

## Theophostic Prayer Ministry

*Theos* = God    *Phos* = Light  
Jesus – God’s Light

### Differences between Tolerable and Genuine Recovery

1. Tolerable recovery is just getting *better*, whereas genuine recovery is being made *whole*.
2. Tolerable recovery is in *process*, whereas genuine recovery has *arrived*.
3. Tolerable recovery is in a state of constant *flux*. Genuine recovery is permanent and *maintenance* free.
4. Tolerable recovery is *humanistic*, whereas genuine recovery is *divine*.

### Foundational Principles of Theophostic Prayer Ministry

1. My present situation is not the primary source of my emotional pain. “*If I believe the lie that you are the source of my pain then I can never be free until you are healed.*”
2. The present situation *triggers* familiar painful emotions from earlier events. “The historical triggers need only be slightly similar in order to tap into the former memory’s emotional pain.”
3. Everything has a *beginning* source and origin. “The present is a reflection of the past.”
4. If I try to resolve my present conflict without finding healing for my past wounds, I will at best only find *temporary* relief. But, if I heal my past I redeem my present.
5. The negative emotion I currently feel is an “*echo*” of the past, an open window into the wounds of my past.
6. I can only look through the window of my past as I release the present situation as being the *primary* source of my pain.
7. There are three things I need to find as I look through the open *window*:
  - The emotional *echo*
  - The memory *picture*
  - The original *lie*
8. The pain I feel is not coming from the memory of the event but rather from the *interpretation* which was given the event.
9. The pain I feel will match the *lie* I believe.
10. If I believe the lie, it may as well be the *truth* because the consequence will be much the same.
11. To be free of the lie requires I embrace and confess the lie rather than reject or denounce it. “*We are taking every thought captive to the obedience of Christ.*” 2 *Corinthians 10:5b*
12. In the midst of this “*darkness*” I will come to realize how utterly bound I am to the lie and helpless in overcoming its debilitating grip on my life.

13. No one, including myself, is capable of talking me out of the lie. I will only be free when I hear the truth from the One who is *Truth*.
14. It is in this helpless, hopeless state that I am able to receive a healing word from God. When the way is made clear for me to receive, God will bring this healing word into my darkness, and only then will I be free.

#### How Important Are Memories in the Renewal Process?

*“Memory is everything from the present tense back. Therefore, everything we do is based on where we have been.”*

1. Memories themselves do not need to be healed since they are true. The memory is the *container* which holds the lie that produces the pain.
2. Memories contain *experiential knowledge* as opposed to *logical truth*.
3. Experiential knowledge is information gathered from life *experiences*. Logical truth is the collection of non-experiential *data*.
4. The brain accesses experiential knowledge by way of mental association so we know how to respond in the present tense.
5. How does the present situation draw emotional pain from memory?
  - Present conflict arises.
  - Present conflict connects with similar belief in memory event.
  - Root belief (lies) in memory surfaces painful emotion.
  - Painful emotion is transferred into present situation.
  - The present conflict feels the same emotion as the memory event.
  - We act out painful emotions creating a cycle of irresolvable conflict.

#### Theophostic Prayer Ministry Simplified

1. Emotional pain is experienced in the present situation as a result of *mental* association.
2. When the lie in the historical event is *triggered*, it transfers its pain into the present event.
3. True healing comes when the darkness (lie) is exposed with Divine *Truth* through the Spirit of Christ in our historical event. *“Jesus is past, present and future tense. The all tense Jesus enters my past and presently interprets the lies with His Truth.”*
4. When you heal the past you *redeem* the present.