



## How to Prepare for Your Ministry Session

God is a good & kind God! He desires you to have wholeness...

wholeness in spirit  
wholeness in soul (mind, will, and emotions)  
wholeness in body.

Journey to Wholeness is a gentle inner healing & deliverance ministry which:

- gently brings truth and healing to areas of wounding.
- helps free you from negative mindsets (fear, anger, bitterness, low self worth, etc) that keep you from experiencing joy and fullness of life.
- deepens your relationship and personal connection with Father God, Jesus and Holy Spirit.
- allows you to walk in ever increasing health and freedom, from a place of wholeness.

### Prior to Your Ministry Session...

#### 1. Pray.

- Pray for the Holy Spirit to expose any areas of unbelief or strongholds in your life.
- Pray for truth to be established in your innermost being.
- Pray for greater intimacy with the Godhead.
- Ask the Lord to highlight any individuals you may need to forgive in your session.

#### 2. Fast.

- ask the Lord if He wants you to fast.
  - He may direct you to fast food, or to fast from an activity (such as watching TV)
- ask the Lord when, and how long, to fast
  - you could fast one meal a day for a week, fast an entire day, or fast several days
  - if fasting from an activity, replace that activity with prayer, meditating on the Word, and soaking in His presence.
- Do not fast on the day of your session
  - you need to be alert and refreshed (not distracted by hunger or feelings of weakness)
- Do not feel guilt or condemnation if you “slip up” in some of your fast... God will honor what you are able to give Him!
- Do NOT FAST if it causes you to take on any form of condemnation, or a sense of “working” to earn God’s favor.

#### 3. Meditate on God’s Word.

- Psalm 107:20a: “*He sent forth His Word and healed them...*”
- Study and reflect on the scriptures on the following page.

#### 4. Relax.

- You can totally trust the Holy Spirit – He is kind and gentle... and longs to bring you awesome revelation and truth!



## **Forgiveness – the Key to Freedom**

*During your upcoming session, it is very important that you prepare your heart to forgive those who have wronged you.*

---

Most people do not understand what forgiveness is- and they have a hard time forgiving those who have deeply wounded and hurt them.

They will say: “*well, it wasn’t fair*”... “*it was not right*”...  
or say “*how can I forgive, they do not deserve it*”

If these responses sound familiar, and express how you feel, you should know that:

- forgiveness does not mean that what they did to you was right
- forgiveness does not mean that they ‘get off free’
- forgiveness does not mean you give up all rights

### **Unforgiveness**

- does not hurt the one who harmed you, it hurts only you
- binds you in prison of torment, leading to bitterness, hatred and anger
- blocks the fullness of God in your life

### **Extending forgiveness does the following wonderful things:**

- you get to step out of the way & let God have direct line to that person
- it means you are relieved of the burden you have been carrying
- it frees you from a prison of torment
- it closes a door which allows the enemy to have access to you
- forgiveness is a choice - it allows you to say:  
“I choose to give grace”  
“I chose to let this person go into God’s hands”

---

*Forgiveness doesn’t excuse their behavior.  
Forgiveness prevents their behavior from destroying your heart.*

---

Take a few moments to reflect on the following scriptures:

**Matt. 6:14-15** “*For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.*”

**Matt. 18:21-35** The story of servant who would not forgive, after he was forgiven much. The master tells him: “*Shouldn’t you have had mercy on your fellow servant just as I had on you? In anger his master turned him over to the jailers (tormentors) to be tortured, until he should pay back all he owed. This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.*” (v. 33-35)

**Luke 6:37** “*Do not judge & you will not be judged. Do not condemn & you will not be condemned. Forgive, and you will be forgiven.*”

***Forgiveness is not optional – it is a command from the Lord.  
Forgiveness is a choice you make, and it is not based on a feeling.  
Forgiveness is vital to deliverance & freedom - so come prepared to forgive  
in your ministry session.***