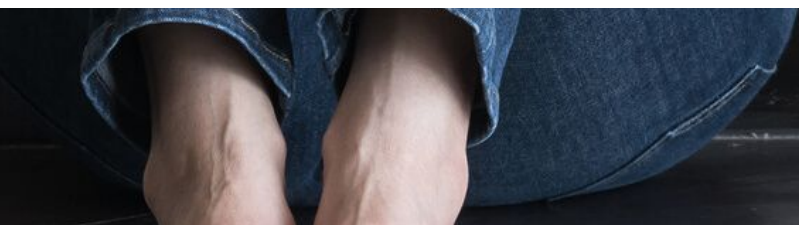


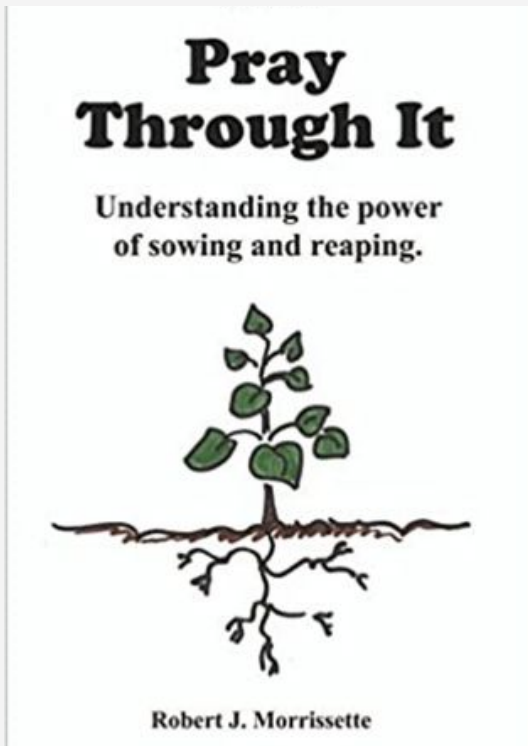


PRAYING THROUGH ANXIETY AND UNRESOLVED ISSUES

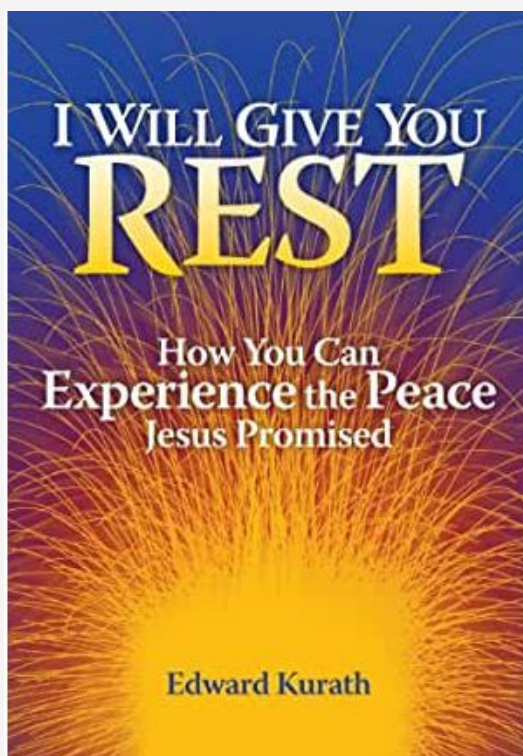
A SIX-STEP PRAYER PROCESS FOR PERSONAL USE AND PRAYER MINISTRY



Adapted from these two books...



Recently published Christian books on church leadership emphasize that organizational health is restored, not only with vulnerability-based discussions, but vulnerability-based prayer. Anxiety and tension in the workplace may be work-related; but it also may come from family of origin.



Below is a simple 6-step prayer process that can be practiced by individuals and teams; the purpose of which is to pray through relational difficulties that affect us at work and in our personal lives.

01 TELL: TELL JESUS WHAT HAPPENED

Psalm 142:2 "With my own voice I cry to the LORD; with my own voice I beseech the LORD."



This involves your mind and allows you to share your story - the recollection of all of the painful events. Doing this confirms your experiences by identifying the root issues associated with the bad fruit; as well as, to clarify what tempted you to make your sinful responses. When telling Jesus our stories, we get to tell Jesus our stories.

02 SHARE: SHARE WITH JESUS HOW YOU FELT

Hebrews 4:15-16 "For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has similarly been tested in every way, yet without sin. So let us confidently approach the throne of grace to receive mercy and to find grace for timely help."



This step allows your heart to feel heard- heard by those with whom you are praying and by Jesus. Almost all root issues involve experiences when your heart wasn't heard - making this part especially important - and giving you the opportunity to express your feelings. Jesus wants us to pour out our hearts, to share what we've experienced in Him. The Psalms are filled with this. Often, the psalmist shared exactly how he felt, even if it seemed to contradict what he knew to be true. Often the psalmist, after sharing his pain, was able to acknowledge the truth, and praise the Lord, despite his feelings.

03 CONFESS: CONFESS TO JESUS YOUR SINFUL RESPONSE

Psalm 38:18-19 "I am very near to falling; my wounds are with me always. I acknowledge my guilt and grieve over my sin."



This involves your will by acknowledging your part in what happened and admitting that you are responsible for your sinful responses, regardless of what happened. For Catholics, the Sacrament of Confession is a divinely ordained way to not only confess your sins to Jesus, but to receive the healing balm of absolution.

04 FORGIVE: FORGIVE THOSE WHO WRONG YOU

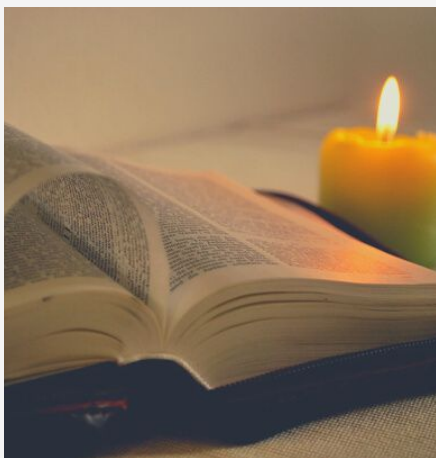
Ephesians 4:32 "Be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ."



This involves your will, as well as the choice to release those who hurt you. Yet, more importantly, this step begins to restore your sense of choice - that you are not a victim, nor do you have to remain one. Forgiving (and being forgiven by God) is the key to accessing God's provision for taking away our sin. It is the only door to freedom. It is the only means available for stopping the bad fruit in our lives and to stop doing the things we hate. Forgiveness says, "Even though you hurt me and owe me a debt, I am writing it off. You owe me nothing. It is not my place to make you pay, and I release you to the judgment of Jesus. He is the just judge and he will rightly decide the case. If there is any penalty, he will collect it."

05 RENOUNCE: RENOUNCE ANY SINFUL NEGATIVE DECISIONS

2 Corinthians 10:5 "We take every pretension raising itself against the knowledge of God and take every thought captive in obedience to Christ."



This gives you the opportunity to give up the lies that you may have come to believe and to exchange them for what God says is true. With every act of affirming goodness, there is a corresponding duty to renounce evil. Often, when we're hurt by people, we are tempted to believe lies about ourselves, others, and/or life. These lies become ingrained in us. These negative decisions are what are known as strongholds. They create negative expectations within us. They tempt us to anticipate more of the same treatment. They may even tempt us to treat others in the same manner in which we were treated. God has a remedy for such things: In 2 Corinthians 10:5 we are instructed to tear down strongholds and those things that have been raised up against the knowledge of God.

Examples: "I renounce the lie that _____." "I give up the belief that _____." "I no longer agree with my belief that _____."

06 RECIEVE: RECIEVE PRAYER FOR HEALING & FORGIVENESS

James 5:16 "Therefore, confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful."

This involves your willingness to humble yourself to receive God's blessing through another. This allows someone else to be blessed by being a part of your healing. God uses us to bless one another. Though it's God who forgives us and heals us, He uses our prayers for one another to bring about blessing (James 5:16) [Within the Catholic Tradition, this blessing can begin with personal and shared-prayer but it culminates in the Sacrament of Reconciliation. Whenever someone pronounces God's forgiveness over you, it is freeing; especially if you struggle with condemnation and perfectionism.] In this context, praying through root issues is advantageous. If it isn't possible to pray through your root issues, that is okay. God will bless your prayers. In such cases, receive God's forgiveness, and believe his truth about you.

