

Simple Five-Step Healing Process

1. **Repent** (and believe in God's love and His Good News). (**Mk 1:15**)
-“Lord Jesus, forgive me for ____.” [Eventually get to Confession.]
2. **Forgive**. (**Mt 6:14-15**)
-“Lord Jesus, I forgive ____ for ____.” [Be specific as to what/why you are forgiving them. Be sure to forgive yourself, too.]
3. **Renounce**. (**Tit 2:11-13**). Renounce the following (see bottom):
 - a. Negative soul ties (unhealthy relationships)
 - b. False judgments (negative things said to you)
 - c. Inner vows (negative things you think about yourself)
 - d. Negative emotions, patterns of sin, negative dispositions
4. **Command**. [Use your authority in Christ.] (**Mk 16:17**)
-“In the name of Jesus Christ, I command every spirit associated with all negative soul ties, false judgments, inner vows, negative emotions, sins, and attitudes—that I have just renounced—to go to the foot of His Cross for Him to break their power and cancel their effects. Amen.”
5. **Ask for the Father's Blessing**. (**1 Chron 4:10; Num 6:24-27**)
-A blessing is a divine and life-giving action. God gives gifts of divine favor, such as comfort, peace, happiness, holy prosperity, union, and reconciliation. God the Father is the source of all blessings.
-Using spontaneous prayer, ask our Heavenly Father to bless you. Be very specific in speaking blessing into your identity and destiny. Ask the Holy Spirit to fill you with His love, peace, joy, life, light, gifts, etc., replacing what departed (all the “negatives”).

 - 3a. E.g., “In the name of Jesus Christ and by the intercession of the Blessed Virgin Mary, I give back anything that I wrongfully took from _____, and I take back anything that I wrongfully gave to _____, and hereby break any and all unholy soul ties with _____. Amen.”
 - 3b. E.g., “You are never going to amount to anything.” [said a relative]
 - 3c. E.g., “I need to be perfect in order to be loved.” [he/she thinks about self]
 - 3d. E.g., fear, worry, doubt, control, rejection, fear of rejection, anger, lust, pornography, critical, judgmental, ego, shame, embarrassment, self-hatred-Prayer formula for 3b, 3c, 3d. “In the name of Jesus Christ, and by the intercession of the Blessed Virgin Mary, St. Michael, St. Joseph, (name some of your favorite saints) and my Guardian Angel, I renounce (false judgments, inner vows, negative emotions, sins, negative dispositions). Amen.”

Possible Weekly Holy Hour Format

1. Sing a hymn out loud (or silently from your heart if there are other people at Eucharistic Adoration). Get your heart in the right place!
2. Pray the Litany of the Saints. [The saints want to intercede for you and make your time with the Lord fruitful.]
3. (5-10 minutes) Pray through the simple five-step healing process.
4. (30-40 minutes) Do a little spiritual reading from the Bible, a catechism, life of a saint, etc. Then think about it. Meditate on it and pray with it. Talk to God.
-Here is an example of what St. Ignatius would do with the Bible [you can do the same thing with a catechism, the life of a saint, the *Dialogue* of St. Catherine of Siena, the *Diary* of St. Faustina, etc.]:
 1. **Begin**: Consider how God looks upon you and loves you; become aware of being in God's presence. Stand for a moment, bow if you wish, then be seated for prayer.
 2. **Preparatory Prayer**: Offer to God all your will and actions, especially in this time of prayer. Ask God for a specific grace that you need and desire right now (peace, consolation, hope, etc.).
 3. **Meditate on the Biblical Text** that you have selected:
 - (a) **Read** the biblical text through slowly, recalling what it is about; then let it come alive for you!
 - (b) **Reflect** on the truths God wants to teach you in this text.
 - (c) **Ponder** the meaning of each word, phrase, and sentence.
 - (d) **Focus** on two or three points (words, phrases, images, ideas) that stand out to you.
 - (e) **Embrace** what God is saying to you; let your heart be moved with love and desire.
 - (f) **Notice** what is going on inside you as you pray: joy, sorrow, peace, confusion, love, anger, etc.-If you get distracted or your mind wanders, gently return to the biblical text and your focal points.
 4. **Colloquy**: Enter into a short personal conversation with Jesus (or God the Father, or the Holy Spirit). Speak heart-to-heart, as if conversing with a close friend.
 5. **Closing Prayer**: Conclude by praying the Our Father, Hail Mary, or another familiar/favorite prayer. You might stand, kneel, bow, raise your hands, or adopt another posture to mark the end of your prayer.
5. Thank God for the gifts and insights that He gave you during your time with Him. Perhaps sing another hymn. “Glory be to the Father, and to the Son, and to the Holy Spirit....”