

Step-by-Step Guide to Prayer Partner Listening Prayer

Introduction:

Prayer partner listening prayer consists of prayer partners come together to listen to God's guidance and seek His truth in each other's lives. The goal is to identify and exchange false beliefs, strongholds, and negative emotions for God's truth and freedom. Here's a step-by-step guide to practicing this form of prayer:

Step 1: Prepare the Setting:

Gather in a quiet and comfortable space where you won't be interrupted. Begin by inviting the Holy Spirit into the room and declaring that the enemy has no power in this time of prayer.

Step 2: Choose Roles:

Assign two to three roles - the Guide (prayer leader), the Recorder (writes down impressions and insights), and the Prayee (the person seeking prayer). *If only two are present, the Guide can also be the Recorder.*

Step 3: Open in Prayer:

The Guide leads a brief opening prayer, inviting the Holy Spirit's presence and guidance. Pray for discernment, clarity, and that God's truth would prevail.

Step 4: Identifying Strongholds:

The Guide starts by asking the Prayee a question to uncover potential strongholds, negative emotions, or false beliefs in their life. For example, *"What is keeping you from experiencing freedom in Christ?"*

Step 5: Listen and Respond:

As the Prayee shares their thoughts and feelings, the Guide actively listens. The Holy Spirit may prompt the Guide to ask follow-up questions, diving deeper into the issues raised. The Prayee should focus on what they feel God is impressing on their heart.

Step 6: Discerning Truth:

The Guide seeks to discern whether the thoughts and insights shared are from God or elsewhere. They may ask questions like, *"Is this from God or from something else?"* This ensures that God's voice is being confirmed in the Prayee's heart.

Step 7: Identifying Root Causes:

If a stronghold or negative emotion is identified, the Guide continues asking questions, leading the Prayee to explore the root causes. For example, if anger is identified, the Guide may ask, *"Can you remember when this anger first took root in your life?"*

Step 8: Surrender and Replacement:

The Guide guides the Prayee through a moment of surrender. They encourage the Prayee to lay down the identified stronghold or negative emotion before God. The Guide then asks God to reveal what He wants to give the Prayee in exchange for what they're letting go.

Step 9: Continuous Prayer:

This process can be repeated for other areas if needed. The Prayee can continue identifying strongholds, surrendering, and receiving God's truth as long as they desire. The Guide's role is to facilitate the conversation, ensure it stays centered on God's guidance, and create a safe environment for vulnerability.

Step 10: Encourage Continual Listening:

Remind the Prayee that this practice is ongoing. Encourage them to listen to God's guidance daily, journaling their thoughts, and seeking His truth. Highlight that this process helps crowd out false beliefs and fill their hearts with God's identity.

Step 11: Closing Prayer:

The Guide leads a closing prayer, thanking God for His guidance, truth, and the freedom experienced during the session. Pray for continued growth and transformation in the Prayee's life.

Step 12: Line Up with Scripture:

After the prayer is complete, refer to the Bible to align what was revealed in prayer with what God says in His Word. Use the new understanding of truth, with the Scriptural foundation and write it down as a regular reminder of this new paradigm.

Conclusion:

This is a transformative prayer practice that enables prayer partners to listen, seek, and exchange with God's guidance. Through this method, individuals can experience freedom from strongholds and negative beliefs, allowing God's truth and identity to shine in their lives. This practice can be repeated over time, enabling continuous growth and intimacy with God.