troubleshooting inside the painful memory doesn't work, take them back to the positive memory to troubleshoot that safe, comfortable context.

### Step 11: Close

Close the Prayer time when the initial issue has been addressed/resolved or when you run out of time. **If recipient worked on trauma and painful emotions are still present, have them reconnect with Jesus in the Positive Memory before ending the Ministry time.** "Lord, we thank You for \_\_\_\_\_ (anything good that happened). We hold up to You these \_\_\_\_\_ (wounds? issues that have not yet been fully resolved) We ask that you care for these unresolved \_\_\_\_\_ (wounds? issues?). Surround, protect, and encourage \_\_\_\_\_ as they go forward from here. Fill any places that have been left empty in \_\_\_\_\_'s heart today, so that they may experience Your living presence abiding in their mind and heart, and walking beside them each day. And please give them any additional blessings you have prepared for them today."

**Encourage to share Immanuel story:** If something good happened, challenge/encourage recipient to share their story with 1-3 people within the next few days! For trauma work, instruct them to keep their description of the problem short, and to especially focus on what happened when Jesus showed up.

### Other Tools you Can Use if Immanuel Doesn't Work (pending)

#### Next Steps:

**For recipients who want to learn more about the Immanuel Approach:** You can refer to this resource summary to remind yourself regarding what's available, as you discern what would be the best fit for the particular recipient sitting in front of you. Or you can just share this resource summary with them – they can look over the rich buffet of options, and choose those that best fit their interest, time, and personal learning style.

url link: <https://www.immanuelapproach.com/getting-started/>

Scan code:



**For recipients who were not able to perceive and connect with Jesus:** There may be some students who are not able to perceive and connect with Jesus during the prayer ministry time at Urbana, even with troubleshooting. This very short (1 page) provides immediate encouragement for the student, and also references additional resources about troubleshooting.

Scan code:



url link: <https://www.immanuelapproach.com/trouble-perceiving-and-connecting-with-jesus/>