

L.E.A.R.N.

LIFE ENRICHMENT AND REVIEW NOTEBOOK

PRAYERS
that
the *Heal*
HEART

*Prayer counseling
that breaks
every yoke*

Mark & Patti VIRKLER

L.E.A.R.N. PRAYERS THAT HEAL THE HEART

LIFE **E**NRICHMENT **A**ND **R**EVIEW **N**OTEBOOK

©2018 by Lamad Curriculum Developers, LLC. Permission given to reproduce and to distribute free of charge.
Distributed by Communion With God Ministries, 3792 Broadway St, Cheektowaga, NY 14227
Phone: 716-681-4896 • Email: cwg@cwgministries.org • Website: www.CWGMinistries.org
This LEARN notebook is taken from the book *Prayers That Heal the Heart* by Mark & Patti Virkler.

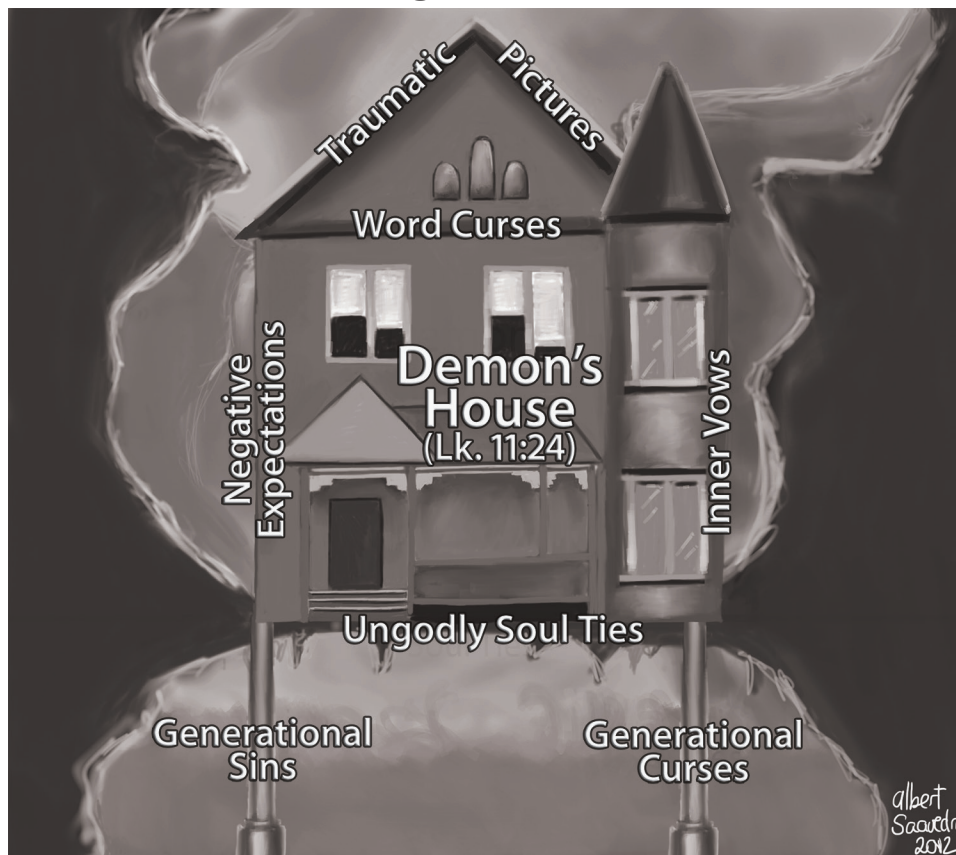
SEVEN POSSIBLE ROOTS TO SIN ENERGY

1. Generational sins and curses
2. Ungodly soul ties
3. Negative expectations
4. Inner vows
5. Traumatic pictures
6. Word curses
7. Demonic oppression

SEVEN HEALING PRAYERS

1. Breaking generational sins and curses
2. Severing ungodly soul ties
3. Replacing negative expectations
4. Renouncing inner vows
5. Receiving divine visions
6. Breaking word curses
7. Casting out demons

Dismantling Demons' Homes



See page 22 for Classroom Activities plus Exercises which Promote Revelation at Home

DEFINING A HEALED HEART

(The King James Version of the Bible is to be used throughout this seminar guide.)
“Heart” may be defined as your underlying attitudes, motivations and character traits.

What spiritual attitudes are to permeate the heart and mind?

I Cor. 13:13 _____

What spiritual attitudes protect the heart and mind?

I Thess. 5:8 _____

WHAT GRANTS ACCESS INTO THE THRONE ROOM? The same three spiritual attitudes [Heb. 10:22 – true heart (love), faith, clear conscience (which results in hope)].

WHAT IS THE GOAL OF OUR INSTRUCTION? To nurture the same three spiritual attitudes (I Tim. 1:5): love, faith, good conscience (hope).

FOR WHAT DOES PAUL COMMEND BELIEVERS? For their love, faith and hope (Eph. 1:12,15; Col. 1:4,5).

PERSONAL APPLICATION: Are there any areas of life which disturb or remove your faith, hope and love when you think about them? Are there any situations you cannot face with a heart full of faith, hope and love? If so, these need healing. List them below.

DEFINING THE LANGUAGE OF THE HEART

Will an eloquent Englishman be of much assistance to a French-speaking person? Why not?

1. The heart speaks in a language that is different from that of the mind. Today’s society considers the language of the mind to be logical ideas. The Bible considers the language of the heart to be pictures, emotions, flow and faith.
2. Heart healing must occur on the level of the heart, not merely in the mind. To heal the heart **we must use the language of the heart.**

THE HEART SPEAKS USING A LANGUAGE THAT IS DIFFERENT FROM THAT OF THE MIND.

The language of the mind (Matt. 16:7) _____

Mental reasoning is when one reasons alone and does not merge reason with faith and revelation from the Holy Spirit. In each of the following verses reason alone was rebuked by Jesus as being ineffective – Matt. 16:5-12; Mk. 2:5-12; 8:15-18). The result of using reason alone is vanity or meaninglessness (Eccl. 12:8). In today’s culture, we would consider reason to be the language of the mind. At the very least, biblically speaking, “reason” is an ineffective language of the heart.

An essential element of the language of the heart
(Jn. 7:38,39) _____

When our hearts and our eyes are fixed on Jesus (Heb. 12:1,2), this **flow** can become the pure revelation of God to the heart (prophecy – I Cor. 12:10).

An essential element of the language of the heart
(Gen. 8:21; I Chron. 29:18; Ps. 140:2; Prov. 6:18; Jer. 7:24; 23:16) _____

When God fills our hearts' capacity to **imagine**, what do we receive? (Num. 12:6; Jn. 5:19,20,30; 8:26,38; Acts 2:17)

An essential element of the language of the heart
(Gen. 6:6) _____

What emotions does the Holy Spirit provide us? (Gal. 5:22,23)

An essential element of the language of the heart
(Ps. 77:6) _____

When God fills our ability to ponder, it becomes "anointed reason" (Is. 1:18; Lk. 1:1-3). The Holy Spirit's flow (Jn. 7:37-39) guides the reasoning process, turning it into godly meditation (Ps. 19:14), and illumination, perception and revelation can then take place (Ps. 73:16,17; Eph. 1:17,18).

WHAT THE WOUNDED HEART LOOKS LIKE

Examples of emotions in one's spirit: Troubled (Gen. 41:7b,8; Dan. 2:1,3; Jn. 13:21); sorrowful or oppressed (I Sam. 1:15); angry (Eccl. 10:4); discouraged (Is. 19:3); forsaken or grieved (Is. 54:6); enraged (Ezek. 3:14 NASB); grieved or distressed (Dan. 7:15); hardened (Deut. 2:30); doubting (Mk. 11:23; Lk. 24:25); haughty (Prov. 16:18); defiled (II Cor. 7:1 NASB).

For a more in-depth exploration of heart, mind, flow, and spirit, read the books ***4 Keys to Hearing God's Voice***, ***Wading Deeper Into the River of God***, ***Sense Your Spirit*** and ***How Do You Know?*** by Mark and Patti Virkler

POSITIVE AND NEGATIVE ENERGIES OPERATE WITHIN OUR HEARTS

The three primary words in the New Testament translated power are: *exousia* (108 times) which means "right or prerogative," *dunamis* (108 times) which means "might, power, force," and *energeia* (and its forms – 31 times) which means

_____.

Ephesians 2:2 speaks of living according to the prince of the power of the air, the spirit that is now "working" within the children of disobedience. "Working" is a form of the Greek word "*energes*," which means that this indwelling evil spirit is "energizing" the individual.

IMPORTANT CHANGES: Seminar Guide Bonus Content

You will see that your seminar guide has some extras not included on the CDs or DVDs. Prayer #6 ("Break Word Curses") in the seminar guide was not originally included on the CDs or DVDs. This addition means that what was Prayer #6 ("Cast out Demons") on the CDs and DVDs is now Prayer #7 in the seminar guide, and what was Prayer #7 ("Experience the Spirit of Life in Christ Jesus") has been moved to the "Homework" section at the end.

How to Clear Cellular Memories: www.cwgministries.org/cellular

Identificational Repentance Breaks Generational Curses: www.cwgministries.org/IdentificationalRepentance

RATIONAL BIBLE STUDY VERSUS BIBLICAL MEDITATION

DO NOT DO THIS: LEFT-BRAIN STUDY/RATIONAL HUMANISM

1. Have unconfessed sin
2. Have a preconceived attitude
3. Be independent: "I can..."
4. Read quickly
5. Rely on reason and analysis only
6. Read without specific purpose
7. Take credit for insights

BUT DO THIS: WHOLE-BRAIN/HEART MEDITATION/DIVINE REVELATION

1. Be washed by Jesus' blood
2. Have a teachable attitude
3. Pray: "Lord, show me"
4. Slow down, ponder, muse
5. Combine anointed reason, flowing pictures, music and speech
6. Read with focused purpose
7. Glorify God for insights

Excerpt from *Hearing God Through Biblical Meditation*, available at www.cwgministries.org/BiblicalMeditation

THE SEVEN STEPS OF BIBLICAL MEDITATION EXPLAINED (JOSHUA 1:8)

- 1. LORD, CLEANSE ME BY YOUR BLOOD:** Since receiving divine revelation is at the heart of biblical meditation, you must prepare yourself to receive from the Holy Spirit by repenting and being cleansed by the blood of the Lamb. You must be obedient to previous revelations from God (Matt. 7:6), and confess any sin in your life, so you are not cut off from ongoing revelation (Is. 59:1,2; I Jn. 1:9).
- 2. LORD, GRANT ME A TEACHABLE ATTITUDE:** Revelation is given to those who maintain an attitude of humility, and it is withheld from the proud and the arrogant. So keep an open, humble attitude before God, allowing Him the freedom to shed greater light on any ideas you currently hold and to alter them as He sees fit (Jas. 4:6; II Pet. 1:19).
- 3. LORD, I WILL NOT USE MY FACULTIES MYSELF:** You can do nothing of your own initiative but only what you hear and see by the Spirit (Jn. 5:19,20,30). You do not have a mind to use, but a mind to present to God so He can use it and fill it with anointed reason and divine vision (Prov. 3:5-7; Rom. 12:1,2). If you use your mind yourself, it is a dead work (Heb. 6:1,2).
- 4. LORD, I PRAY THAT THE EYES OF MY HEART MIGHT BE ENLIGHTENED:** Slow down as you read, mulling the text over and over in your heart and mind, praying constantly for God to give you a spirit of wisdom and revelation in the knowledge of Him (Eph. 1:17,18; Ps. 119:18).
- 5. LORD, I PRESENT THE ABILITIES TO REASON AND TO IMAGINE TO YOU TO FILL AND FLOW THROUGH BY YOUR SPIRIT:** Meditation involves presenting your faculties to God for Him to fill and use. These include your left-brain reasoning capacities as well as your right-brain visual capacities. Look for the river of God (i.e. "Spirit flow") to guide and fill both hemispheres, granting you anointed reasoning and dream and vision. Music can assist you, as can muttering, speaking, and writing as you go through the discovery process (Jn. 7:37-39).
- 6. LORD, SHOW ME THE SOLUTION TO THE PROBLEM I AM FACING:** Focused attention brings additional energies of concentration of heart and mind, which help release revelation. For example, note the difference between a ray of sunlight hitting a piece of paper, and sunlight going through a magnifying glass to hit a piece of paper. The focused energy creates a ray so concentrated that the paper bursts into flames. When you have a hunger to master a new understanding and discipline, that hungry and searching heart will cause you to see things you would not normally see (Matt. 5:6).
- 7. THANK YOU, LORD, FOR WHAT YOU HAVE SHOWN ME:** Realizing that the revelation came from the indwelling Holy Spirit, give all the glory to God for what has been revealed (Eph. 3:21).

THE HEBREW AND GREEK DEFINITIONS OF "MEDITATION"

According to *Strong's Exhaustive Concordance*, there are several Hebrew and Greek words which underlie the words "meditate" and "meditation" in the Old and New Testaments. The *Strong's* numbers for these words in the Old Testament are: 1897, 1900, 1901, 1902, 7878, 7879, 7881. The New Testament numbers are 3191 and 4304.

The literal meanings of "meditate" and "meditation" as listed by *Strong's Exhaustive Concordance* are:

"To murmur; to converse with oneself, and hence aloud; speak; talk; babbling; communication; mutter; roar; mourn; a murmuring sound; a musical notation; to study; to ponder; revolve in the mind; imagine; pray; prayer; reflection; devotion."

LEFT-HEMISPHERE FUNCTIONS LISTED ABOVE INCLUDE:

study, revolve in the mind, murmur, mutter, converse, speak, talk, communication (Note: Reason and speech are left-brain.)

RIGHT-HEMISPHERE FUNCTIONS LISTED ABOVE INCLUDE:

imagine, a musical notation, mourn, babbling (Note: Tongue speaking has been registered in experiments at Fuller Theological Seminary as taking place in the right hemisphere. Pictures, music and emotion are also right-brain.)

HEART (OR THIRD-BRAIN) FUNCTIONS LISTED ABOVE INCLUDE:

pray, prayer, devotion, reflection, ponder (enlightened reasoning by adding Spirit-flow to the reasoning process – Eph. 1:17,18)

Meditation is a whole-brain and heart process, while study is often left-hemisphere only. Meditation results in illumined verses every time you read the Bible and every time you meditate on any subject. Illumination is experienced as insights jumping off the page and hitting you between the eyes.

ANOTHER GREAT AID TO RECEIVING REVELATION – WRITING OUT SCRIPTURE

Deut. 17:18 _____

SUMMARY: Healing negative expectations involves repenting of negative beliefs and faulty processes and replacing them with divine beliefs and biblical processes which you receive through the revelation of the Holy Spirit. This process involves hearing God's voice in prayer, while practicing biblical meditation, and through your dreams, as well as any other means God chooses to use to speak to you. This must be coupled with a complete willingness to conform to what the Spirit of God is revealing to you.

FRUIT/ROOT PRINCIPLE: One way you can uncover negative expectations you have made and which are now internalized and on an unconscious level is by tracing backward from negative fruit in your life, and prayerfully asking, "God, what is the root of this fruit?" He will show you, and you can then remove it through prayer and repentance.

REPAIR THE BREACH IN YOUR WALL

To keep demons from re-entering you once they have experienced deliverance, you need to repair the breach in your spiritual walls, which were torn down in the first place and which allowed the demons to bite you: *If you break down a wall, a snake might bite you* (Eccl. 10:8 CEV). So in addition to repenting of sins, the "New Truth Bible Meditation" on the following page guides you in how to rebuild a strong wall of protection.

ADDITIONAL THERAPIES WHICH ARE ALSO EXTREMELY IMPORTANT FOR COMPLETE HEALING

Excellent diet (Gen. 1:29), proper exercise, adequate rest, reduction of stress (chemically, environmentally, spiritually, emotionally) and utilization of natural health therapies as needed. For more information on all these, see www.cwgministries.org/EdensHealthPlan and our complete health website: www.takechargeofyourhealth.today

TRANSFORMATION THROUGH RECEIVING DIVINE REVELATION

Healing and transformation occur as God grants revelation into the heart and spirit of man by the Holy Spirit (Lk. 24:32). This revelation comes as illumined verses leap off the page and hit us between the eyes, and also as God speaks directly into our hearts by His still small voice, which we can capture through journaling, dreams and visions. If you need help in mastering these skills, read the book *4 Keys to Hearing God's Voice* by Mark and Patti Virkler.

RECEIVE REVELATION THROUGH A "NEW TRUTH BIBLE MEDITATION" (JOSHUA 1:8)

Write at the top of a sheet of paper, "New Truth Bible Meditation Concerning _____." The topic should be the heart issue and/or the major ungodly and godly beliefs you have identified on the following pages. This may require you to do more than one Bible Meditation Worksheet. That is fine, for we are transformed by the renewing of our minds (Rom. 12:2). For example, you may do topics like love and forgiveness versus anger and resentment, or mercy versus judgment, or doubt versus faith. Complete the following steps.

1. It is recommended that you use a concordance and look up as many verses as possible on the topic (perhaps all verses) and take notes on what you discover, meditating upon and praying over each verse, asking God to give you a spirit of revelation (Eph. 1:17,18). Look for scriptural principles and Bible stories which support the truth God wants to instill in you. As you meditate, pray continuously in your heart, "Lord, show me what I need to see in order to heal the heart issue I am struggling with."
2. Memorize verses which leap off the page, so you can easily draw them forth in time of need.
3. Pray for God to grant you experiences and insights and divinely-ordained encounters which deepen your understanding of these truths.
4. Ask your friends to contribute any principles or stories from the Bible they are aware of regarding the issue.
5. Perhaps you will feel led to read a book on the topic. If so, ask someone whom you respect as being knowledgeable in the area to recommend a good book or two.
6. Pray over what you are learning, asking God to speak to you and to show you underlying principles which will birth within you a divinely-inspired faith and a pure heart. Record the things that you are learning.

SUMMARIZE THIS REVELATION AS A "MEMORIAL STONE CELEBRATION"

Once God has granted you a thorough revelation on the topic at hand, write your personal prayerful summary of what He has shown you on a sheet which you title, "A Memorial Stone Celebration Concerning _____." As you write, use the pattern below.

1. My summary of what the Holy Spirit has revealed to me from the Bible is...
2. My summary of the insights that the Holy Spirit has given to me through journaling, dreams and visions is...
3. The symbolic representation which I have created or chosen to memorialize this healing is...
4. The fences which God has instructed me to build to keep myself from temptation in this area are...
5. I declare I have been set completely free from the stronghold of _____ by my Lord and Savior Jesus Christ.

Date _____ Signature _____

EXPLORING POSSIBLE ROOTS OF SIN ENERGIES OR DEMONIC ENERGIES:

- Generational sins and curses
- Ungodly soul ties
- Negative expectations
- Inner vows
- Traumatic pictures
- Word curses
- Demonic oppression

1. GENERATIONAL SINS AND CURSES PASS SIN ENERGY DOWN THROUGH THE FAMILY LINE.

Ex. 20:4-6 _____

Deut. 23:2 _____

Deut. 7:9 _____

What is not passed through the family line?

What mean ye, that ye use this proverb concerning the land of Israel, saying, "The fathers have eaten sour grapes, and the children's teeth are set on edge?" As I live, saith the Lord GOD, ye shall not have occasion any more to use this proverb in Israel. **Behold, all souls are mine;** as the soul of the father, so also the soul of the son is mine: **the soul that sinneth, it shall die** (Ezek. 18:2-4, emphasis added).

So, obviously, one of the first questions you want to ask when you are struggling with an energy or pressure toward sin within you is, "Who in my ancestral line manifested this same trait?" In four generations, you have thirty ancestors, and in ten generations you have 2,046. The chance that almost any sin, especially sexual sin, is present in the thirty or the 2,046 is almost a given. You will want to begin your attack on the problem by cutting off the forces which are being passed down through the family tree.

What can be passed through the family line?

Alcoholism and all other kinds of addictions; all kinds of physical ailments and sicknesses; all kinds of emotional and

mental problems; besetting sins; as well as all types of spiritual blessings, anointings and giftings.

PERSONAL APPLICATION

The heart issue being explored is:

Question: "Holy Spirit, what is in my heart?"

A. Lord, what ancestors have contributed to the heart issue of _____ (heart issue listed above)? Note: We are not blaming them, just identifying entry points of negative energies.

B. BREAK GENERATIONAL SINS AND CURSES

1. I **confess** and repent of the sin of my ancestors, my parents, and my own sin of _____, and of my anger and resentment against You, God, for allowing this to happen in my life.
2. I **forgive and release** my ancestors for passing on to me this sin and for the resulting curses of _____ (be specific). I ask You to forgive me, and I receive Your forgiveness. I forgive myself for participating in this sin.
3. I place the cross of Christ between my ancestors and myself, as a baby in my mother's womb. I command the sin of _____

and all accompanying curses to be halted at the cross of Jesus Christ, and for freedom and release to flow down from the cross of Christ to that baby in the womb.

2. UNGODLY SOUL TIES STEM FROM UNHEALTHY COVENANT OR CONTRACTUAL RELATIONSHIPS AND TRANSFER ENERGIES FROM ONE TO THE OTHER.

DEFINITION OF SOUL TIE: When you enter into a covenant with another person or with God, a soul tie develops which allows the life, energies and provisions of the two to be shared. The following would be considered soul ties: “a close or committed relationship,” or “a soul mate,” or “a bosom buddy.”

Biblical examples of soul ties:

And it came to pass, when he had made an end of speaking unto Saul, that the **soul of Jonathan was knit with the soul of David**, and Jonathan loved him as his own soul (I Sam. 18:1).

On that day the Lord made a covenant with Abram... (Gen. 15:18).

Know ye not that he which is joined to an harlot is one body? for two, saith He, shall be one flesh (I Cor. 6:16).

Other examples of covenant relationships include: husband and wife; parent and child; pastor and parishioner; teacher and student; employer and employee; and a Christian to all others in the body of Christ, by virtue of the fact that we have all been baptized into Christ's body (I Cor. 12:13) and are joined to His Spirit (I Cor. 6:17). Blood pacts create soul ties which may be either godly or ungodly.

Any of the above soul ties can become ungodly and release sin energies. Ungodly soul ties exist when one partner seeks to dominate, manipulate, or control another. If violence, fear, or abuse becomes part of the soul tie, it is ungodly.

What can be passed through a soul tie?

PERSONAL APPLICATION

A. Lord, with whom do I have ungodly soul ties (close relationships) that are contributing to the heart issue of _____? (Examine parents, authority figures, teachers, pastors, close friends and spouse.)

B. SEVER UNGODLY SOUL TIES

1. I **confess** and repent of my sin of an ungodly soul tie with _____, and of any anger and resentment against You, God, for allowing this to happen in my life.
2. I **forgive** _____ for their involvement in this sin. I ask You, God, to forgive me, and I receive Your forgiveness. I forgive myself for participating in this sin.
3. Lord, sever the ungodly soul tie between me and _____ and restore the broken or torn portions of my soul. Lord, remove anything that has come into me through this soul tie and, Lord, bring back anything godly that has been stolen from me.

3. NEGATIVE EXPECTATIONS ARE UNBIBLICAL BELIEF SYSTEMS THAT GENERATE SIN ENERGIES WHICH PRESSURE ONE TOWARD ACTS OF SIN.

NEGATIVE EXPECTATION DEFINED: an unbiblical belief system which has been established in your heart. It may be against yourself, others, authorities, institutions, or God. Most of these are established on the unconscious level, so we are generally not aware that we are holding them. Yet all must be repented of.

They can come from word curses spoken by yourself or others. Some examples: “I will probably fail. I will most likely end up in divorce. Nobody likes me. All politicians are evil. A godly man can't succeed in business. Women don't like making love. All men want is sex.”

NEGATIVE EXPECTATIONS ACTIVATE FOUR LAWS

1. NEGATIVE EXPECTATIONS ACTIVATE THE LAW OF FAITH, IN REVERSE:

Matt. 9:29 _____

2. NEGATIVE EXPECTATIONS ACTIVATE THE LAW OF JUDGMENT:

Matt. 7:1,2 _____

Ex. 20:12 _____

In any area we judge our parents, our lives will not go well. To generalize this principle, in any area we judge anyone, our lives will not go well for us.

3. NEGATIVE EXPECTATIONS ACTIVATE THE LAW OF SOWING AND REAPING:

The law of sowing and reaping states that we will reap a harvest in light of what we have sown.

Gal. 6:7b _____

DON'T BE DECEIVED BY THE LAW OF DELAY

Gal. 6:7a _____

4. NEGATIVE EXPECTATIONS ACTIVATE THE LAW OF MULTIPLICATION:

Hos. 8:7 _____

FAULTY PROCESSES can be the culprit which creates negative expectations (doubt) within us. What was the faulty process used by the disciples in the passage below?

And He charged them, saying, "Take heed, beware of the leaven of the Pharisees, and of the leaven of Herod." And they reasoned among themselves, saying, "It is because we have no bread." And when Jesus knew it, He saith unto them, "Why reason ye, because ye have no bread? Perceive ye not yet, neither understand? Have ye your heart yet hardened? Having eyes, see ye not? And having ears, hear ye not? And do ye not remember?" (Mk 8:15-18 KJV)

The solution to the above faulty reasoning process is:

Jn. 5:19,20,30 _____

II Cor. 5:7 _____

Heb. 6:12 _____

We need God to reveal to us any negative PROCESSES we may be using which are creating and feeding negative EXPECTATIONS within us.

SUMMARY: The seed of judgment or negative expectation sown in my spirit obediently sends out a message to all within its reach. My spirit might say, "I am programmed to fail; please respond to me in that light." In this case, everyone else's spirits hear and receive that message and respond in kind. Their spirits say, "Let's do everything we can to ensure that this message is fulfilled." And so I continue to attract events, people, and situations to my life which ensure my failure over and over again. I draw to myself that which I believe to be true. I create my own lifestyle based on the beliefs I hold within.

QUESTIONS FOR DISCOVERING THE NEED TO REPLACE NEGATIVE EXPECTATIONS

- Lord, what negative confessions come out of my mouth?
- Lord, what negative expectations are in my heart?
- Lord, what things do I believe that do not line up with what the Bible and Spirit are revealing to me?
- Lord, what expectations rob me of love, joy and peace?
- What expectations keep me from giving thanks for all things and in all things (Eph. 5:20; I Thess. 5:18)?

Hebrews 12:15 (NASB) says, "See to it...that no root of bitterness springing up causes trouble, and by it many be defiled."

A SPIRIT-ANOINTED EXPECTATION (FAITH) IS THE LIGHT THAT DRIVES OUT THE DARKNESS OF NEGATIVE EXPECTATIONS. There are no vacuums in the spiritual world. What is not filled with divine faith, is quickly filled with demonic fear. Where does faith come from? It is birthed in your heart and mind as the Holy Spirit reveals God's promises to you.

Where does faith come from? (Rom. 10:17)

What must be mixed with God's words? (Heb. 4:2)

Whose faith is it? (Mk. 11:22)

4. INNER VOWS GALVANIZE ONE'S PURPOSE IN LIFE, AND RELEASE SIN ENERGIES AND PRESSURES IN LIGHT OF THE VOW.

INNER VOWS DEFINED: the promises or statements one makes as a result of the negative expectations he holds.

Your corresponding inner vow ensures that all the spiritual energies being developed in your heart by your negative expectation have a focused avenue of release into the outer world. The message is sent out loud and clear through the inner vow.

"Do this to me, for I am expecting with all my heart and all my energies for this to happen, so please come alongside me and help me accomplish this goal."

And all the sons of Israel grumbled against Moses and Aaron; and the whole congregation said to them, "Would that we had died in the land of Egypt! Or would that we died in this wilderness!" (Num. 14:2)

How long shall I bear with this evil congregation, which murmur against me? I have

heard the murmurings of the children of Israel, which they murmur against me. Say unto them, "As truly as I live," saith the LORD, "*as ye have spoken in mine ears, so will I do to you*" (Num. 14:27,28).

The Israelites had confessed over and over that they were going to die in the wilderness. They expected to die. They said they would die, and sure enough, God said, "I am going to give you exactly what you have been believing for and confessing. You will die in the wilderness."

When you look, you may discover that you have vows in many areas of your life.

QUESTIONS FOR DISCOVERING THE NEED TO RENOUNCE INNER VOWS

- Lord, what do I promise I will do?
- Lord, what do I promise I won't do?
- Lord, what do I promise about myself?
- Lord, what do I promise about others?

REPLACE NEGATIVE BELIEFS

1. I **confess** and repent of my sin (and if appropriate, my ancestors' sin) of believing the lie that _____ and for the ways I have judged others and/or institutions based upon this negative belief.
2. I **forgive** _____ for contributing to my forming this negative expectation/belief. I forgive myself for believing this lie.
3. I confess the countering divine truth that _____.

RENOUNCE INNER VOWS

1. I **confess** and repent of my sin of vowing that _____.
2. I **forgive** _____ for contributing to my forming this vow and myself for making this vow.
3. Instead, I now purpose by the power of the Holy Spirit to _____.

I expect/believe that...

Therefore I will...

a. I'll be defeated by the enemy.

a. give up and die.

b. I'll probably fail.

b. not try.

c. I'm ugly.

c. hide myself.

d. I'm dumb.

d. not try.

e. I'm fat.

e. just be a couch potato.

f. I'm no good.

f. act out my evil impulses.

g. I don't deserve a good life.

g. not seek to improve my life.

h. I will not have financial freedom.

h. equate poverty with godliness.

i. I don't deserve God's blessing.

i. make it on my own.

j. my sin is unforgivable.

j. hide from God.

k. my children will rebel.

k. seek to control them.

l. life is unfair.

l. distrust and withdraw.

m. people won't accept me.

m. put up a protective wall.

n. I must be perfect.

n. try hard.

o. men don't cry.

o. stuff my feelings.

p. Christians are hypocrites.

p. not trust a Christian.

q. all politicians are evil.

q. never trust a politician.

r. godly businessmen can't succeed.

r. compromise my integrity.

However, God says,

- a. "I am your Rock and your Fortress."
- b. "I make your way prosperous."
- c. "You are My handiwork."
- d. "My wisdom indwells you."
- e. "I have a perfect design for your body."
- f. "You are righteous through Christ."
- g. "I have offered you a land of milk and honey."
- h. "I give you the power to make wealth."
- i. "My grace is a gift of love."
- j. "My blood washes away all your sin."
- k. "...he will not depart from
[the way he should go]."
- l. "I work all things out for good."
- m. "Give My love away."
- n. "I am the perfect One."
- o. "Jesus wept."
- p. "Men are but dust."
- q. "The king's heart is in My hand."
- r. "Obey My voice and everything you
put your hand to will prosper."

So I purpose in the Holy Spirit to...

- a. be strong in the Lord.
- b. step out in faith.
- c. let God's beauty shine through me.
- d. open my heart to receive God's wisdom.
- e. seek to conform to God's design.
- g. put on Christ's righteousness.
- g. possess my promised land.
- h. believe God for financial prosperity.
- i. accept God's blessing by faith.
- j. repent and be cleansed.
- k. train my children, not provoke them.
- l. trust that God rules over all.
- m. stay open and loving.
- n. trust in God's perfection, not my own.
- o. be responsive to my heart's emotions.
- p. trust God to work through imperfect man.
- q. pray for those in authority.
- r. conduct my business in righteousness and faith.

“Lord, what negative expectations
are contributing to _____?”

I expect/believe...

- a. _____

- b. _____

- c. _____

- d. _____

- e. _____

- f. _____

- g. _____

- h. _____

“Lord, what inner vows are
contributing to _____?”

Therefore I vow to... (what action do I take)

- a. _____

- b. _____

- c. _____

- d. _____

- e. _____

- f. _____

- g. _____

- h. _____

“I repent for the ungodly belief that...”

“I repent for the inner vow to...”

However, God says,

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

h. _____

“I accept what God has spoken that...”

So I purpose in the Holy Spirit to...

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

h. _____

“I purpose by the power of the Holy Spirit to...”

5. TRAUMAS LEAVE NEGATIVE PICTURES THAT PRODUCE SIN ENERGY OR DEMONIC ENERGY, WHICH PRESSURE US TO DO EVIL.

Statements concerning the power and role of pictures:

But they hearkened not, nor inclined their ear, but walked in the counsels and in the imagination of their evil heart, and went backward, and not forward (Jer. 7:24).

What effect did their imagination have?

“A picture is worth _____.”

Experience teaches us that emotions are by-products of _____

- Negative pictures produce negative emotions.
- Positive pictures produce positive emotions.

Eph. 2:12 – When we see a scene in our mind which does not include Christ in it, then _____.

Ps. 139:8 – Christ is present _____.

Lk. 23:34 – Christ’s response to hellish situations is _____.

THE TRANSFORMING POWER OF SEEING DIVINE PICTURES/VISIONS

Walking through traumatic situations can produce inner gifts and strengths, rather than destroying us, if we don’t fix our gaze on the horrible situation, but rather look into the spiritual world.

II Cor. 4:17,18 – Temporal affliction produces an eternal weight of glory while we do what? _____

Heb. 12:2 – What is the unseen thing that we look at? _____

INNER HEALING DEFINED: allowing God to replace the pictures in the art gallery of your mind, removing pictures that do not have Jesus in them and replacing them with pictures that do have Jesus in them.

You are moving from a picture that contains a lie (Jesus isn’t present watching over and protecting His children) to a picture that portrays the truth (Jesus is always there, watching over and protecting His children).

The Inner Healing Process		
	THE STEP TAKEN	A BIBLICAL EXAMPLE (Peter: Lk. 22:54-62/Jn. 21:2-17)
1.	Using vision, go back and re-enter the hurt.	Charcoal fire Twilight Three-fold confession
2.	Using vision, bring Jesus into the scene.	"Jesus stood on the beach..."
3.	Using vision, let Jesus move freely healing the hurt with His loving presence.	Jesus' statements of affirming love: "Tend My lambs; Shepherd My sheep; Tend My sheep"

“Lord, what negative pictures of people or experiences am I holding which are contributing to the heart problem of _____?”

Healing the initial scene underlying this problem is foundational. However, if that scene is too intense, then allow the Holy Spirit to take you to other scenes and heal them first. Stay tuned to the Holy Spirit’s flow. For each scene, affirm what you know to be true, “Lord, I know **You were there** in that troubling scene. Jesus, please show me where You were and what You were doing.” Watch and see what Jesus does and says as He appears in the scene. Stay tuned to the Holy Spirit’s flow and vision as you write. Do not manipulate the scene yourself. Follow Jesus’ lead. Submit any questionable scenes you receive to the Bible and to your spiritual counselors to ensure they are from God.

Untrue and unhealed scenes
Scenes without Jesus in them

True and healed scenes
Scenes with Jesus in them

a. _____

a. _____

b. _____

b. _____

c. _____

c. _____

d. _____

d. _____

e. _____

e. _____

f. _____

f. _____

g. _____

g. _____

RECEIVE DIVINE VISIONS

1. I **confess** and repent of any anger and bitterness I have against You, God, for allowing this event to happen in my life. I ask You to forgive me, and I receive Your forgiveness.
2. Lord, please take me back to the appropriate memory that is underlying this issue in my heart. (See the scene. If a rape or other extremely traumatic scene, you may go back to just after it is over.)
3. Lord, show me where You were in this scene. (Look and see where Jesus is/was.) Holy Spirit, take over this scene and give me a vision, showing me what Jesus was doing. (Respond to what the Lord is showing and doing.)

PERSONAL APPLICATION:

- A. “Lord, what word curses have I or others spoken over me, which contribute to the problem of _____?” (For example, “You dummy! You’ll never make it in the field of _____! You are such a loser! What a moron! You’re just fat! You are so lazy! You’ll never amount to anything! This is my lazy daughter. This is the computer nerd,” or any negative nicknames.)

B. Breaking Word Curses

1. I **confess** and repent for receiving the word curse stating that “I _____”, and for any anger or resentment against You, God, for allowing this to happen in my life.
2. I **forgive and release** _____ (self & others) for speaking this over me. I ask You, God, to forgive me, and I receive Your forgiveness. I forgive myself for participating in this sin.
3. I **joyfully accept** the divine exchange Christ made for me on the cross of Calvary. I break this curse over me right now in the name of the Lord Jesus Christ and I receive His divine blessing of _____ (the opposite) which replaces this curse.

6. WORD CURSES ADD NEGATIVE SPIRITUAL ENERGY TO OUR LIVES THAT CREATE INVISIBLE BARRIERS WHICH KEEP US FROM EXPERIENCING GOD’S BLESSING.

See box on page 4: “Seminar Guide Bonus Content”.

Words spoken over you by yourself or by others are powerful and release spiritual forces which lead toward life or death.

“There is one who speaks rashly like the thrusts of a sword, **but the tongue of the wise brings healing.**” (Proverbs 12:18 NASU)

“**A soothing tongue is a tree of life**, but perversion [viciousness] in it crushes the spirit.” (Proverbs 15:4 NASU)

“Death **and life** are in the power of the tongue...” (Proverbs 18:21 NASU)

7. DEMONS ADD THEIR DEMONIC ENERGY TO THE SIN ENERGY ALREADY PRESENT WITHIN US, COMPOUNDING THE PROBLEM.

DEMONS DEFINED: spirit entities which seek to enter people and manifest their evil personalities out through the human being.

DEMONS DON’T POSSESS CHRISTIANS. The word translated “demon possessed” in the KJV Bible is *daimonizomai* in the Greek. The literal definition of “demonized” (*daimonizomai*) is:

Lk. 13:16

_____ (Rom. 4:16)

ABNORMALITIES WHICH MAY BE CAUSED BY DEMONS

Following are some of the disturbances caused by demons in the New Testament: deafness (Mk. 9:25); blindness, muteness (Matt. 12:22); infirmity (Lk. 13:11,12); madness, anti-social behavior (Mk. 5:1-20); and epilepsy (Matt. 17:14-18).

Categories of demonically-induced abnormalities include: _____

FOOTHOLDS WHICH ALLOW DEMONS TO ENTER INCLUDE:

continuous sin; addictions; traumas; faulty belief systems; involvement in false religions; fears/phobias; immorality; pornography; occult involvement; self-pronounced curses; unforgiveness; and ungodly soul ties (Jn. 14:30; II Cor. 2:10,11; Eph. 4:25-27).

DEMONS COMPOUND YOUR PROBLEMS. You may find yourself fighting negative energies from a combination of all of the following: 1) generational curses, 2) soul ties, 3) negative expectations, 4) inner vows, 5) traumatizing pictures of "reality," 6) word curses and 7) demons. And you may be fighting these **with your own self-effort**, rather than appropriating biblical prayers. You will not win. You will be defeated and in despair if you are coming against these sin energies using the strength of your will.

HOW PREVALENT SHOULD DELIVERANCE PRAYER BE?

_____ of Jesus' _____ recorded prayers for healing were prayers of deliverance in which He cast out demons. That means about 1/4 – 1/3 of His prayers for healing were deliverance prayers. **LET'S MAINTAIN THE BALANCE OF JESUS** as we pray for people's needs. If we don't use His balance, whose will we use?

The commission for Christians to cast out demons is given in Matthew 10:8; Mark 3:15; 6:7,13; 16:17,18; and Luke 9:1,2.

QUESTIONS FOR DISCOVERING THE NEED FOR DELIVERANCE

- Lord, what compulsive pressures are within me?

- Lord, what sins can I not defeat?
- Lord, what stumbling blocks occur over and over?

"Lord, what other demons may be assisting (clustered with) the demon of _____ (heart issue from page 8) that I am struggling with?" Name the demons according to the emotion or sin they are contributing to.

You can get their names, by going to column one on page 14, and asking what the demon's name would be who is making the statements you find there. Put those demons' names here. Since you can easily cast out two to three closely related demons as a batch, you can put them in groups of 2-3 closely related demons and cast them in these mini groups.

THREE WEDGES TO USE AS YOU MINISTER DELIVERANCE

Begin by praying for a protective covering of Christ's blood over all.

Wedge 1: Repent of the sin the demon is contributing to, and state your intention to live in holiness in the area. For example, I repent for my sin of judgmentalism, and from now on I choose to express mercy toward all I meet.

Wedge 2: Tell the demon I will no longer give you a place. I command you to leave me in Jesus name.

Wedge 3: Counselee sets their heart against the demon (but no longer speaks), and the counselor calls the demons by name and commands them to leave in the Name of the Lord Jesus Christ.

Ask the client what they are sensing within. If there is partial movement of the demon but it has not come out, repeat the three wedges above.

If the demon still resists coming out then ask, "Holy Spirit, what is this demon attached to?" Counselee and counselor tune to flow and receive the answer from the Holy Spirit. Then using the appropriate prayer approach, remove this demon's anchor so he will readily be cast out.

CAST OUT DEMONS

1. Make sure the demon's house is thoroughly dismantled and his anchors completely pulled up by praying through the above five prayers. If the demon does not come out, go back to the above prayers – something has been missed. Ask God what has been missed and honor what flows back in response.
2. In the Name of the Lord Jesus Christ, I renounce and break all agreements with the demons (strongholds) of _____, _____, etc.
3. I take authority over the demons (strongholds) of _____ and I bind you and command you to leave me now in the Name of the Lord Jesus Christ.

HOMEWORK – HOW TO WALK OUT YOUR FREEDOM

ENSLAVEMENT TO SIN – Failure to repent of sin generates sin energy and pressure toward acts of sin within the individual.

THE LAW OF SIN

Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me. I find then a law, that, when I would do good, evil is present with me. For I delight in the law of God after the inward man: But I see another law in my members, warring against the law of my mind, and bringing me into captivity to **the law of sin** which is in my members (Rom. 7:20-23).

Sin has a _____.

Repentance and turning to God for cleansing and strength must occur every time you sin (I Jn. 1:9). The more you give in to sin, the stronger its power becomes in your life.

If by the Spirit you are putting to death the deeds of the body, you will live (Rom. 8:13).

For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death (Rom. 8:2).

Simply stated, this law declares that:

By looking to and drawing upon the power of the Holy Spirit within me, His power will overcome the power of sin in my life.

EXPERIENCE THE SPIRIT OF LIFE IN CHRIST JESUS

1. God, the power to overcome the sin of _____ is in You, the One Who lives in me.
2. I turn away from my self-effort to overcome this sin, and embrace the power of Your Holy Spirit Who flows within me.
3. Jesus, I release the flow of the power of the Holy Spirit out through me, to overcome completely the sin of _____.
(May use vision, seeing this happen.)

THE CHRISTIAN HAS BEEN GIVEN AUTHORITY TO PRAY PRAYERS THAT HEAL.

Jesus...spoke...saying, "All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations..." (Matt. 28:18,19 NASB).

For in Him all the fulness of Deity dwells in bodily form, and in Him you have been made complete, and He is the head over all rule and authority (Col. 2:9,10 NASB).

And as you go, preach, saying, "The Kingdom of heaven is at hand," heal the sick, raise the dead, cleanse the lepers, cast out demons, freely you received, freely give (Matt. 10:7,8 NASB).

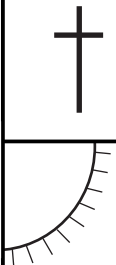
EFFECTIVE PRAYERS COME FROM THE HEART, NOT THE HEAD.

Your prayers will have a thousand times more impact if you use the language of the heart. That means you have entered a picture of the event you are praying about, are seeing it, feeling the emotion of it, interacting with Christ about it, and tuned to Holy Spirit flow, letting Jesus appear in the scene and speak to you from the midst of it.

SUMMARY: Use ALL SEVEN of the above prayers when seeking to heal a heart disturbance or life problem. When used TOGETHER, they are extremely powerful.

INCUBATING ONLY CHRIST

by filling all five senses of the heart with Him

	SENSE	HOW USED	BIBLE EXAMPLE	STAGE
1.	Inner Ear (Jn. 5:30)	Receives God's Rhema	Gen. 12:1-3	Conception
2.	Inner Eye (Rev. 4:1)	Receives God's Vision	Gen. 15:5,6	
3.	Inner Mind (Lk. 2:19)	Ponders God's Thoughts	Rom. 4:20,21	Incubation
4.	Inner Will (Acts 19:21)	Speaks on God's Rhema	Gen. 17:5	
5.	Inner Emotions (I Kings 21:5)	Acts on God's Rhema and Vision	Gen. 17:23	
End Result		Death of the Vision "I" am unable to bring it about	Gen. 16:2 Gen. 17:18,19	Birth
		Supernatural Resurrection of the Vision	Gen. 21:1,2	
		"In the fullness of time GOD brings it forth"	Gal. 4:4a	

CREDITS: "The authors acknowledge with appreciation the contributions to these seven prayers from several ministries. Most of the ministry steps are drawn from 'Ministry Tools for Restoring the Foundations,' Proclaiming His Word, Santa Rosa Beach, FL, 1996 and 1999. All ministry steps used by permission of their authors."

PRAYERS THAT HEAL THE HEART

CLASSROOM ACTIVITIES

PLUS EXERCISES WHICH PROMOTE ONGOING REVELATION AT HOME

Prerequisite is the training on 4 Keys to Hearing God's Voice by Mark and Patti Virkler

ADDITIONAL MATERIALS HIGHLY RECOMMENDED WHICH DEEPEN THIS TRAINING EXPERIENCE:

- *Prayers that Heal the Heart* book, CD and DVD series plus "Contributing Strands Worksheet" by Mark and Patti Virkler all available from CWGMinistries.org or 716-681-4896
- Personal Spiritual Trainer available at: www.CWGMinistries.org/pst
- Distance learning college course available at: www.CLUOnline.com

Plan for an eight- to ten-week course: The first 13 DVD sessions are 30 minutes long so please do two of these per night. Session 14 is eighty minutes long and we recommend you watch it the same evening you watch session 13. So that evening you have a total of 110 minutes. The final recommended session provides deliverance prayer ministry for all desiring it and is likely to take 2-3 hours.

Thus we are recommending 8 weeks of instruction and one week of prayer ministry time to complete the 15 sessions below and if an additional night or two is needed to get everyone prayed for, **by all means do that**, as receiving prayer ministry is what this course is about! Pray until people are free and healed.

SESSION 1 – DEFINING A HEALED HEART

These activities correspond with the teaching notes beginning on page 3.

Complete the Personal Application Exercise given at the close of the first DVD session, and then go immediately to DVD session #2.

SESSION 2 – THE LANGUAGE OF THE HEART

These activities correspond with the teaching notes beginning on page 3.

CLASSROOM DISCUSSION QUESTIONS

(AFTER THE DVD SESSION HAS BEEN VIEWED):

1. Confess together the following statements:
 - A healed heart is a heart full of faith, hope and love.
 - An unhealed heart is a heart with any opposite of faith, hope and love.
 - The language of the mind is un-anointed reason.
 - The language of the heart is flow, emotions, pictures, and pondering.
2. Have you ever tried to heal your heart using the language of your mind? Was it totally successful, partially successful, or not successful at all?
3. What thoughts or questions do you have concerning the DVD instruction?
4. Does the wonderful Counselor want to heal every heart wound fully and completely? What prevents us from receiving all He wants to do in us?

EXERCISES TO PROMOTE ONGOING REVELATION AT HOME:

1. **Memorize** the following: (A tip on **Bible memorization**: Write the verse on a 3x5 card and carry it with you throughout the day, speaking it over and over. Visualize it. Journal and ask God what He wants to speak to you concerning the verse and its application to your life. Come to class prepared to share your verse from memory as well as the specific insights God has given to you concerning its application to your life.)

- 1 Corinthians 13:13.
- A healed heart is a heart full of faith, hope and love.
- An unhealed heart is a heart with any opposite of faith, hope and love.
- The language of the mind is un-anointed reason.
- The language of the heart is flow, emotions, pictures, and pondering.
- To heal the heart, we must use the language of the heart.

2. **Journaling**: Take five days to journal about the following questions, focusing on one important area of your life each day.

Lord, show me the areas of my heart that are wounded and which You would like to heal. Do I have a fullness of faith, hope and love concerning:

- my family
- my life
- my ministry
- my health
- my work?

SESSION 3 – A WOUNDED HEART AND ENERGIES WITHIN THE HEART

Teaching notes begin on page 4.

At the close of Session 3 go immediately to Session 4.

SESSION 4 – SEALING THE VICTORY

These activities correspond with the teaching notes beginning on page 7.

CLASSROOM DISCUSSION QUESTIONS (AFTER THE DVD SESSION HAS BEEN VIEWED):

1. Confess together all of the following statements:
 - Now abide faith, hope and love (1 Cor. 13:13).
 - A healed heart is a heart that is full of faith, hope and love.
 - An unhealed heart is a heart with any opposite of faith, hope and love (e.g., fear, hopelessness, anger, etc.).
 - *Energis* means “active energy.”
 - Demonic energy working within a wounded heart can be removed.
 - The seven prayers which heal the heart are:
 - Breaking generational sins and curses
 - Severing ungodly soul ties
 - Replacing negative beliefs
 - Renouncing inner vows
 - Receiving divine visions
 - Breaking word curses
(**Bonus Teaching!** We added this after we recorded the DVD.)
 - Casting out demons
 - To heal a heart thoroughly, we apply **all seven prayers!**

- I will maintain my healing by filling my heart with the Holy Spirit, light, obedience, and revelation knowledge from a “new truth Bible meditation” and a memorial stone.
2. Ask for people to share thoughts, comments or questions about the teaching segment.

EXERCISES TO PROMOTE ONGOING REVELATION AT HOME:

1. **Memorize** each of the following:

- *Energis* means “active energy”
- Demonic energy, working within a wounded heart can be removed.
- The seven prayers which heal the heart are:
 - Breaking generational sins and curses
 - Severing ungodly soul ties
 - Replacing negative beliefs
 - Renouncing inner vows
 - Receiving divine visions
 - Breaking word curses

(Bonus Teaching! We added this after we recorded the DVD.)

 - Casting out demons
- To heal a heart thoroughly, we apply **all seven** prayers!
- I will maintain my healing by filling my heart with the Holy Spirit, light, obedience, and revelation knowledge from a “new truth Bible meditation” and a memorial stone.

2. **Journaling:** Holy Spirit, what “heart wound” do You want to heal during these coming weeks? Check off any categories below in which you are

experiencing “negative energizing.” ***We are looking for a negative emotion or negative character trait – not an action. Actions are results of heart wounds. We are going to heal the emotion or character trait behind the action. So don’t list actions. Choose one of the categories below.***

The most common heart wounds are:

- _____ 1. Fear, doubt, unbelief
- _____ 2. Anger, hatred, rage, bitterness
- _____ 3. Rejection, abandonment, loneliness
- _____ 4. Financial lack, poverty, failure

Other common heart wounds:

- _____ 5. Sensuality, lust, pornography
- _____ 6. Depression, hopelessness, despair
- _____ 7. Grief, loss, sorrow
- _____ 8. Shame, guilt, condemnation

“Lord, what heart wound do You want to heal today?” Fix your eyes on Jesus, tune to spontaneous thoughts and record what comes to you. Note: You may have several heart wounds (several of the above 8 categories).

Also, you may add a word(s) to a category. For example with category 2, you may end up listing anger, hatred, rage, murder.

Take the time to do the above exercise well because you are going to go through all seven prayers with this heart wound during the next few weeks. I suggest you check with a loved one and have them confirm the heart wound you

are working on, or maybe they will help clarify it. Their confirmation/clarification is priceless, because you want to be hitting the nail exactly on the head so you have the maximum opportunity to fully heal your heart wound(s).

If you have more than one heart wound, repeat the exercises in the weeks that follow for additional heart wounds. In class you will be working with one issue only. However at home you can take the time to work on other heart wounds.

The key is to apply all seven prayers to **each** heart wound, and do a Bible meditation and memorial stone celebration for **each**. So if you are going to work on additional heart wounds at home, then print out “Contributing Strands Worksheets” and fill in for each additional heart wound. Download freely from: www.cwgministries.org/strands.

SESSION 5 – GENERATIONAL SINS AND CURSES

Teaching notes begin on page 8.

At the close of Session 5 go immediately to Session 6.

SESSION 6 – UNGODLY SOUL TIES

These activities correspond with the teaching notes beginning on page 9.

CLASSROOM DISCUSSION QUESTIONS (AFTER THE DVD SESSION HAS BEEN VIEWED):

1. Confess together the following statements:
 - Generational sins and curses pass sin energy down through the family line.
 - Soul ties are close bonded relationships or contractual agreements which allow energy to flow from one to another.
2. Ask for people to share thoughts, comments or questions about the teaching segment.
3. Let volunteers quote memory verses from previous weeks and share what God has spoken to them concerning the verse and perhaps have them also break into groups of two to share memory verses.
4. If you have time, people may share their stories of what they experienced as they prayed these prayers along with the DVD or at an earlier time in their life.

EXERCISES TO PROMOTE ONGOING REVELATION AT HOME:

1. **Memorize** the following:
 - Generational sins and curses pass sin energy down through the family line.
 - Soul ties are close bonded relationships or contractual agreements which allow energy to flow from one to another.
2. **Journaling:** Re-pray the first two prayers (breaking generational sins, and severing ungodly soul ties) which you did in class. Do it in the quietness of your home in your personal prayer time, allowing the Holy Spirit to deepen the healing process. Ask God to remind you of all you have soul ties with who are contributing to the heart wound you are processing. Pray the “severing of ungodly soul ties” with each person. Do this one at a time. Use vision. See them in your mind’s eye. Speak that you forgive them and honor them and release them, and then cut the ungodly soul tie. Use your hand and do a cutting motion (as with a sword) and see the wire/cable cut and fall to the ground.

Tune to your heart as you do this
(flowing thoughts, flowing pictures)

and flowing emotions). Do not make this prayer mechanical! That is of **no** value. It must come from your heart, which means you are tuned to flowing thoughts, flowing pictures, and flowing emotions. **Do this!**

You may need to do this with many people. I did. Every morning I would wake up with more people on my mind I needed to sever the ungodly soul tie with. Over a couple of weeks I severed ungodly soul ties with more than 20 people. As you do this, you feel more and more free. Do not minimize this. Do it with each person individually so your healing is complete and not partial!

Journal what God says and does for you. List any visions or words you receive.

If you are doing more than one heart wound at a time, then repeat the entire process above for the second heart wound you are processing.

SESSION 7 – NEGATIVE EXPECTATIONS

Teaching notes begin on page 9.

At the close of Session 7 go immediately to Session 8.

SESSION 8 – INNER VOWS

These activities correspond with the teaching notes beginning on page 11.

CLASSROOM DISCUSSION QUESTIONS

(AFTER THE DVD SESSION HAS BEEN VIEWED):

1. Confess together the following statements (and for homework, memorize them):
 - Negative expectations are unbiblical beliefs that generate sin energies which pressure one toward acts of sin.

- According to your faith be it unto you (Matt. 9:29).
- Spirit-anointed expectation (faith) is the light that drives out the darkness of negative expectations.
- Inner vows are the promises or statements one makes as a result of the negative expectations he holds.

2. Ask for people to share thoughts, comments or questions about the teaching segment.
3. Let volunteers quote memory work from previous weeks and share what God has spoken to them concerning the verse. Perhaps also break into groups of two to share memory verses.
4. If you have time, people may share their stories of what they experienced as they prayed these prayers along with the DVD or at an earlier time in their life.

EXERCISES TO PROMOTE ONGOING REVELATION AT HOME:

Take plenty of time to prayerfully reflect and fill in the worksheets on negative expectations and inner vows, and countering revelation from God, and godly purposes. You should complete pages 14 and 15 all the way to the bottom and all the way across. Do not do half a job. You do not want half a healing! Use a pencil (not pen), so you can change things if you realize you listed a vow, and it was really a belief, and you listed a belief and it was really a vow. So you may be switching things for a bit until you get used to doing this. Enlist a prayer partner to help you clarify your beliefs and vows and what God is saying about these.

This is done in heart prayer, which means you tune to flowing thoughts and flowing pictures and flowing emotions. Ask God to show you your ungodly beliefs and corresponding inner vows, and then ask Him to speak a countering

truth to you and the godly purpose He wants you to commit to. This must be done from your heart. It must come from flow. You need divine revelation to drive out the darkness.

Once the page is filled all the way down and all the way across, make sure you pray aloud across each line. Repent of your beliefs in column 1 and 2, on page 14, and then affirm in faith the spoken confession found on the corresponding columns on page 15. Tune to flowing thoughts and pictures and emotions as you do this. Repeat it if you don't feel it the first time. Do not rush. Do not make these head prayers (rational, analytical prayers). If you do, they will have no value and you will not be healed. Make these heart prayers. Take your time.

You may want to take some of the godly beliefs in column one on page 15 which God gives you and go to your journal and say, "God, would You please expand this and show this to me in more detail?" Then journal a few paragraphs from God. The more light you bring in the more darkness will be removed. Darkness is not removed by attacking it. Darkness is removed by bringing in the light. So get as much revelation as possible from God. This can come as illumined Scripture verses, or as two-way journaling where God speaks into your heart and you record it. Most likely, what you receive will be a combination of illumined Scripture and two-way journaling.

Demons anchor in these ungodly beliefs, so if you are going to get delivered and stay delivered, then this assignment must be done thoroughly.

If you are using a "Contributing Strands Worksheet" and working on healing more than one heart wound, then you will repeat the entire process above for the second heart wound, and

the third, etc. I (Mark Virkler) took about six months to complete the entire Prayers That Heal the Heart process, doing all seven prayers with concordance meditations to seal the victories, for each of several heart wounds I had. You can see my concordance meditations as appendices at the back of the *Prayers That Heal the Heart* book. It was worth it, as it is now many years later and I am still healed and still free. Take the time. Do it right. Get totally free. There is no rush. Total healing is the goal!

SESSION 9 – INNER HEALING RESOLVES TRAUMATIC PICTURES

These activities correspond with the teaching notes beginning on page 16.

Take 5 minutes and begin the prayer exercise as instructed at the end of the session. Ask God to bring to your remembrance several scenes from your past, which when you look at them, contribute to the heart wound you are healing. Jot these down briefly, using only 3-5 key words. (No details please, as it does not help you to recite a blow by blow account of the hurt. What heals is Jesus walking into the hurtful scene and speaking and doing things. You can recite and write down in great detail what Jesus says and does. Remember, we gaze at the light not the darkness. Whatever we look upon grows within us.) You will do the inner healing part of this exercise for homework.

Now go to Session #10. You will note that we go straight to deliverance, and skip over word curses (found on page 18). That is because we added the teaching on word curses after we did the video recording. So please review and apply the instruction on "word curses" on your own, before you try casting out demons. The teaching is short and clear and quite easy to do.

SESSION 10 – DELIVERANCE

These activities correspond with the teaching notes beginning on page 18.

CLASSROOM DISCUSSION QUESTIONS

(AFTER THE DVD SESSION HAS BEEN VIEWED):

1. Confess together the following statement: Inner healing is allowing God to replace the pictures in the art gallery of your mind, removing pictures that do not have Jesus in them and replacing them with pictures that do have Jesus in them.
2. Ask for people to share thoughts, comments or questions about the teaching segment.
3. Ask if anyone needs input in discerning their ungodly beliefs or inner vows from last week's sessions. If so, brainstorm/heart storm and help them.
4. Ask for a volunteer to share an inner healing experience they have had, either during the DVD, or at some other point in their life.

EXERCISES TO PROMOTE ONGOING REVELATION AT HOME:

1. **Download two files:** "Deliverance-Pictured" and "Deliverance Cheat Sheet" from www.cwgministries.org/freebooks. These files will give you additional valuable information on how to most easily get demons out.
2. **Memorize the following:** Inner healing is allowing God to replace the pictures in the art gallery of your mind, removing pictures that do not have Jesus in them and replacing them with pictures that do have Jesus in them.
3. **Inner healing journaling exercise:** On page 16 column 1, list 3-6 painful

memories which come to mind when you ask God to remind you of unhealed scenes which are contributing to the heart wound you are healing. Then in prayer, ask Jesus to please show you where He was in **each** these scenes, and look for Him. When He appears, invite Him to move freely and tune to flowing thoughts, flowing pictures and flowing emotions, and record what Jesus does. Receive His healing for each scene. If it is an extremely painful scene, you may want to ask a prayer partner to be present praying with you and helping you encounter Jesus, and recording what Jesus says and does. Let these wonderful new pictures displace the old ones. This removes anchors which demons attach themselves to.

4. Discerning and listing demons:
 - You discover the names of demons within you by reviewing your ungodly beliefs as listed on page 14. For example, if you have a statement like "I'll probably fail" then I would list demons' names as failure, fear of failure, defeatism. Go through all your ungodly beliefs and list all potential demon names on a sheet, and then cauterize them as described on the "Deliverance Cheat Sheet."
 - Once you have completed all your prayer work thoroughly for the first 6 prayers, then get together with a couple of deliverance prayer counselors and spend 45 minutes or so getting them all cast out using the pattern recommended on the "Deliverance Cheat Sheet." See session 15 for a recommended way this could happen.

SESSION 11 – THE LAW OF THE SPIRIT OF LIFE

Teaching notes begin on page 20.

At the close of Session 11 go immediately to Session 12.

SESSION 12 – BEYOND HEALED TO ANOINTED

These activities correspond with the teaching notes beginning on page 21.

CLASSROOM DISCUSSION QUESTIONS

(AFTER THE DVD SESSION HAS BEEN VIEWED):

Ask for people to share thoughts, comments or questions about the teaching segment.

Ask people if they need help in completing the first 6 prayers. Assist those desiring help. Pray with them as needed.

EXERCISES TO PROMOTE ONGOING REVELATION AT HOME:

1. **Memorize:** Memorize what the five senses of your spirit are.
2. **Journaling:** Ask God to give you His dreams for each area of your life: family, personal, ministry, health and finance. Journal about a different area each day. Share your journaling with your spiritual advisors.
3. **Act:** Practice filling all five senses of your spirit, continuously, only with *rhema* and vision.

SESSION 13 – QUESTIONS AND ANSWERS SESSION

At the close of Session 13 go immediately to Session 14.

SESSION 14 – A MODEL HEALING PRAYER SESSION

An 80-minute prayer ministry demonstration working through the seven prayers with a counselee.

SESSION 15 – RECEIVING PERSONAL PRAYER MINISTRY – GROUPS OF 3 FOR THOSE DESIRING IT (2-3 HOURS FOR 1-3 WEEKS)

1. You may set up a night where everyone who desires comes together for deliverance prayer ministry. Group leaders get a list of all who want this prayer ministry and organize them into groups of three people each. The pattern is that two will pray for the third in the group. Once the first individual is ministered to, they may just go around the circle, repeating the process until all three are prayed for and everyone who desired deliverance prayer, received it. This will take three hours or so to complete. Follow the pattern on the “Deliverance Cheat Sheet.”
2. If your teacher does not schedule such an event then you will need to go to a couple of prayer friends of your own and give them the “Deliverance Cheat Sheet” and your completed list of demons, and ask them to pray deliverance with you. Don’t rest until this step is completed and your heart is completely free. Fight for total freedom, even if it takes several sessions.
3. Then fill the areas of your heart with God’s light through a Bible meditation (or several Bible meditations, if you are getting healed of several heart wounds). Take the time to do this well! Use your devotional time for the next few months to complete these Bible meditations. Satan will try to come back. You are building a wall of defense to ensure he cannot enter. **Build a solid strong wall. Maintain your victory!**
4. Establish your memorial stone(s).
5. Be healed by applying all seven prayers!

Discover 11 Spirit-Anointed Training Modules

DVDs – CDs – Books – Workbooks: Available individually or as discounted bundles

Ideal for personal and small group use! The DVDs bring an anointed teacher to your group, while the books and workbooks ensure you internalize the new skills being learned and are completely transformed by them. The CDs allow you to review while driving, working or exercising, and you can even hire a Personal Spiritual Trainer to coach you through the entire training process for \$1 a day. Or take it one step further and become a distance learning college student with our instructors!

Available at: www.CWGMinistries.org
Phone: 1-800-466-6961 or 716-681-4896

4 Keys to Hearing God's Voice – 10 sessions

Wouldn't it be wonderful to clearly hear God's voice every single day for the rest of your life? Did you know that God is always speaking to you? Do you know what His voice sounds like? You can receive daily counsel from the Wonderful Counselor Who teaches you how to live in faith, hope and love and Who guides you in cultivating great relationships with family and friends. Discover divine patterns for approaching God and four vital keys that will allow you to clearly hear His voice every day. Intimacy with God will be enhanced as you learn how to discern His voice from other voices which clamor for your attention and to record what God reveals to you using two-way journaling as you confirm it through a variety of methods. You WILL experience Jesus' promise that, "My sheep hear My voice" (Jn. 10:27). Your life will be transformed!

Prayers That Heal the Heart – 13 sessions

Are you tired of ineffective prayers for healing? Learn how you can experience complete healing of the wounds in your heart by applying specific prayers to each heart wound. These seven supernatural prayers will allow you to use the language of the heart to break generational sins and curses, sever ungodly soul ties, replace negative beliefs with God's promises, renounce inner vows, receive divine visions, break word curses spoken over you, and cast out every demonic stronghold that has connected itself to these inner wounds. We will teach you how to stay healed by guiding you in an intensive Bible meditation experience where you receive revelation knowledge from God, which closes the door so the adversary cannot return.

Hear God Through Your Dreams

– 5 sessions plus follow-up practice sessions

Wouldn't it be nice if you could receive counsel from God every night of your life, even while you sleep? You can, because the Bible declares that God counsels us at night through our dreams (Ps. 16:7)! We will examine the dreams in the Bible to see how they illustrate this principle, and how God speaks to His children through their night visions (Num. 12:6; Acts 2:17). We will explore our own dreams, learning the symbolic language of our hearts in order to discern the divine wisdom they are revealing to us. Let the Holy Spirit be your Teacher as you learn to interpret His messages to you through your dreams!

Spirit-Anointed Teaching – 3 sessions

Discover how you can be a Spirit-led communicator. As a parent, a co-worker or a friend, you want the skill of sensing another's heart and communicating directly, heart to heart. This training is for everyone! When you teach, you are to make classtime a time of experiencing God and sensing the transmission of the life flow of the precious Holy Spirit among the participants. Learning is to be much more than a study about God. It is to be an experience *with* God. This training will teach you how to make every learning experience or class a time of encounter with the Lord, where each one receives an impartation of the anointing of the Holy Spirit.

Five Fold Team Ministry: Make Winning Teams!

– 1 session

You will become much more successful by learning to surround yourself with fivefold teams. The Bible declares that in the multitude of counselors there is safety (Prov. 11:14). Discover a practical way to create teams who advise you in every area of your life and to ensure that these people together manifest the five heart motivations of Ephesians 4:11 (apostle, prophet, evangelist, pastor and teacher). When you draw out the input from everyone on your team, you receive a variety of perspectives and a much better overall revelation of how to move forward effectively in whatever area you are pursuing.

Counseled by God – Emotional Wholeness Through Hearing God's Voice

You do not have to hurt forever. There is an end to the pain. A genuine word from the Lord heals the broken-hearted. All the "how to" books can never do what a *rhema* word from God can do for the inner man. We will let God speak to our hearts and counsel us about the basic emotional pressures of life. These include anger, doubt, depression, condemnation and inferiority. We will learn to let God replace these with His opposites, as His voice releases His grace within our hearts. Those whom the Son sets free are free indeed.

13 sessions – Average length: 30 Minutes

Naturally Supernatural – Releasing Christ Continuously, Easily, Powerfully

How do we naturally let Jesus live through us? How do we "abide in Christ" (or "let go and let God")? How do we move from "self-consciousness" to "Christ-consciousness"? In this series you will discover how to return to God's original design for mankind as was demonstrated by Adam and Eve in the Garden of Eden. Four key truths are discussed in the three sessions, and two journaling times are included in the training experience.

3 sessions – Average length: 35 Minutes

How to Speak in Tongues – It's Easier than Most People Make It!

Mark Virkler shares what God taught him that released the gift of speaking in tongues in his life and leads you into receiving this gift as well.

1 session – Length: 26 Minutes

Divine Healing Toolbox – Make Healing Prayer More Effective

Discover a host of practical suggestions for how to make prayer for physical healing more effectual. This DVD assumes you believe in divine healing and are interested in learning about specific prayer approaches and tips which have been found to increase the healing anointing.

1 session – Length: 26 Minutes

How to Walk by the Spirit – Defining Spirit Sensations So We Can Walk in the Spirit

It is only as we minister in the anointing of the Holy Spirit that we can effectively touch the hearts of others. This practical course trains you how to sense the Holy Spirit Who lives within you, how to get to know Him as a Person, and how to release His power to heal a hurting people.

9 sessions – Average length: 50 Minutes

Through the Bible – 83 sessions

Wouldn't you love to have an anointed storyteller at your side, opening for you God's unfolding plan for mankind as you journey through the Bible from cover to cover? That is exactly what we have prepared for you as you listen to Dr. Andrew Hardy, a British scholar, masterfully unfold God's Story of Redemption from Genesis to Revelation. As the disciples on the Emmaus road walked with Jesus they said to one another, "*Were not our hearts burning within us while He was speaking to us on the road, while He was explaining the Scriptures to us?*" Likewise, the Holy Spirit can explain the Scriptures to us today, and grant us insight and revelation (Eph. 1:17, 18) as we meditate through Scripture!

**Purchase CDs, DVDs, Workbooks and Small Group Curriculum from
www.CWGMinistries.org**

Order Line: 1-800-466-6961 (716-681-4896 outside USA)

Check back regularly to discover new DVD series as they become available, or sign up for our FREE monthly email newsletter to hear about new products as they are released!
Session titles and lengths listed at: www.CWGMinistries.org (Small Group Curriculum)

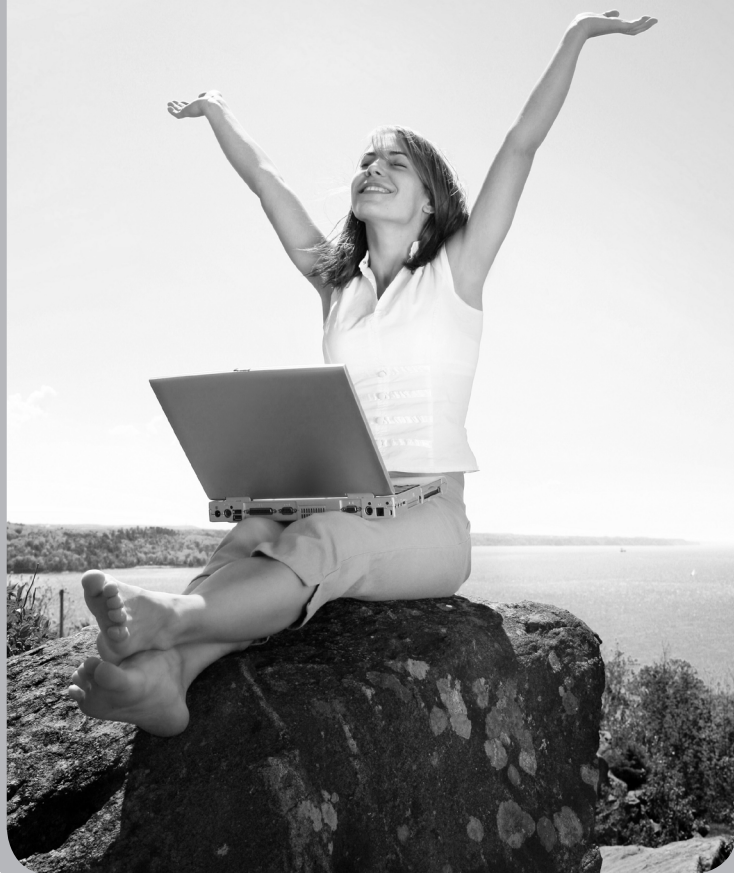
Christian Leadership UNIVERSITY

Bringing the voice of God to your learning experience

“The classes have been beyond anything I had hoped for. This has been *more like an adventure than school.*”

Vanessa Tinsley-Stone

You are invited to experience the life-transforming power of the voice of God, which is the central focus of our distance learning college program. Why settle for dry education when you can, with profound consistency, receive divine revelation through every step of your educational journey?



Earn an Associate's, Bachelor's, Master's or Doctoral degree in any of these majors:

Biblical Studies
Christian Arts
Christian Counseling
Christian Entrepreneurship
Christian Leadership
Divine Healing
Intercession
Ministry
Missions & Evangelism
Prophetic Ministry
Theology
Worship Ministry
Youth Ministry

Are you looking for...

...a **practical**, relevant learning style that focuses on real-world problems and develops powerful, life-enhancing skills?

...a true learning *experience* where you **encounter the Holy Spirit** and receive His divine revelation on a subject?

...an **alternative** to the traditional classroom style of lectures, memorization of trivial data and rote repetition of dry facts?

...an **inexpensive, flexible** program that can be completely custom-tailored to your needs and desires?

If so, CLU is the right choice for *you!*

Call 1-800-466-6961

or

Visit www.cluonline.com today
for *free* streaming audio 

4 Keys to Hearing God's Voice