

SUMMARY PROMPTS

Make explanation of process as needed.

Invite recipient to think about a positive memory as you pray.

STEP 1: PRAYER OF PROTECTION

“Lord Jesus, we ask that you would remind ____ of Your goodness. Bring forward a memory of an especially positive experience. Help (him/her) to reconnect with this experience and stir up appreciation in (his/her) heart.

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“I commit _____ to you. I ask that You 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.

“Help every part of (him/her) to hear Your voice, and to know the truth about Your heart and character—about Your gentleness and Your carefulness, so that (his/her) whole mind and heart can cooperate with Your healing work. Lord Jesus, please guide every thought, image, memory, emotion, and physical sensation coming into _____’s heart and mind, and into my own heart and mind for guidance. We thank you for all these things. Amen.

STEP TWO Positive Memory

“Now I would like you to close your eyes, imagine yourself being back inside of the original experience, and describe the memory in as much detail as possible.” For example:

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- *What did you see? Hear? Smell? Taste? Feel on your skin?*
- *What thoughts and emotions were you having at the time?*
- *What thoughts and emotions come as you think about it now?*
- *How did your body feel back in the memory? Where do you feel it in your body? Where do you feel the emotion.*

“It’s important for you to continue to stay in that memory for the entire prayer time. If keeping your eyes closed helps you do this then please do.” “What is the one moment that you would feel the most emotion?” or “What’s your favorite part?”

“Let gratitude well up in your heart for this special memory.”

“Thank Jesus/God.”

STEP 3: PERCEIVE AND CONNECT WITH JESUS

Help the recipient to welcome Jesus into the positive memory. ~~We know that God is omnipresent and even though they may not have perceived His presence at the time this took place, God was present.~~

“I want you to pray something like, ‘Jesus, I know, in faith, that you were with me when I was (name memory - e.g., enjoying the park). I welcome You to be with me now, in this memory. Help me to perceive Your living, interactive presence.’”

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Help them to describe whatever comes into their awareness, and especially to describe details about Jesus’ presence.

“As you are able, describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged. That is any Bible verses, words, sounds, images, feelings, memories, even tastes, everything that you sense.”

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When they have perceived Jesus, encourage them to focus their attention on Jesus and describe as much about Him to you as they can. They don’t need to see Him, only perceive His presence.

“Tell me as much about Jesus as you can. What is He doing? How does it feel having Jesus with

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you in this memory? If you can see Him, what does He look like?"

"We know Jesus is in us, but we also know that He was on earth in a real body. Invite Him to reveal Himself in a way you can interact with Him. Some people get a visual image, but it may just be in your thoughts."

Focus on Jesus

"Okay, now I would like you to focus on Jesus and ask Him, 'Lord, how do you feel about being with me in this memory?'"

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Coach them to observe and describe whatever comes into their awareness.

Then

"Ask Jesus, 'Is there anything else you want to show me, give me, or say to me, Lord?'"

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Basic Troubleshooting (If Needed)

Intervention 1: Have the recipient report to you what happened or changed after they invited Jesus into the memory or what is happening in them.

"I want to ask you again to describe in detail your positive memory and what happened or changed as you invited Jesus into it. Describe in detail anything that comes into your awareness, regardless of whether it feels important or makes any sense."

Intervention 2: Coach the recipient to look to Jesus for answers, understanding, insight, ways forward. Coach them to engage with Jesus at every step, with every insight, stuck place, obstacle. Have them ask the Lord for guidance regarding blockages.

"In faith we know that Jesus is in the memory with you, even though you may not perceive him. Ask the Lord, 'What is in the way of my being able to perceive your presence, Lord?' then notice and describe whatever comes into your awareness."

When Jesus makes clear what is blocking them from connecting, have them describe it to Jesus and ask Him how this is keeping them from hearing from God or establishing an interactive connection.

"Now I want you to describe this to Jesus and ask Him why it's blocking your interactive connection and then what to do about it. You can pray something like this "Jesus I notice these things in my heart How are they keeping us from establishing an interactive connection? What can I do with them?"

NOTE: If the Recipient cannot perceive Jesus' presence and establish an interactive connection with Him in a positive memory, DO NOT move forward into Step 4.

STEP 4: Bring request/need/distress/question to Jesus

"Describe to Jesus out loud what you want prayer for today. As you share this with Him, ask Him if this is what you should address or if there is something else. You can even ask Him: 'What do you have for me today?' or 'How do you want to spend our time together?'"

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If you stop here and do not go into a painful memory, end your session with the closing prayer or a similar prayer.

Or if the timing seems correct and Jesus seems to be leading that way go on to STEP 5.

STEP 5: (FOR TRAUMA) CONNECT WITH PAINFUL MEMORY

If you feel the Lord is opening up a time for the recipient to deal with a painful or traumatic memory you will use many of the same questions to help them re-enter it.

"Imagine yourself being back inside of the original experience, and describe the memory in as much detail as possible. For example:

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- What did you see? Hear? Smell? Taste? Feel on your skin?*
- What thoughts and emotions were you having at the time?*
- What thoughts and emotions come as you think about it?*
- How does your body feel to be back in the memory?*

STEP 6: (FOR TRAUMA) PERCEIVE AND CONNECT WITH JESUS INSIDE THE PAINFUL MEMORY

"Okay, now pray something like, 'Jesus, thank You that You were there in that painful memory. I welcome You to be with me now in this memory, help me to perceive Your living presence - help me to work through this difficult memory knowing that You are with me.' Your job is to notice what comes into your awareness and describe it. Everything, regardless of whether it feels important, makes sense, or is neatly packaged."

If they can't perceive Jesus initially in the memory coach them to ask Jesus for help with the transition to an interactive connection, or you can pray for them.

STEP 7: (FOR TRAUMA) ENGAGE WITH JESUS AS THE THERAPIST

Identify Healing Targets

As soon as the recipient connects with Jesus in the negative memory, help them to identify a target for healing.

"So now I want you to imagine yourself walking through your negative traumatic memory with Jesus. Focus on the presence of Jesus inside of your traumatic memory, and describe everything that comes into your awareness whether it makes sense or is neatly packaged. Stop when you encounter anything that is intense/painful/scary. These will then be the healing targets, the issues and memories we bring to Jesus for guidance, understanding, perspective and healing."

"As you reflect back on this painful point in the memory I want you to share with Jesus anything you can remember about it: what happened, how you felt, and relay back to me anything that comes into your awareness whether it feels important, makes sense or is neatly packaged."

STEP 8: TROUBLESHOOTING (IF NEEDED) SAFETY NET

If the recipient is having trouble establishing or maintaining a connection with Jesus in the painful memory, use the troubleshooting techniques from Step 3.

- 1. Share everything that comes into your awareness*
- 2. Ask Jesus what is getting in the way of maintaining a relational connection with Him*

If troubleshooting inside the painful memory doesn't work, use the Safety Net and take them back to the positive memory to troubleshoot in a safe, comfortable context.

STEP 9: CLOSE THE PRAYER TIME

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 some painful emotions are still present, use the safety net and have them reconnect with Jesus in the Positive Memory before ending the ministry time.

Closing Prayer:

"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 she/he goes forward from here. Fill any places that have been left empty in _____'s heart today, so that he/she may experience Your living presence abiding in his/her mind and heart, and walking beside him/her each day. And please give _____ any additional blessings you have prepared for him/her today."