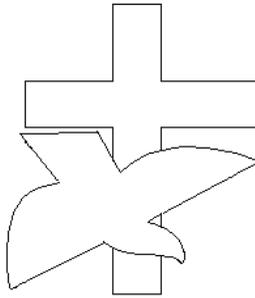


Interdenominational Divine Healing Ministries



**WELCOMING THE HOLY
SPIRIT TO FLOW INTO
EVERY PART OF US**

PRAYING FOR OURSELVES

HOW TO PRAY FOR OURSELVES

This is a way of praying that allows us to welcome the Holy Spirit to flow into every part of us. We can either sit in a chair or lie down on the bed. I prefer to lie down. If you decide to sit try to keep both feet on the floor, hands on your knees or thighs, back straight but not tense, eyes closed. Try to keep your body as still as possible throughout the time of prayer.

The whole prayer lasts between 20 and 30 minutes.

- 1. Start by relaxing your whole body.** Go through each part in turn – your head, your shoulders, your arms, your hands, your body, your legs, your feet, every part of you. If you are finding it difficult to relax ask the Lord to help you. This stage lasts about 3 or 4 minutes.
- 2. Come close to God** in whatever way is appropriate for you. You can do this by talking to the Lord, praising Him, saying the Lord's Prayer, just remaining quiet, picturing Jesus on the Cross (remembering that He won there a victory over everything that oppresses us), whatever is helpful to you. This is important. Try to keep your mind focused. This stage also lasts about 3 or 4 minutes.
- 3. We are now ready to welcome the Holy Spirit** to flow into every part of us, from the top of our heads to the soles of our feet. This is the longest part of the prayer. It is also the most important. It can take up to 10 minutes, or longer if you wish. As you keep on welcoming the Holy Spirit try to sense Him flowing into every part of you.

If there are some areas of your body that particularly need healing try to guide the Spirit into those areas. After a little time you may start to feel a sense of peace. That is good, but we are looking for more than that. The Holy Spirit can also bring physical healing.

Do not rush this part of the prayer. It is very important.

4. **Picture yourself well.** This requires you to exercise your faith in a special way. You can either picture yourself well, doing something physical like running, jumping, digging, walking briskly, or you can picture yourself telling someone how well you are, with all the details that you wish. All the time you are doing this, in your spirit you are praising God that this is the way He is making it. This stage can last between 5 and 10 minutes.

5. **The final step** is to praise God by faith that He is responding, that He is releasing His Holy Spirit and bringing healing. This final stage can last between 3 and 5 minutes.

One final point. Try to keep the channels clear between yourself and God. What is it that keeps the channels clear? Love, forgiveness, repentance and obedience. We do not have to be perfect, but we do have to show the Lord that we are serious about keeping the channels as clear as we possibly can.

We can pray this way once per day or twice or, in cases of serious illness, even three times per day. What a blessing!

INTERDENOMINATIONAL DIVINE HEALING MINISTRIES

Healing Services

Every Monday night at 8 pm in St Anne's Cathedral, Belfast
Every Tuesday night at 8 pm in St Finnian's Church, Cregagh
(not July and August)

Intercession Service

If you would like prayer for yourself or for someone else you may
ring 028 9031 1532

Just leave your first name and what you would like prayer for,
and we will pray every day for a month

Personal prayer for God's strength, peace and healing

Monday to Friday 10 am - 1 pm (by appointment) at
32 Townsend Street, Belfast BT13 2ES
Telephone: 028 9031 1532

Drop in Centres

St Peter's Cathedral, Falls Road Tuesdays 10.30 - 12 noon
Shankill Methodist (corner of Berlin Street)
Thursdays 10.30 am - 12 noon

Holy Communion and prayer for healing

Every Monday at 1 pm in St George's Church, High Street,
Belfast (near the Albert Clock)

Divine Healing Ministries

32 Townsend Street

Belfast BT13 2ES

Tel: 028 90311532

E-mail: divinehealing@live.co.uk

Web: www.divinehealingministries.org