



Exploring Christian Healing

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NOTES FOR PARTICIPANTS

Session 4

Beginning to pray with each other

AIM OF THIS SESSION

To begin to move from theory to practice and begin the wonderful journey of praying for one another.

The next two sessions are going to help you put into practice the three elements that we have been looking at – Father, Son and Holy Spirit.

The aim is to create a space to meet with the living God which is helped by creating a suitable atmosphere and making sure that the focus is taken away from the problem and fixed on the wonder, might and power of God.

You might find it helpful to cut out and use the crib sheet below

1. Finding the Father's love

Begin to change the atmosphere by worshipping and celebrating the love of Father God for the person you are praying for.

- He chose them before the foundation of the world - **Ephesians 1.4**
- He knit them together in their mother's womb - **Psalm 139.13**
- He adopted them as his precious son / daughter - **Ephesians 1.5**
- He loved them so much that he gave Jesus for them - **John 3.16**

Use these and other scriptures that come to mind to seek to catch the Father's loving heart for them, expressing this aloud in praise and worship to Father God.

2. The Presence of Jesus

Use this time to find an awareness of his presence and to be open to the glimpses he might be giving.

You may like to use this simple question – *“Where is Jesus for you right now?”* This encourages people to explore the truth that Jesus is actually present. They will have been told many times over the years that Jesus is with them, and it is the experience of this truth that we are seeking to bring to them.



ENCOUNTER PRAYER

FATHER

Worship Father God for his love
 Each of us is chosen, adopted, loved, cherished, forgiven.

Allow some quiet to engage with this.

JESUS

Jesus said he would always be with us, so:

Where is he right now?

Talk to him!

What's his response?

HOLY SPIRIT

Ask the Spirit to come and bring the touch of Jesus.

Trust he is at work and don't speak too much!

This simple question can be a wonderful tool to help give people the chance to pause and reflect on the presence of Jesus with them, but it is important to ask it with gentleness to avoid causing anyone to feel awkward if they don't have an easy response. Some may well have a sense of Jesus' 'physical' presence with them, whereas for others it may be more of a sense of peace and stillness as he draws close to them. Whilst it is helpful and encouraging for you to hear what's happening, there is no need for a person to share if they would prefer not to.

It's important to give plenty of time for reflection.

- **Matthew 28.20** “. . . And surely I am with you always, to the very end of the age.”
- **Ephesians 4.10** “He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.”

There is no right or wrong answer. Next session we will look in more detail at engaging with the presence of Jesus.



Homework

Practise resting in the Father's love and finding the presence of Jesus on your own at home. The more you do this, the more natural it will become.



A SPACE TO MEET WITH THE LIVING GOD FOR
RELATIONSHIP • HEALING • TRANSFORMATION