

## A 5 Step Model for Healing Prayer

- I. **Step One - The Interview** (gather information).  
Answer the questions: "Where does it hurt?" and "What direction should the prayer take?"
  - A. Conducted on two planes.
    1. Natural-information derived by natural senses.
    2. Supernatural-information from God.
  - B. This is not a medical interview.
  - C. This is not a counseling session.
  - D. Determine what type of wounding the person is experiencing and its source.
- II. **Step Two - Diagnostic Decision** (determine the source and nature of the problem). This takes place during the interview. Answer the question: "Why does this person have this condition?"
  - A. Physical realm.
  - B. Emotional realm.
  - C. Spiritual realm.
  - D. Sin.
- III. **Step Three – Prayer Selection** (determine how to pray).  
Answer the question: "What kind of prayer will I need to pray to help this person?"
  - A. Prayer for physical healing.
    1. Ask the Holy Spirit to come in power to heal.
    2. Lay hands on the area (be discreet).
    3. Bless where and what the Father is doing.

4. Address the problem and tell it what you want it to do.
5. Prayer of command (with the unction of the Holy Spirit).
6. Phenomenological response.
  - a. sensations of warmth, chills, electricity.
  - b. movement.
  - c. pain.

B. Prayer for emotional healing.

1. Ask the Holy Spirit to come minister love, mercy and forgiveness.
2. Ask the Holy Spirit to go deep to the source of wounding and reveal it to you the person (remember to ask questions).
3. Deal with any sinful self-protective actions. (e.g. unforgiveness, bitterness, judgments, vows, soul-ties, etc.). Use the 4-RØ: Repent, Renounce, Replace, Receive.
4. Forgiveness brings freedom. Have them give up the right to continue to judge-accuse the other person of wrong doing. They will be set free and no longer be bound to the person they need to forgive.
5. Phenomenological response.
  - a. Weeping.
  - b. Laughing.
  - c. Screaming.
  - d. No emotion.

C. Prayer for healing of the demonized.

1. Invite the Holy Spirit to come in love and power to set them free.
2. Minister in gentleness to the person, but stand firm against the demonic influence.

3. Contain demonic power. Forbid them to harm or bring disturbance (bind).
4. Find out why they are there. Look for entry points and strongholds and deal with them. There may be a need for inner healing.
5. Verbally break demonic power in Jesus' name (rebuke).
6. Know your authority. It rests in Jesus' finished work, not in strength of will or loudness of voice.
7. Expel them (command them leave). Treat them like an unruly child.
8. Ask the Holy Spirit to come and fill them with Christ's love and power. Be sure to "seal" what was done and forbid the demon(s) to return.
9. There may be a need for further ministry, healing and discipleship.
10. Phenomenological response.
  - a. Stiffening.
  - b. Convulsing.
  - c. Unusual contortions.
  - d. Screaming.
  - e. Confusion.
  - f. Sleeping.

**IV. Step Four – Prayer Engagement** (provides an opportunity for the kingdom of God to come in power). Answer the question: "How are we doing?"

- A. Prayer-ministry should proceed while noting effects, i.e. warmth, tingling, heat, muscle spasm, shaking, deep breathing, etc.
  1. When in doubt, ask questions, (e.g. What is God doing? "What is happening?")
    - a. The Holy Spirit will not go away if you ask some questions. You can continue to minister after a short interview.

- b. Go from general to specific.
- 2. Build faith if necessary.
  - a. Some people are programmed for failure.
  - b. Some people are not tuned to their own bodies. Tell them that you see the Holy Spirit is on them and what you feel God is doing.
  - c. Tell stories of healing.
  - d. Give thanks for what He is doing-you can pray more than once.
- 3. Have them "test it out" or "Do something they could not do before." Some times it releases healing.
- 4. Always keep a listening ear to God for information and direction. Respect the person. Be tentative with words of knowledge.

B. Stop praying when:

- 1. The person praying indicates it is over.
- 2. When the Holy Spirit tells you it is over.
- 3. When you cannot think of anything else to say.
- 4. When you hit a block and are not gaining any ground.

V. **Step Five – Post Prayer Direction** (provides the person being prayed for the next step in the healing process). Answers the question: What should they do to keep their healing and continue on the road to wholeness.

- 1. A word of wisdom is appropriately shared here.
- 2. Point them to places that will facilitate spiritual growth and promote further healing (e.g. home groups, discipleship classes, counseling).
- 3. Avoid "the opinion of man" and "pat answers."

4. Share scripture.

This 5 step model is based on one developed in the early Vineyard movement- probably by John Wimber and Blaine Cook.. I first received it from Jack Little. I have made some changes and added my thoughts to it. The 5 step model is only a general outline for healing prayer. It can really be reduced to two steps: 1. Hear (discern) and 2. Pray (obey). There will be times when we are not praying specifically for healing and we will be ministering prophetically. People may be responding to a specific need, to a word, or to the message that was preached. In those cases we will pray as the leadership directs us and in the direction the Holy Spirit leads us.