

YLV SOZO: Prayer Aftercare

After you have received prayer ministry it's necessary to walk out more healing. You can keep the doors closed or reclose them if they get opened. You can also use the tools that were used in your session for the rest of your life to not allow the strongholds to re-surface.

If you have received the notes from your session we encourage you to read through these and really hear again those things God spoke over your life. When you remember words, visions and other words of encouragement it can often keep us in the place of wholeness.

There have been some tools that may have been used during your SOZO: the relationship between your earthly family and how you view God, Jesus, and the Holy Spirit. We often hear people say they've never pictured the Father, Son or Holy Spirit in their minds before so doesn't be surprised by what the Lord has brought up and showed you.

We've put together a few helpful tools here that will help you in staying focused in your freedom. Every time you sense the enemy attacking you; pull this paper out as well as those things the Lord spoke over your life and remember who you are now! Here are some Power Points to remember.

The Power of Who You Are- Your Identity in Christ

In Ephesians God shows you who you are in Him and your position in Him. You are chosen "in Him before the foundation of the World" (1:4).

"He predestined us to adoption as sons through Jesus Christ to Himself (1:15); "You were sealed in Him with the Holy Spirit of promise, who is given as a pledge of our inheritance" (1:13-14); "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them" (2:10).

Remember not to allow the enemy to retake any ground you've attained through the prayer time. In Eph. 6:11 it says, "Put on the full armor of God, that you may be able to stand firm against the schemes of the devil." Make sure you take time to understand what the armor of God. He has given it to us for a reason; however it only works if you use it!

Don't believe the lies that the enemy gives us. Every time you believe a lie you empower the liar-- which is the enemy. Every time you believe something that isn't true you allow the enemy to have access to you. So wearing your armor and knowing Gods truth is one of the ways to remain free.



The Power of Gods Word

When we read through the Scriptures we find time and again where God has made it clear that when we meditate on His words it bring us success. In Joshua 1:8 it says, “The book of the law shall not depart from your mouth, but you shall meditate n it day and night, so that you may be careful to do according to all that is written in it, for then you will make your way prosperous, and then you will have success.”

We also find in Psalms 1 the importance of meditating on the words of God so blessing will come to our life. The word [meditate] here comes from the word, [medication]. We’re literally called to medicate ourselves on Gods Words. If we don’t medicate ourselves on the words of God, we’ll numb ourselves other ways. But remember when we choose to meditate on what God says is true we live in blessing, and not only that it brings the healing words of Christ into our lives.

We also find in Ephesians that the Word of God is also our sword. It’s our weapon of protection. You need your sword in battle. Its great to read books and other forms of study, but getting the Word of God deep inside of us not only brings us freedom, but also keeps us there.

The Power of Worship

Worship is warfare! The power of worship is too often underestimated. We are made to worship God and if we don’t worship Him, we’ll worship other idols. Worship isn’t just something we do; it’s a part of who we are. It’s how we spend our time, our money and where we put our energy.

Too many people are crisis Christians and when something goes wrong is when they decide to call out to God—But I think its wise, when you’re not feeling a battle to get yourself equipped. Now that you’ve received some freedom, get some things deep inside of you that you can draw from later.

And worship is one of the most important callings we have as believers. Worship releases freedom in our lives. If you look at the life of Jehosphat and when he came into power he was attacked immediatly. However God placed his hands on one of the singers that came with the word of the Lord, which caused Jehosphat and Gods people to worship. It was in the worship that victory came.

Learning to worship God through out the day reminds us that He is on the throne and He is in control over every area of our lives. Remember when King David was asked to play the harp over King Saul as he was tormented? It was the only thing that brought peace to him. Worship can carry the very presence of God and **When we come into Gods presence we come into the**



fullness of who He is. It's there we find healing, deliverance and whatever we may be needing at the time.

Everything we need for life is found in the presence of God. Learning how to put worship, as a priority is vital to maintaining our freedom.

The Power in Fasting

Fasting is discussed in the Old and New Testaments as part of people's daily life. There are examples of specific times or situations when it came to fasting. (Neh. 9: 1,4; Esther 9:31; Ps. 69:10; 109:4; Isa. 58:3-6; Jeremiah 36:6-9; Daniel 6:18; Joel 2:12; Matt. 6:16; Luke 2:37; Acts 9:9 are some examples of where fasting is mentioned). There are many different ways to fast. It's not just about not eating. It could be with holding yourself from TV, radio, sports, or something you really enjoy doing. Fasting is an intimate act to draw closer to God in some way. When it comes to fasting its best to ask God what He would have you do.

Remember when Jesus addressed fasting and those that just fasted for the sake of looking they were more religious? Fasting is a heart issue. And when we draw near to the Lord there will be times He desires us to withhold ourselves from earthly desires so we can experience more of Him. Fasting is one of these things.

The Power in Staying Accountable

Staying accountable is vital in our walk with the Lord. We are only accountable to the degree we choose to be. It's very healthy to be accountable to at least one other person, even if it's just on a limited basis. It is also crucial that we are accountable and connected to community and the life of the Body of Christ. In order to grow up in our walk with the Lord we have to be able to hear from others that can speak into our lives. It also brings a spiritual covering to you that's necessary until were with the Lord in heaven.

If you find it hard to hear 'no' or something may be wrong in how you're living then that is usually a sign that you're not under authority or in submission. Everyone is in submission to someone. Jesus was in submission to the Father and the Holy Spirit was in submission to Jesus. Going to church and hearing a sermon isn't accountability or being in submission. Under accountability means you have someone in your life that you can tell on yourself too that you highly respect. Not someone who always agrees with you. Those are usually your buddies. What you need is someone you highly respect that you'd be embarrassed and it would be difficult when you have to tell them you messed up. Even when it doesn't feel like it, it's for our own good. If you cant hear from others, you will not grow, as this is the way God himself has set up community and authority in our lives.



If you don't have someone you're accountable too, then start praying and asking the Lord to send you someone in your life that will love you and help you grow. He is faithful to bring what we need. (Romans 12:15; 1 Thess. 5; Acts 2).

Power Ministry- "Doin the Ministry Yourself"

In 1 Corinthians 12 we find where Jesus states we've all been given gifts. This means we've all been given different gifts to do the very ministry of Jesus. Just like the prayer you received, those people are moving in the gifts God has placed on their lives. Now you yourself have gifts that God has given to you and It's important that you find out what you're gifts are. In fact one of the ways we know what were made for is by asking ourselves what we love and what we hate. That will usually tell us what Gods put inside of us to serve in.

This is why being accountable is so important. You cannot be in authority and doing ministry until you are first under authority. The gifts aren't for you, but for those people that God has placed around you. We use those gifts when were in community and working with others alongside of us. This is what Romans 12 tells us where the Apostle Paul shares with us the way we find out what Gods will is for our lives is when we submit ourselves in worship; when we do this, God will then show us with the grace He gives us, those gifts were called too and they only work within the Body. They aren't meant to be independent of the Body. God wants us to need each other and work together.

Also, when you utilize those gifts is also when you yourself will find what you need for your own life. It's a Kingdom of God principal that whatever you need, when you yourself go and give of yourself to others than God gives back to you with great blessing! When you step out God will bring you mercy, love, and healing that you need as ongoing deposits in your life and in your spirit man. This will also keep you in a place of wholeness and healing. It will also feed you in a way that only comes when we give of ourselves.

