

How to Pray for Healing.

The Five Step Integrated Healing Model.

“Integrated” because the model is concerned with God’s healing of the whole person: body, soul and spirit. This model was developed by John Wimber in the 1980’s.

Step 1 – The Interview (Where does it hurt?)

- Introduce yourself and ask their name.
- Ask, “What would you like Jesus to do for you?” Don’t assume you know. The question directs attention to Jesus as the healer.
- Ask the person what they think is wrong – Where does it hurt? When did it start? How did it occur? This will help you with step 2.
- Listen on a natural level (based on your experience, Bible knowledge, etc) and on a supernatural level (to the Holy Spirit).
- This is not a medical interview; medical discussions may delay healing prayer.

Step 2 –Diagnosis (What is the cause?)

- Overlaps with Step 1 and determines the type of healing prayer (Step 3).
- Ask questions. Be open to help from the Holy Spirit.

Natural factors:

- Living in a fallen (sinful) world (e.g. viruses, diseases, accidents, etc.)
- Sin
- Emotional/social (e.g. unforgiveness, grief, bitterness)
- Family background (e.g. poor heart, diabetes)

Spiritual factors:

- Demonic affliction (demons can cause blindness, deafness, paralysis, etc)
- Demonic oppression (compulsive behaviour, irrational fear, etc)
- A curse, possibly through occult associations

Step 3 – Prayer Selection (How should we pray?)

- What does God want to do for this person at this particular time?

Prayer directed to God

- Petition – ask for Holy Spirit’s presence and healing power
- Intercession – bring the person’s need before God
- Pray in the spirit
- With the laying on of hands, use anointing oil if available

Speech as a representative of God

- Command of faith in Jesus’ name directed towards a condition
- A word of declaration about what God is doing
- A prayer of rebuke directed towards an evil spirit
- Prayer of agreement (with others about what is the Father’s will)

Step 4 – Prayer Engagement (Are we making progress?)

Direct Prayer towards the problem

- Look for indications of the Spirit's presence
- Pray with your eyes open to cooperate with what the Spirit is doing
- Look for the Spirit's ministry gifts

Ask questions (God wont leave because you interrupt prayer with questions)

- Has progress been made?
- Healing may occur without any visible signs
- You may not be able to discern what the Spirit is doing
- You may need to go back over Steps 1 to 3.
- Is the person not expecting to receive healing?
- Is the person resisting what the Spirit wants to do?
- You may need to adjust your approach.

When to stop

- Healing is completed
- The Spirit is finished for now
- You've done everything you can
- The person being prayed for is getting tired or anxious

Step 5 – Post Prayer Directions (What happens next?)

- Rejoice with them at healing or partial healing that has occurred. Do not tell people to stop taking medication. They should go to see their doctor.
- Instruct on how to keep the healing (ask God for wisdom first). Explain that the enemy sometimes tries to re-establish the affliction a few days later by counterfeiting the symptoms.
- Encourage and exhort as appropriate
- Where applicable, direct them to continue with or follow through with any repentance that has begun in the ministry time.
- If healing has not occurred, affirm and encourage them to keep seeking God and to know that he loves them. Some healings take time. On-going prayer from a church or home fellowship group may be suggested.
- Do not give personal advice (leave counselling to the professionals).
- Never condemn a person for not receiving healing.