

# Preparing for your prayer session – Personal Reflection<sup>1</sup>

As you prepare to come for UNBOUND prayer ministry, you might find it helpful to reflect on and answer some of the questions below. These questions will help to bring to the surface things you will want to share in the session. This is for your private use only.

## Issue Questions

What would you like to come to ministry for?

Fill in the blank: *“If I could be set free from just one thing today, it would be \_\_\_\_\_”*

Is there a place in your life where you feel “stuck” and unable to act/think/feel as you really want to? This could be a thought pattern, an addiction, an emotional reaction, a pattern of events that seems to recur.

Have you ever been involved in occult practices like using Ouija boards or consulting horoscopes, tarot cards, palm reading, spiritualist church/mediums or fortune tellers? Has anyone in your family been involved in the occult? (See Appendix #1 of UNBOUND)

## Root Questions

When did the issue you wrote about above first start?

Do you feel there are any connections with this issue and events in your past?

Have you received prayer for this before? What happened?

Do other people in your family struggle with the same thing?

## Forgiveness Questions

What are the significant traumas in your life (i.e., loss, hurt, humiliation, fear, etc.)?

Have you forgiven the people involved in those events? Have you forgiven yourself? List anyone you think you still need to forgive, people you can't seem to forgive, or people you might need to forgive more deeply? (for more information see our Forgiveness Leaflet)

## Identity Questions

Briefly describe your relationship with God. Have you ever made a personal decision witnessed by someone else to say Yes to God - give yourself to Him as your Saviour, and follow Him as your Lord?

Is your relationship with God personal or is it distant? Do you find it hard to relate to God the Father? Jesus? The Holy Spirit?

In relationship to God, is it hard for you to see yourself as a son/daughter, disciple, servant, beloved, vessel, instrument, valuable, forgiven, desired, liked, etc. (There is no one right answer)?

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<sup>1</sup> use the questions on this sheet to make your own notes - the back of the sheet is left blank for you. See more Resources at [houseofmercy.org.uk](http://houseofmercy.org.uk)