

Healing Prayer Process and Manner by Cyndy Lavoie

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Receiving Jesus Christ as Saviour is the first step towards freedom. As we continue to walk with Him we then begin to bring His freedom into very specific areas of our life.

Increasing His light within our own hearts and lives has us experiencing freedom and the lightness of the Lord in increasing measure.

Freedom in any area of life comes about through a process before the Lord. This the Lord taught me through the course of many years in prayer ministry personally and alongside others.

It is a process of:

1. Confession
2. Repentance
3. Renouncing
4. Breaking
5. Cancelling
6. Claiming
7. Sealing

This process of prayer can be used to become free of:

1. Specific personal sins ie: actions, choices, lies we believe, heart attitudes, etc
2. Unholy soul ties we may have with others
3. Generational strongholds passed down to us by our families
4. Bitter-root judgments or inner vows we have made

KEY: While the basic steps are outlined here always give space for the Holy Spirit to bring this process alive through fresh emotions, prophetic word and pictures, and through our own simple words of love to our God.

A few things to keep in mind before using this:

1. **Always begin with prayer.** Set the space and time for the glory and purposes of God. Invite the voice and wisdom of the Father. Silence any lying or deceiving or confusing spirits in the name of our Lord Jesus Christ. Cancel all spirits of fear. Something like this,

“God we gather together in the name and the blood of our Lord Jesus Christ. We commit this time and this place for your glory and honor. We invite you. We declare today that it is your

voice, wisdom and insight that we require. To all lying, deceiving, or confusing spirits I say 'Silence in the name of our Lord Jesus Christ'. We invite your voice and your voice only God."

2. **If at any time in the process there arises any fear simply confess this.** *"God I confess that I am afraid."* And then, pause for a moment to rest in his presence, to cease from frantic thrashing (that can show up in our words or prayers), and to wait on him a moment. It is the enemy that rushes about, not God. In the power of our Lord we can pause to worship (at any point in this process) and to give thanks. This ceases our participation in frantic fear. Remember, fear is to the enemy as blood is to a shark. Confess your fear and in this step back under the covering of our Lord.
3. **Speak out the name of our Lord Jesus Christ.** The only authority we have is the authority established for us and on our behalf by the work of Christ on the cross. The only name any demon need listen to is the name of our LORD JESUS CHRIST. So use this lots. A fancy prayer or even a well-thought out process is not what frees us. Only the work and authority of Christ is what free us, so in his name we state our declarations. Note: Use his full title and name, 'Lord Jesus Christ.'
4. **Work through one thing at a time.** There are sometimes those that would want to bring everything to the Lord at once. I have found this is a distracting tactic of the enemy, and part of fear in fact. Rather, we enter into deliberate freedom in an intentional and methodical way. One thing at a time.
5. **Discern what specific thing to bring before the Lord.** Before the actual praying through there is often significant discussion and prayer to discern the exact stronghold/lie/fear/bondage that we are bringing to the cross. The actual praying is the short part. Do not rush to pray until there is clarity about what you are praying about.
6. **Do not enter into this flippantly.** This is hard work. This is deep work. Take your time. You are entering into the Holy of Holies before our God and to do this without adequate reverence and respect leaves us without a covering. This is not a party game.
7. **For trauma work do this with the help of another.** While we can pray through many things in this way on our own, the Body of Christ is designed to work standing alongside each other. We are to be agents of healing in each other's life. I therefore strongly suggest that if you are dealing with deep wounds of trauma, loss, disillusionment, etc that you find someone who can gently pray this with you.
8. **Agree together in the Lord.** Besides the specific power afforded us by Christ and his work on the cross the other basis for spiritual authority is the principle of agreement. *"Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven."* Matthew 18:19 When two are working together always double pray this. I lead the client through this prayer and then I reiterate it again in full agreement with him/her and with our Holy Spirit. (If you are using this to pray through things on your own, you are in fact praying in agreement with the Godhead and so that is your agreement.)
9. **Use simple questions and short sentences.** One of the things that bogs us down in our experience with God is that we often come with a profusion of words. We use words to cover up, to hide behind, to make ourselves appear better than we are. And the problem with this is that we clutter the space in which we really need to be hearing the small quiet voice of our Lord. So when you ask a question for the purpose of clarity, when you declare truth or command the enemy to silence, etc, less words are always best. Simple is best. Use the fewest words possible before the Lord.
10. **After praying do not rush out of the experience.** You have entered a very deep place. It has been a very holy moment with your Lord. Ease out of this with gentleness, quiet voices, and slowly allow yourself to 'come back to earth'. Respect the process, yourself, and the Lord.

We begin with Confession and Repentance. Here in Steps 1 and 2 we take ourselves in hand, we humble ourselves before the Lord, admit to our sin, agreeing with God about the accurate state of our heart. It is an opportunity to take full responsibility for our part in what is not working in our lives. We set aside blame and excuses and victimization and simply come before God on our knees, bringing our stuff out into the light so that we may be healed.

1) **Confession.**

Confession is where we say "I did it". Confession admits to something that has gone wrong, and by our own heart and hand.

The ability to confess comes when we see clearly our sin. Those things that offend, deny, or outright attack the character of God. It is where we say "I did it".

*"God I come before you today confessing in the name and the blood of my Lord Jesus Christ to ____.
I realize that this is not the best for me, I've been hurting myself, others, and offending you God."*

**"Therefore, confess your sins to one another and pray for one another, that you may be healed."
James 5:16**

2) **Repentance**

Repentance is the place where we declare our sorrow over actions, thoughts, words, false beliefs, whatever it may be, that contradicts the glory and nature of God.

Freedom comes when we are repentant and when our hearts find remorse and sorrow for our sin. Repentance comes as a gift from the Father. The Bible is pretty clear that without the revelation of the Holy Spirit we will not understand or even see a need for repentance. We therefore gladly receive the gift of repentance.

And in response we simply state, "I am so sorry".

It is quite possible to have confession, "I did it", without repentance, "I am so sorry". But to have full freedom we must have both. First the acknowledgment of wrong-doing, and then the grief and sorrow regarding that.

"God I am so sorry."

"For godly grief produces a repentance that leads to salvation without regret" 2 Corinthians 7:10

Next comes Step 3 - Renouncing. As we renounce we are in essence beginning to stand up declaring that enough is enough. We realize that in the name of our Lord Jesus Christ we can advocate a new way for ourselves. Renouncing is about realizing our accurate position in Christ and that we are not hapless victims. We have choice.

3) **Renounce**

Renouncing is where we declare, "In the name of the Lord Jesus Christ, I say NO to this in my life."

*"I renounce (the name of the specific sin) in the name of my Lord Jesus Christ. Today I say
'Enough!', 'No More!'"*

Here we set in place new space and opportunity to believe new things, to see with clear vision, and to acquire new habits unto godliness.

This is where we hold our hand out so to speak, against the sin, against the stronghold, and declare “No More!”

“For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age” Titus 2:11-12

In Steps 4-6, Breaking, Cancelling, Claiming, we now stand to our full height alongside our Lord Jesus Christ. In his name and in agreement with the work done on the cross we take charge, we declare, we break old agreements with the enemy and we make new agreements unto God. Here in Steps 4-6 we wield the sword of the Spirit unto freedom and healing.

it is active and intentional work. We don’t ask for breaking, we break. We don’t ask for things to be cancelled, we declare them cancelled. We operate in full partnership alongside our God unto our own and others healing and freedom.

4) Break

Step 4 has us breaking the hold of the sin upon us.

This, all of this, can only be accomplished in our lives because of the work of Jesus Christ on the cross some 2000 years ago. He did the work, we merely bring it specifically into and over our lives. Breaking the hold of the sins over us goes something like this:

“I (name of self), stand in the name and the blood of my Lord Jesus Christ and I declare the stronghold of (the specific sin) broken off of my life. Where it has woven itself into my life, today I say ‘no more’ in the name of my Lord Jesus Christ. I remove its grip from my life, I break its hold, I sever its grasp, all in the name of my Lord Jesus Christ.”

Breaking the sin, using whatever picture the Holy Spirit gives us, can only be done through the authority of Jesus. It is why we keep saying His name so many times. ONLY the name of Jesus Christ has any power to break us free from sin’s death grip.

Note: The pictures I always receive for this step are images of giant weeds of sin being uprooted, chains being broken, strongholds of generational sin being pulled forward through time, the strong arm of the Lord Jesus Christ reaching back and rescuing, unholy bonds being broken, and all that is not of God being sent to the place where the true Lord Jesus Christ chooses to send it, sacks of burdens brought to the cross, and more.

For Yourself: Simply proceed as the Holy Spirit directs. There is real space here for the work of prophecy and declaration. Take your time, don’t rush through it. Sit in some silence and see how the Lord is leading you. If something seems missing in the process just ask Jesus what that might be. There may be something else to pray or declare. Rest in the Lord’s leading and guiding. He can tell you what you need to know. (and if you are afraid that he’s not showing up, confess this fear).

“Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?” Isaiah 58:5-7

5) Cancel

Once we have broken the specific grip of sin off of us, we can then cancel the accompanying things of the enemy, assignments, curses, and authority, that have come along because of the sin.

For instance, when we sin we agree with the enemies plans over our life. When we sin we enter into an agreement with Satan. By agreeing with Satan we have given him permission into our lives. This is like a legal document in the spirit realm, that then plays out in life-debilitating ways. Cancelling the assignments and curses and authority of the enemy is as simple as declaring it so. Here we take back the permission we once gave.

"I (insert your own name) stand in the name of my Living Lord Jesus Christ declaring that all assignments, authority and curses of the enemy be cancelled this day. I declare all things of the enemy in relation to this sin silenced and bound to ineffectiveness, No More! Today I declare a new contract written, this one unto the Lord with all glory and honor to him, all in the name and the blood of my Living Lord Jesus Christ."

"God made alive together with him, having forgiven us all our trespasses, by cancelling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross." Colossians 2:13-14

6) Claim

Claiming comes next. It is the place where we receive from God's heart and hand that which replaces the sin.

If there were something to replace the sin in your life, what might it be? (remember, forgiveness is already a given based on the work of Jesus Christ).

Here we receive (or ask and invite) into our lives all that is beneficial, to replace the stronghold of sin that is now cancelled. We then give God the thanks.

"In the name and the blood of our Lord Jesus Christ, I receive _____ from the heart of the Father. Thank-you God for this gift. I press it through my whole being, heart, mind, spirit and body in the name of my Lord Jesus Christ. Thank-you for making a way for me to glorify You God."

Here too simply pray what the Lord is pressing upon you. I get pictures of being washed in living water, of love being pressed into my clients being, of sand and grit and grime being cleansed away, of sinews and fibers of heart, mind, body and soul being strengthened.

If there has been much weariness and sorrow or loss I declare fresh strength, new delights, with a removing of crippling grief. Again, whatever and however the Holy Spirit leads just agree out loud with those words, images, and sensing. Here is powerful agreements unto life.

"Such is the confidence that we have through Christ toward God. Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God, who made us sufficient to be ministers of a new covenant," 2 Corinthians 3:5-6

In Step 7 we restate our intention of giving all glory to the Father, of claiming this work for him. In this we renounce any mucking of the enemy and we declare/set in place full protection over the heart and mind of the client. Thing is the enemy would like to muck about and draw our attention to himself, and in this way get some glory. We refuse this from happening by declaring that the glory belongs 100% to God. Here too we remove all temptation to take for ourselves any pats on the back for this work. We also set ourselves aside and simply worship and praise the one who makes all this possible - the One True God.

7) Seal this work.

Once we have 1)Confessed, 2)Repented, 3)Renounced, 4)Broken, 5)Cancelled and 6)Claimed we now seal the work. Covering it and protecting it with the presence of the Lord, sealing ensures that the enemy cannot muck about with the work done. It claims the work as part of the Glory of God and not anyone else.

“In the name of the Lord Jesus Christ, I declare this work sealed and kept for the glory of God and God alone. We stand against any mucking of the enemy and we say, it’s not going to happen, back off. Rather we wrap this work in the love of the Father, we breathe it through with the breath of the Holy Spirit, and we declare it covered in the blood and the name of our Lord Jesus Christ. With all glory and honor to you Father and for our future and delight, we say yes and Amen! ”

Language is powerful, and speaking God’s heart into our lives is powerful. Speaking and declaring in the Name and Blood of our Lord Jesus Christ is powerful.

“If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.” Romans 10:9

It is because of the work of our Lord Jesus Christ that we can stand in the same authority and declare freedom. We do this verbally, out loud for ourselves.

“Because if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.” Romans 10:9

This has been but a short summary of the process of bringing specific freedom into specific areas of our lives. We can do this because of the authority given us in Jesus Christ when we believe on Him. And when we do this for ourselves and alongside each other, out loud with our own mouths, we participate in the power of the Kingdom of God come to earth.

Here is a sample prayer of the entire process. I will use the example of exchanging a heart of stone for a heart of flesh as promised in Ezekiel 36:26b *“I will remove the heart of stone from your flesh and give you a heart of flesh.”*

“God I, Cyndy Lavoie, come to you today in the name and the blood of my Lord Jesus Christ. I confess Father to a heart of stone. It shows up in my manner with others, my lack of passion for you, and in the subtle depression that covers my life. I am so sorry. (steps 1 & 2)

Today though I say ‘No More!’ And in the name and the blood of my Lord Jesus Christ I renounce my heart of stone. Enough is enough. With the strong arm of my Lord Jesus Christ I reach back into my life to where this heart of stone first took hold and I remove it with no ill effects, fully and completely, leaving nothing behind. (steps 3 & 4)

The assignments, curses, and authority of the enemy to muck in my life because of this hard heart I cancel once and for all in the power and the name of my Lord Jesus Christ. And I receive unto myself a new heart of flesh. Thank-you God for giving me a heart of flesh. Teach me how to walk with it, how to feel again, how to be real in my relationships, how to become passionate for you. (steps 5 & 6)

Thank-you Lord. I simply declare your goodness around me. I wrap this work in the love of the Father and I breathe it through with the breath of my Holy Spirit. I reserve this work 100% for you God and you alone. I say ‘No’ to any mucking of the enemy, it’s not going to happen. I simply stand covered by the name and the blood of my Lord Jesus Christ with all glory and honor to you Father, and for my own future and delight I declare Amen and Amen.”