

# 5 Step Prayer for Healing

By Global Awakening

## I. INTERVIEW

- What is your name?
- How can I pray for you?
- How long have you had this condition?
- Do you know the cause?
- Why do you think you have this problem?

*The purpose is to determine the root cause of the infirmity or sickness. Possible roots: an afflicting spirit; sickness rooted in the soul (psychosomatic); or natural causes such as accident; injury, or disease. Ask probing questions.*

- Do you have a doctor's diagnosis?
- Did someone cause this condition? Have you forgiven him or her? *(Unforgiveness can be a major hinderance to healing.)*
- Did any significant or traumatic event happen to you when (or within 6 months or a year before) this condition started? *(Before praying for physical healing, you may need to help the person with unforgiveness or with emotional wounds such as fear, shame and rejection.)*

*Depend on the Holy Spirit — quietly ask Him if He has anything to show you about the condition or its cause. Listen to Him*

## 2. PRAYER SELECTION

PETITION — *“Father, in Jesus’ name I ask You to heal the inflammation in Joe’s knee and take out the swelling and pain.*

COMMAND — *“In the name of Jesus I command the inflammation in Joe’s knee to be healed and all swelling and pain to leave.”*

Use commands when:

- Breaking a curse or vow.
- Casting out an afflicting spirit or other spirit.
- You have used petition prayers and progress has stopped.
- You are led by the Holy Spirit.
- A word of knowledge or other circumstance indicates that God wants to heal the person immediately.

### **3. PRAYER MINISTRY** (Praying for Effect)

1. *Audibly ask the Holy Spirit to be present with His guidance and His healing power.*
2. *Ask the person not to pray but instead to close his eyes and focus on his body. It's a time for him to just receive.*
3. *Ask him to interrupt you and tell you if he feels something; heat/electricity/trembling, etc. (About 50% of people being healed feel something.)*
4. *If indicated, have the person confess any sin (unforgiveness, anger, etc) and/or pray for the person's emotional healing before praying for physical healing.*

*Tips:*

- **Keep your eyes open to see God's touch.**
- **Use short, specific prayers.**
- **Try different kinds of prayers.**
- **Be loving! Be persistent!**
- **Follow any leading of the Holy Spirit.**
- **Always pray in the name of Jesus.**
- **Don't preach or give advice.**
- **If a specific prayer brings improvement, keep using it immediately.**
- **Pray for symptoms and cause, if the cause is known.**
- **Periodically ask, "What is going on?"**
- **Remember: Trust the Holy Spirit, not the method.**
- **Thank God for whatever He does (You cannot thank God too much!)**

### **4. STOP & RE-INTERVIEW**

*Keep listening to th Holy Spirit and stop to re-interview. If pain moves around or increases during prayer or if a condition has existed a long time, consider casting out an afflicting spirit. If you are not making progress, consider interviewing the person further:*

- **Would you try again to remember any significant event?**
- **Have any other members of your family ever had this condition?**
- **Do you have a strong fear of anything?**
- **Has anyone ever pronounced a curse over you or your family?**
- **Do you know of anyone who is very angry at you?**
- **Have you ever participated in any kind of satanic or other occult activity?**
- **Has anyone in your family been a member of the Freemasons?**
- **Have you had other accidents? (He or she may be accident prone.)**

*Stop praying when:*

- **The person: a) is healed or B) wants you to stop.**
- **The Holy Spirit tells you to stop.**
- **You are gaining no ground and receive no other way to pray.**

## **5. POST PRAYER SUGGESTIONS**

*After praying, it is beneficial to give helpful follow-up instructions or exhortations.*

- Encourage the prayee from Scripture.
- Share appropriate lifestyle changes for maintaining healing and to prevent problem re-occurrence.
- If someone is not healed or is only partially healed, do NOT accuse the person of a lack of faith or of sin in his or her life as the cause.
- Prepare the person to resist any further attack after healing.