

As Dr. Neil T. Anderson teaches, “learning the truth of who you are in Christ and receiving it, means learning to live free”. Exposing and dealing with lifelong lies is important because:

- 1) Lies affect the way we interpret life around us.
- 2) Lies affect the way we choose relationships.
- 3) Lies create perpetual life themes and ‘replays’.
- 4) Lies cause shame, guilt, fear, etc., which we bring into current relationships – hindering intimacy.
- 5) Lies create “bottomless” voids that we need/seek to fill through relationships, addictions, others’ opinions, status, performance, etc.



SUGGESTED RESOURCES:

- www.lovehealstv.com
- “*The Bondage Breaker*” by Neil T. Anderson
- “*A Guide for Listening and Inner-Healing Prayer*” by Rusty Rustenbach



PRAYER COUNSELING

PURPOSE:

To assist believers in the pursuit of inner freedom and resolving personal and spiritual conflicts.

See, I am doing a new thing!
Now it springs up; do you not perceive it?
I am making a way in the wilderness
and streams in the wasteland.

ISAIAH 43:19



West Highland

Making the *Word* fully known

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WHAT IS PRAYER COUNSELING?

Prayer counseling is a ministry of prayer, in the power of the Holy Spirit through listening prayer to bring emotional healing and transformation to the whole person. “Binding up the brokenhearted and setting people free (Luke 4), takes place in the mind, the emotions, our incorrect thinking about ourselves or about God, painful memories and future worries in order to experience what Jesus meant when He promised healing and freedom.”

By helping people deal with emotional strongholds such as unforgiveness, sexual issues, trauma, rejection or anger, the power of Christ and His truth is brought to bear on the root of their emotions and problematic behaviours.

PRAYER COUNSELING IS NOT...

- Behavior modification
- A substitute for medical treatments or professional counseling
- New age or secular techniques, guided imagery or visualization
- Adding anything to salvation or changing the gospel — it is simply helpful in the process of transformation (sanctification)

We count it a blessing and a privilege to have witnessed God leading many people to freedom in Christ over and over since this ministry began.

WHAT DOES PRAYER COUNSELING LOOK LIKE AT WEST HIGHLAND?

The ministry and team of individuals has been functioning and facilitating at some level since early 2010 with the support of the Elders and leaders. In February of 2012, the ministry was formally commissioned by the Elders. The prayer counseling team is part of West Highland’s Discipleship Ministries.

We believe prayer counseling is one of many tools God has given to the Church to facilitate transformation and the “tearing down of strongholds”. Here are some ways it is beneficial:

- By working through scripted and personalized prayers, with the help of the Holy Spirit, to identify any root causes of emotional and/or interpersonal conflict. Once those areas are identified, prayer and the Spirit work together bringing healing through a truth encounter, forgiveness, or renunciations.
- Being shown God’s truth in a personal way with application by the Holy Spirit to individual issues and/or memories— personal/specific truth that always lines up with written Biblical truth.
- Incorporating the practice of listening prayer.

HOW DOES CHRIST “HEAL OUR HEARTS OR EMOTIONS”?

Emotional healing is based on the premise that no one can have a feeling without a corresponding thought of memory that is the source and origin of that feeling. Often hurtful, painful or destructive feelings relate to older (often traumatic) memories. They still hold emotional power because of resulting vows, unforgiveness or lies held now in the mind as a stronghold.

THE BIBLICAL BASIS FOR THIS HEALING WORK IS:

- Romans 12:2
“Be transformed by the renewing of your mind.”
- 2 Corinthians 10:4-5
“Our weapons are mighty in God for tearing down strongholds... We take captive every thought to make it obedient to Christ.”
- John 8:32
“Then you will know the truth, and the truth will set you free.” The healing process promoted here requires that we hear and accept the truth of Jesus Christ internally, and then live out that truth in faith. Jesus will transform our past, present and future thinking so that we can live in freedom.
- Galatians 5:1
“It is for freedom that Christ has set us free.”