



LIVING WATERS GUIDE TO INTERCESSION

"The prayer of a righteous man is powerful and effective. Elijah was a man just like us. He prayed earnestly....and it did not rain. Again he prayed, and the heavens gave rain, and the earth produced its crops." James 5:16b-18

Special thanks to Sherry Golden for her contribution to this guide



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LIVING WATERS – WEEKLY GUIDE TO INTERCESSION

Living Waters(LW) is an in-depth, Christ-centered program for people seeking healing in areas of sexual and relational brokenness. A healing, teaching and discipleship series, Living Waters addresses the reality that we are all broken in our ability to love others well.

The goal of Living Waters is to do our part to prepare the church for Christ's return (Eph 5:27) through laying a foundation for sexual and relational wholeness in our lives.

Your willingness to commit your time and prayers each week is a tremendous help towards upholding the purposes God has established for each participant and leader involved.

The following guide gives a brief description of the teachings for each week and the specific areas to focus on during intercession. The format follows the recommended 20 week schedule as outlined in the LW Leader's Guide. For groups that have chosen a different schedule you will want to adjust this to accommodate it accordingly.

Team/Participant involvement

We ask leaders and participants to submit the names and emails of 2-3 people who will commit to pray for them during the LW group. Those individuals receive the weekly prayer points.

The leaders and participants are free to also communicate with their intercessors, as they need and desire. Former LW participants and leaders are often good ones to recruit as intercessors, as they have a better understanding of the program.

CHAPTER 1

Introduction to Living Waters

This is an important week: the beginning of the program and the first opportunity participants have to hear from the team as they share their testimonies.

In addition to sharing the essential components of Living Waters the chapter emphasizes how relationship with Christ is essential for healthy relationships. The desire to know and be known necessitates intimacy with him.

The teaching also introduces two important themes of the program: gender and boundaries. God wants to redeem both of these aspects of our sexuality and personhood. He is central to our pursuit of relational and sexual wholeness.

Please pray about:

- Religious spirits (the lie that I have to be whole to come to God)
- shame
- unbelief
- false expectations
- deception (one can bypass the cross of Christ)
- fear, especially of God
- condemnation
- control
- confusion, especially concerning gender issues
- acceptance of who God created us to be
- revelation of Jesus, the healer of our souls and God's provision for sin

A very important prayer is for each man and woman in the program to realize and acknowledge that *Living Waters* is God's provision and answer for them in their places of brokenness, pain and need.

Thank you so much for partnering with us in prayer; you are such a vital part of this process. As you seek the Lord on behalf of others may you find and experience Him yourself as well.

CHAPTER 2

Acknowledging Our Need

This week we will be acknowledging the reality of our needs. What seems so simple is actually very hard for most of us to do. As children, many of us have been made to feel ashamed of our God-given needs: for affection, for attention, for guidance and protection.

Some of us were punished, ridiculed or even abused for having needs. Sometimes our needs were simply ignored.

Growing up in these situations, we were not taught to respect and properly steward our needs; as adults we have hidden our truest, deepest needs from the Lord, others and even from ourselves.

When we admit our neediness and the sinful ways we've tried to meet our needs, we open the door for the Lord's power and love to flow to us. It says in the chapter: "God is to be found in the center of our deep desires and antagonisms, our unacknowledged hopes and fear."

"It is as we confront these and are forced to realize our weakness, our vulnerability, that we become aware of God, our Strength in Weakness, our Wisdom in our blindness and ignorance."

Christopher Bryant

"He is found as we submit the broken and needy parts of ourselves to His greater love and order." Andrew Comiskey

We will have a ministry time after the teaching where participants will have the opportunity to lay down the following at the cross:

- shame, condemnation and self hatred for needs that were not met as children
- false and sinful ways they have used to meet needs themselves, apart from God and others

Please pray for the rising up of true needs, and the freedom to feel and acknowledge them. Also, pray for the release of grief where these needs were not respected or honored in the past by caretakers and in the present by themselves. Pray that the Lord would meet each one at their point of need.

Our deepest need is for the Lord. Please pray for the revelation of how much God wants to and is able to meet this and other core needs.

Please pray for the dynamics of the small groups, for confidentiality, safety, and unity. Pray for an atmosphere of mutual love, acceptance and trust; for participants to feel confident to share at a deep level, from their hearts. Pray for the leaders and assistants, for confidence, sensitivity and spiritual insight. For grace to listen and wait for the Lord and what He desires to give to each participant.

CHAPTER 3

Becoming Responsive to the Father's Love

This week's chapter is about being responsive to God's powerful initiative and love. God the Father offers us gentle and longsuffering parental authority, His faithfulness and love.

Yet we don't necessarily "know" these things about the Father. Our experience of fatherhood is more likely one of absence, distance, harshness, inconsistency, disappointment or even worse experiences such as cruelty and abandonment.

To have a responsive heart requires a healing of the mother wound. Mothers were often caught in their own struggles, unable to create the safe and loving environment that enables a child's sense of being to take root and grow. So many bear this wound.

But, the Father is able to endow us with a sense of being, freeing us to experience what it means to bear His image within our frail humanity.

Please pray about:

- denial of the mother wound and its effects
- fear and anxiety
- sense of non-being, fear of non-being, and of being over taken by fear and dread
- emotional numbness
- control (so as not to feel emotional pain and/or rejection and abandonment)
- strong revelation of the presence of the Father's love for all his children
- sense of worth because of who they are, not because they do things for God
- healing of mother wound: rejection, control, abuse (mental, emotional and physical)
- boldness to approach the Father
- experience of peace and joy flowing from his presence
- revelation of the nurturing nature of God

May you receive revelation of the Father's heart as you pray for us!

Chapter 4

The Fighting Father

This week focuses on our need to receive the strength and security of our Heavenly Father's love and initiative towards us. Only the love of the Father can heal us. Intended to demonstrate the Father's love, our earthly fathers can either empower us to receive from our Heavenly father or inhibit our ability to receive.

Please pray about:

- the teacher being able to fully grasp the teaching and to communicate it well
- the Holy Spirit breaking into the hearts of participants to bring revelation
- fear and anxiety
- freedom to acknowledge the wounds of our earthly fathers
- divine encounters with the Father's love

Pray for the small groups, which began a few weeks ago:

- for the participants to feel safe and be bold in their sharing
- may the groups gel quickly, and the participants and leaders have God's heart and mind for one another
- may the groups become places of life changing healing and freedom

CHAPTER 5

Revealing Christ Through the Gift of Our Bodies

This chapter begins to lay the ground work for our understanding of gender, the qualities of the true feminine and the true masculine and how the distortion of gender and the distrust of the feminine impacts our lives.

Understanding His created intent for our place as image bearers – as male and female – we learn how our fallen humanity keeps us from becoming whole image bearers.

This chapter introduces the key theological basis for sexual wholeness and brokenness.

Please pray about:

- the teacher being able to fully grasp the teaching in order to communicate it well
- the Holy Spirit breaking into the hearts of participants to bring revelation
- fear and anxiety
- the ability to take hold of God's design in our humanity as male and female
- idolatry (women finding their identity in men, men finding their identity in doing)
- a deep understanding of God's love for us revealed through his creative intent

CHAPTER 6

Cross and Confession: Restoring the True Image of God in Humanity

This week talks about all the Son has done for us; how the Father's Kingdom comes to us through the person of Jesus Christ.

The teaching outlines the power of the crucified and resurrected One, and how Jesus meets us at the point of our repentance through the confession of sin.

Please pray about:

- pride and religiosity
- defensive patterns
- denial, fear and shame
- unbelief (nothing can make me clean and acceptable to God)
- condemnation (rooted in our sin against others)
- lustful fantasies: using fantasizing as a defense against pain
- revelation of Jesus Christ and the power of the blood
- full release of His resurrection authority
- love of the Father
- compassion (toward self and others)
- honest communication
- courage in the confession of sin
- power of cleansing using the symbol of water
- forgiveness
- blessing of the true self
- humility

CHAPTER 7

Renouncing Idols

This teaching reveals the role of the Holy Spirit in making us one with the Father's will as we embrace the spirit of repentance.

Through confession and repentance we come out of agreement with the lie that we need to take care of ourselves and meet our own needs because no one else will.

The Holy Spirit provides the inspired masculine advocacy that enables us to rise up in our true identity and authority in Christ and renounce idol gods.

For many of us, this is crucial and missing - because it was not provided by our earthly father. A good father encourages us to be outer directed (away from mother). And to exercise and discover our identity and strength as we grow in our ability to face life's challenges.

Without this advocacy and calling out, our primary identity can be with weakness instead of strength, victim instead of one who overcomes.

Please pray about:

- rebellion and self-will
- weak will (obedience to false gods) and passivity
- idolatry
- anger, defensiveness and shame
- pride
- self-sufficiency
- humanism
- spirit of repentance and godly sorrow that leads to repentance
- empowering of the Holy Spirit to make righteous choices
- spirit of obedience and submission
- humility
- God's redemptive love to draw us
- truth to enable one to choose God's will and the way of the cross
- for God's sovereign will to indwell each person's will
- honesty
- revelation of the Father's heart

May you receive revelation of the Father's truth and heart as you pray for us!

CHAPTER 8

Overcoming Addiction Through the Real Meal

This week we will be looking at temptation, specifically sexual temptation and addiction. Ultimately our deepest need is for Christ, to know His will and presence in our lives; when we truly experience his love we are more able to resist temptation. He alone fully satisfies and fills us.

Whatever the 'drug' of choice, it is a means of alleviating pain and disconnecting from feelings and needs we are unable to experience and accept. Addictions cut us off from relationships and reality and trap us in a hopeless cycle of longing and failure.

On a practical level, we hope to provide a framework where people can understand the cycle of addiction they may be involved in and thus be able to recognize where they can make a different choice - before it's too late.

We also need life-giving connections with others. Unless we allow Christ and others to know us as we truly are, we will bond with lesser things; these can provide a quick fix but will never meet our underlying needs.

Please pray for those teaching. This is a lot to cover in one night.

Please pray about:

- hiding- ask for a desire to be honest and known
- illicit fantasizing
- idolatry
- envy, jealousy and covetousness
- soul ties and bondage in relationships
- habitual and/or addictive behaviors
- spirit of truth to speak to our hearts regarding our sinful nature
- courage to face and own before others our weaknesses, failures and addictions
- revelation of the true needs of our hearts
- the word of God to speak authoritatively
- God's grace to envelop and draw us
- diligence to persist - even in the face of seeming failure
- pride and independence
- rejection, inferiority and self-hatred
- fear and loneliness
- lust, adultery, fornication
- understanding of red flag "triggers" in the addictive cycle
- God's love and acceptance to flow to affirm and establish us in him
- willingness to choose him as the greater Object when temptation comes

Addiction is a counterfeit way to deal with true needs. Ultimately our deepest need is for God; through him our core longings can be fulfilled. God uses our addictions to compel us to turn to Him and to rely on the vast and expansive nature of His grace.

Please continue to pray for the small groups; for them to be safe places for participants to share their pain, sin, and whatever they need to voice.

May you know His grace more and more as you intercede for us.

Chapter 9

How Wounds Can Make us More Whole

Acknowledging the wounds we bear requires making peace with pain. Pain alerts us to the truth that we are injured; it helps us to identify the wound that Jesus wants to heal. Feeling our pain and naming the wounds associated with it are thus crucial to real healing.

On the other hand, refusing to face the pain of our lives sustains our brokenness. Addictions, and acting out our suffering on those who don't deserve it, can result from unacknowledged pain. "If you deny your pain, it can overpower you and cause you harm. You must not be ashamed of releasing pain from the wound in your heart." Andrew Comiskey

Please pray about:

- fear of painful memories
- courage to face the reality of pain
- sensitivity and wisdom as small group leaders help participants find God in their pain
- rationalizing and assuming false responsibility for blame
- oppression
- denial

Please continue to pray for the small groups; for them to be safe places for participants to share their pain, sin, and whatever they need to voice.

CHAPTER 10

Identifying Brokenness, Resuming the Journey

In a nutshell, the same sex parent models what it means to be a man or woman, while the opposite sex parent affirms and confirms our identity. Or, they are unable to properly and fully do this.

This chapter is also about how we, as children, process the pain we experience in childhood through defensive detachment (walling off) or internalizing (taking in) our parent's negative attributes and behaviors toward us. We carry this brokenness into our peer relationships as we grow older.

Please pray about:

- false gender images and identity confusion
- insecurity and fear of exposure
- self-preservation
- bitter root judgments against parents
- inner vows ("I will never be like him or her.")
- self-hatred and rejection
- religious good boy/girl or bad boy/girl
- poor view of womanhood/ taking on a false macho masculinity
- incest
- devaluing of personhood
- ability to hear the Father's voice naming us as sons and daughters
- connection of our true gender personhood to the core of our being
- covering of love and acceptance for the shame and judgment we struggle with still
- revelation of God's favor
- voice of Father to identify and empower us as gender beings
- power of God to make us whole image bearers
- true intimacy

Thank you again; you are such a vital part of this process. Have a blessed week as you too seek the Lord and find him.

CHAPTER 11

Restoring Broken Boundaries: Facing Abuse and its Effects at the Foot of the Cross

This week we will be teaching about emotional, physical and sexual abuse. The damage of abuse is incalculable and can last a lifetime. It is two-fold: damage incurred by the initial injury or series of injuries as well as damage done by the defenses developed in reaction to the abuse.

As children, defenses helped us to cope with the pain of abuse. In some cases, we would not have survived without them. But as adults, these coping mechanisms - whether a crippling addiction or feeling unworthy – rob and cut us off from good contact with others and God.

Please pray that even those who haven't experienced what they define as abuse would listen and receive; the wounds and lack from childhood result in a continuum of responses and ways of coping that everyone experiences to some degree.

Please keep the teacher and one sharing a testimony in prayer. S/he will be vulnerable as they reflect on their own abuse histories, though each has strong testimonies of God's ability to heal and restore. Thank you for standing with us in prayer against this sin visited on far too many children.

Please pray about:

- control
- denial
- false identities
- fear
- the power of defining names ('stupid', 'useless', 'failure' etc.)
- spirits of lust and perversion
- grief
- spirit of death
- condemnation and shame
- self-blame, self-hatred
- locked emotions
- fantasy (escapism)
- rationalization
- the sword between the sexes
- light to come into the darkness within
- the spirit of revelation and truth
- trust
- healing power of tears to cleanse and grief to release pain
- healing power of God for our emotions and connecting us to our own heart

CHAPTER 12

The True Self Forgives

Our next teaching is on forgiveness. Part of our focus has been to help the participants come to a place where they can receive the Lord's forgiveness and acceptance of themselves - even in light of their personal brokenness.

Self-acceptance and receiving God's acceptance makes healing and change possible. But, receiving grace means extending it as well.

If we don't take this step, un-forgiveness will keep us imprisoned. The negative forces of self-pity, bitterness and defensiveness in relationships will keep us from the wholeness we seek.

I once heard someone say that un-forgiveness was like taking poison and waiting for the other person to die! When we do not forgive, we are holding another unto the law, under penalty and condemnation.

But when we extend grace, we enter into grace. This is surely what the Lord means when he says we will not be forgiven if we do not forgive. It's not that the Lord refuses to forgive us – rather we have placed ourselves outside of grace in order to hold another prisoner.

Please pray that God would use this teaching to dislodge some of the unbelief, problem management and avoidance of feeling in those who don't seem to be reaping the fruit of the forgiveness process.

Forgiving means acknowledging the offense and the pain it brought – an act of courage and faith. The teaching closes with a vision of Jesus as the new wall of defense around us and practical steps to reconciliation with those who have been wounded and sinned against us.

Please pray about:

- strongholds of un-forgiveness
- fear: fear of weakness, fear of losing control, fear of feeling
- roots of bitterness and judgments - against oneself or others
- unwillingness to allow God into the pain or denial of the pain
- self-righteousness and self-justification
- revelation of God's mercy toward us and the resulting desire to forgive
- trust in Christ's ability to defend and protect us
- experiencing the fruit of forgiveness - joy, peace; room to grow and be

As you pray for us this week, may you experience the Lord's mercy and forgiveness where you need it most.

CHAPTER 13

The True Self Aspires to Wholeness, Refuses Despair

"The thief comes only to steal, kill and destroy; I have come that they might have life, and have it to the full." Jn 10:10

This next teaching focuses on the Cross - the place where the false self finds its end and the true self is resurrected. Through the work of the Cross we also receive the authority needed to choose the fullness He intends for us. Through the true love manifested in the Cross counterfeit loves become clear.

The true self grows as we abide in Jesus, emerging out of perfectionism (sometimes religiously inspired). His love helps us to become reconciled even to those aspects of our personhood that still try to resist him.

In His mercy He also reveals the ways we have settled, the subtle and obvious ways we have allowed despair and the spirit of death to influence us. Prayer for this chapter involves several parts: acknowledgement and renunciation of the false self; naming the old, false identities and laying them down at the Cross; hearing and receiving the affirmation and confirmation of our true self; renouncing the spirit of death.

Please pray about:

- distorted views of oneself
- fear of letting go of control
- perfectionism and a critical spirit towards oneself
- denial and confusion
- spirit of revelation and the power of the Cross
- power of the blood of the Lamb of God
- resurrection power to flow
- love of God to establish our true identities in him
- for His grace to cover our fear, weaknesses and failures
- grace and a tenacity to hear and receive the words of life and truth He brings
- spirit of adoption that names us as sons and daughters
- joy and freedom; newness of life

Thank you so much! May you receive the Lord's tender, compassionate love in the midst of any weakness, judgment or fear you experience.

CHAPTER 14

The True Self Unites with God in Weakness and Overcomes Narcissism

This week we will be looking at narcissism, with the rise of the false self due to self-rejection. Narcissism is an exaggerated investment in one's image rather than the true self.

Focus on the image rather than the real self involves denial and splitting off from true feelings - especially those which might contradict the preferred image.

Please pray about:

- control, pride and manipulation
- seductive spirits
- self-rejection, fear of being known and rejected
- strongholds of fantasy and imagination
- idolatry and envy
- love and affirmation of God to establish us in him
- spirit of truth to help us lay down false selves and lies that have been a refuge
- spirit of forgiveness and the ability to receive it
- willingness to lay down idols, our own control, and unholy emotional attachments
- empowering of the Father to reclaim the true self
- courage for people to stand in the true self, with a new willingness to be honest and acknowledge the false self and personal flaws.
- experience of freedom and 'realness' that comes by laying down the false self
- revelation of the truth of God and the power of the cross

Thank you for your faithfulness. May God increase your capacity to respond to people and situations in new and more life-giving ways!

CHAPTER 15

The True Self Loves His/Her Own Gender

We are nearing the final weeks of the 20 week program. The safety of our small groups and the very unique opportunity they offer to be real and vulnerable before others is coming to an end.

It is time now to look outward, to think about taking what they have learned in *Living Waters* into the "real" world and seeking ways to continue to heal and grow there. They can also return to the program; doing *LW* a second time is a powerful and necessary healing tool for some.

This week we will be teaching on same sex friendships. We all need them - but also struggle with them at times. Positive same-sex friendships affirm us in our gender and prepare us for healthy opposite sex relating. Yet, if we have unmet parental needs and unresolved conflicts - especially with our same sex parent - we can use these relationships to try and get the love, nurture and affirmation we missed as children.

This creates a need-based relationship that will ultimately be unsuccessful, both as a friendship and an attempt to redo an insufficient parental relationship. Another person cannot re-parent us, but God can.

In this chapter we are encouraged, exhorted even, to bring these hurts and needs to the Lord. And to form Christ-centered, non-possessive friendships rather than need-centered ones.

The chapter also helps us understand the way we transfer old hurts and inordinate need onto another person, instead of growing in our ability to trust and bring our needs to the Lord.

Please pray about:

- idolatry
- codependency
- pride and denial
- independence
- fear of rejection
- transfer of old wounds onto the body of Christ
- courage to step out in relationships
- wisdom
- revelation of God's desire and ability to heal our hearts
- grace for ourselves and others as we learn
- love and respect for the bride of Christ - the church

Please pray for the continuing revelation of patterns and lies that hinder us in relating well with others and for the power to renounce these lies and patterns with God's help. Pray for the revelation of His faithfulness in all things and at all times.

Chapter 16

Offering the Gift

"Man is unsettled by woman and woman by man...Why are you so different from myself? Can and will you guarantee me that your mode of life which disconcerts me is also human? Woman stands always in a certain tension to the man and the man to the woman." Karl Barth

This week we focus on how we are not alone, and whether single or married how we are ordained to be gifts for each other. As men and women we are called to cross the gender divide: to learn to see, bless and honor the good in the men and women in our lives.

Women need the strength and ability to initiate men bring, and men need the good of feminine responsiveness, intuition and nurture. Essential qualities of each (captured in masculine 'doing' and feminine 'being'), and their right balance and complementarity is critical for wholeness and healing.

The chapter also address heterosexual and relational idolatry, ways of filling our need for love with someone God has made, rather than with God Himself. In addition to prayer to break the grip of idolatry, those group members to whom it applies will pray in their small groups to break one-flesh unions.

Please pray about:

- bitterness and roots of unforgiveness toward those who have wounded us and particularly affected how we view the opposite gender
- ambivalence toward the other gender
- passivity, fear and shame in relating to the other
- control, manipulation and defensiveness
- gender insecurity
- desire for purity
- healthy, honoring communication
- relational idolatry and not seeing the opposite sex (or a person of the same sex) rightly
- revelation of the complementarity of the other gender
- acceptance of gender identity
- obedience and willingness to yield to the will of the Father
- hope for healing in our gender identities
- the small groups continuing to be places of safety, healing and freedom

May you experience the joy of simply being this week, and the sufficiency of being alive and in Christ.

CHAPTER 17

Restoring Woman's Honor

This week we focus on restoring the beauty, strength and dignity of the true feminine.

The feminine essence of being is foundational for receptivity to God and others, but misogyny (the devaluing and fear of women and the feminine) wounds woman at her core.

This wounding can cause women to adopt a false masculine way of being in the world. Men may disown the necessary feminine in themselves too, thereby disowning what is nurturing, feeling and relational - and more receptive to God and others.

We will have a ministry time where men speak out as fathers, pastors, husbands, boyfriends, and brothers, asking forgiveness for the ways men have devalued and wounded women. Please pray that these words will go deep and be very personal and real for each of the women present.

Please pray about:

- misogyny- the devaluing and fear of women and the feminine
- pride
- bitterness and roots of un-forgiveness toward those who have wounded us and particularly have affected how we view the opposite gender
- the spirit of the age - gender confusion
- disobedience
- restlessness leading to dead works
- relational idolatry and not seeing the opposite sex (or a person of the same sex) rightly
- anger
- lie of the feminine being less than
- abuse by men - spiritual, sexual, physical and emotional
- grace
- revelation of the beauty of the True Feminine
- making peace with the masculine component within
- revelation of the complementarity of the other gender
- obedience and willingness to yield to the will of the Father
- acceptance of gender identity
- forgiveness of men and women
- yielding and receiving from men

May you experience the joy of simply being this week, and the sufficiency of being alive and in Christ.

CHAPTER 18

Restoring Man's Honor

This week we will be focusing on restoring the True Masculine. Christ is the True Man from whom we derive the foundation of biblical masculinity. In fact, it is Christ who fully embodies both the true masculine and feminine in perfect balance.

Please pray that men and women alike will recognize places of weakness or lack of the masculine. This is the ability to do, to give form, to initiate and to overcome obstacles.

It takes much courage to admit what is lacking in our masculine (or feminine) make-up, a willingness to be vulnerable and trust that these missing or distorted pieces of our gender are what the Lord longs to redeem.

Please pray the group members will allow themselves to hunger and cry out for this healing – and receive from the Lord that which He wants to give or show them.

We will have a ministry time where women speak out as mothers, wives, girlfriends, sisters and teachers(optional), asking forgiveness for the ways women have devalued and wounded men. Please pray that these words will go deep and be very personal and real for each of the men present.

Please pray about:

- pride
- bitterness and roots of un-forgiveness toward those who have wounded us and particularly have affected how we view the opposite gender
- the spirit of the age - gender confusion
- disobedience
- grace
- revelation of the good of the True Masculine
- making peace with the feminine component within
- revelation of how men and women complement one another
- obedience and willingness to yield to the will of the Father
- acceptance of gender identity
- relational idolatry and not seeing the opposite sex (or a person of the same sex) rightly
- anger
- forgiveness of men and women
- yielding and receiving from women

Thank you for praying for the small groups in these final weeks. Pray the participants will find support and places to continue to receive, as well as the places to serve the Lord has from them after Living Waters ends. Pray for any who are meant to return: for humility and hope in the healing process. Thank you for the blessing of your prayers!

CHAPTER 19

For the Bride

We talk this week about loving both the Lord and His church. In love, relationship and service of both He and His people, healing and maturity comes.

Jesus calls us out of our aloneness and into the freedom of being known by our brothers and sisters. In community, we discover Jesus in human form. Relationships with our brothers and sisters in Christ validate and stretch our capacity to give and receive love.

What is the alternative? In isolation, we can turn to masturbation and pornography or fantasy to ease our aloneness, fear and anxiety. Such solutions limit both our motivation and desire to enter into community. They become addictive; our aloneness and alienation increases, diminishing our capacity for real-life relating.

Please pray about:

- fear, shame and condemnation
- self-hatred and self-rejection
- idolatry
- secretive patterns, denial and the power of lies
- fantasy and strongholds in the mind
- lust
- narcissism (the wrong kind of self-love)
- God's love and acceptance to flow
- healing of shame and deep wounds of rejection and isolation
- revelation of Christ through his body, the church
- blessing of true sexual desire and/or feelings
- grace and patience as we turn from broken patterns of relating to whole relationships
- forgiveness where wounding has occurred in the church

The small group members will bless each other as small groups wrap up. They will bear witness to the growth and healing they have seen in each other and share how the other members' journeys have contributed to their own. Please pray for deep giving and receiving of blessing.

Small group leaders will also be blessing the members of their groups. Please pray that we will be able to translate the love, respect and hope we feel for each person into words that reflect how God sees them, how He loves and calls them forward.

CHAPTER 20

Hope and Wholeness

In almost every chapter, Living Waters challenges some of our deepest negative assumptions about God and ourselves. One of the blessings of the program is that it opens the eyes of the heart to see in new and more life-giving ways.

The final chapter addresses the way we view the healing journey. Please pray for hope for the journey and faith that the sovereign Lord can and will use everything for His redemptive purpose and will in our lives, especially after Living Waters.

The teaching shares an acronym, H.O.P.E (honesty, obedience, patience and expectancy), for the practices that enable us to continue on the healing journey.

Please pray about:

- a spirit of religiosity and legalism
- self hatred and the roots of rejection
- passivity and despair
- pride and independence / fear of failure
- unbelief, deceptions and disobedience
- release of faith and grace
- honesty, obedience, patience and expectancy
- lightness of spirit, joy and gladness
- revelation of God's ability to disarm powers and principalities
- boldness to declare the goodness of God
- spirit of adoption to establish us in God
- joy and hope in the unfolding of our life stories
- freedom to learn and be

May you too experience the hope and grace of the Lord and the freedom to learn and to be.

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." Rom 15:13

Banquet & Testimonies

This is our final night. The reality of the program ending is hitting people; there will be mixed feelings, and some will wonder how they will cope.

Please pray for God to guide and comfort them as they reach out to others; and to give wisdom and grace as they discover most of the church to be less understanding of their struggles and needs than the LW group has been. Please pray for protection and hope as the participants consider what God has for them beyond Living Waters.

We want to encourage them that there is life and continued healing work after Living Waters. We want the participants to realize that though growth can be painful at times, when God reveals brokenness this is a gift.

Such revelation ultimately releases more life in us and a greater capacity to accept and love ourselves and others better. And we can apprehend the grace of his hand on our lives more clearly.

For those ending with a Banquet

Please pray that love, joy and gratitude will fill all hearts on this special evening. Please pray for those who have agreed to share. Please pray for anyone who has a testimony but is afraid to give it - that the Holy Spirit will not let them stay seated and silent.

I pray that you would know the blessing of having contributed to the lives of these men and women (including the team)!

You have helped chains to be broken, lies to be challenged and renounced and hearts to open more fully to life and the One who loves us most and best. Thank you!

POSTSCRIPT AND THANKS

Dear Friends and Intercessors,

You have seen us through an entire season of *Living Waters* and we are deeply grateful for your prayer covering.

The banquet was held this past week. As we had hoped and prayed, the sharing and testimonies of participants were deep and rich (and sometimes hilarious) and the food was plentiful and delicious.

The evening was a feast for the senses, hearts and spirits of everyone there. In fact, there was so much pleasure in each others company that at the end of the evening I had to tell everyone it was time to go.

We have a number of people who would like to repeat *Living Waters* and several who would like to be on the team (and whom we would like to invite).

We will rest a bit and then begin the process of networking with new, and old, churches - to develop and insure we have a team and group of participants for next year.

Doing LW and being on the team is a big commitment and sacrifice, with returns that aren't easily seen at the front end. Please pray for our efforts to continue building a program and team.

God bless you for your prayers and service in Christ,



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