



Session 5

Tool #4: Listening Prayer

When my family started working with deeply wounded people, we had three primary ways to help: 1) Community, 2) Spiritual Warfare, and 3) Biblical Insight. We first learned about listening prayer from a cassette tape by David Seamands.¹

Three Starting Points for Listening Prayer

1. Steps to Freedom (“Bitterness versus Forgiveness” of *The Steps to freedom in Christ*).
2. Prior memories of meeting Jesus
3. Appreciation exercises²

4-Step Listening Prayer Process

1. **R**emember
 - “Would You bring to my mind the first memory You would like to heal?”
2. **E**xplore
 - Non-verbals (the sights, sounds, and smells you remember)
 - Verbals (what started to feel true after this memory?)
3. **A**sk
 - I ask the Lord Jesus Christ who came in the flesh, died, and rose again to do whatever He wants to do to heal this memory.
4. **L**isten
 - Do you have any new feelings?
 - Do you have any new thoughts?
 - Do you have a new experience of the presence of Jesus?

¹ See David Seamands, *Healing of Memories* (David C. Cook, 1986)

² For more on starting points two and three, see E. James Wilder and Chris M. Coursey, *Share Immanuel: The Healing Lifestyle* (Shepherd’s House, 2010).





Testing

1. Scale: On a scale of 1-10, how true does the lie still feel?
2. Peace: Has the dominant emotion resolved?
3. Scripture: Has the Scripture come alive in a new way?

Summary

The Model

- wounds
- lies
- vows
- strongholds

The Tools

- Building Joy
- Taking Thoughts Captive
- Forgiveness
- Listening Prayer

