



Introduction to Heart Sync Model of Healing

The following information is designed to help you understand the inner healing prayer ministry process called HeartSync so that you will have a better idea of what to expect during your prayer ministry session with House of Hope Healing Center.

HeartSync Ministry

HeartSync was developed by Father Andrew Miller. “HeartSync Ministry focuses on the primary mission statement of Christ to heal the brokenhearted (Luke 4:17-18a), whereby Christ gives us singleness of heart and action (Jer.32:39) to the end that we are then able to love the Lord our God with all our heart and with all our soul and with all our mind (Matt. 22:37). HeartSync Ministry does this by intentionally synchronizing the most core parts of our heart to the Lord in a short period of time.” For detailed developmental history and background of Father Andrew Miller and HeartSync, you can refer to <http://heartsyncministries.org/about/heartsync-history/>.

The Premise: Everyone experiences a level of brokenness but Jesus came to heal the broken hearted.

We all experience brokenness within us as various levels of sadness, depression, anger, unforgiveness, hostility, fear, anxiety, etc. This brokenness can include broken relationships with God and others, but is also experienced internally as disunity, self-criticism, self-rejection or self-hatred. An example of internal disunity: part of me doesn't want to do something, part of me feels pressured to do it. Apostle Paul describes this well in Roman 7:15 and 19. “I do not understand what I do. For what I want to do I do not do, but what I hate I do... For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.” We all struggle with the battle between what we think, what we feel and what we do. Sometimes they just do not match up. What we think is different from how we feel is different from what we actually do or say. What we believe in the mind may not be experienced as truth in the heart. “I know in my head that God loves me but my heart doesn't feel it.”

When a heart is broken or divided, one part holds unresolved pain and trauma. Another part distances itself from the pain in order to function. A third part creates a barrier to separate the two to prevent our being overwhelmed and allow us to survive. As we bury our painful emotions, we have less capacity to feel joy and love. Furthermore, we adopt unhealthy styles of coping such as addictions, denial, control, perfectionism, and performance, to name a few. The “functional” side of us starts to hate that unhealthy or “weak” emotional side of us which leads to self-rejection, depression, restlessness, criticalness of self, and thoughts about death or suicide.



The good news is that Jesus came to heal our broken hearts. He came not only to reconcile us to Himself and others, but to synchronize the parts of our heart so that we may have a singleness of mind, heart and action.

Isaiah 61:1-3 “The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD’s favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.”

Jeremiah 32:39 “I will give them singleness of heart and action, so that they will always fear me and that all will then go well for them and for their children after them.”

Jesus knows that we have internal conflicts when we come to him. He does not despise or reject us because of it. In fact, His response to a father who cried out and said with tears, “Lord, I believe; help my unbelief” (Mark 9:24), was compassion and deliverance for the man’s son. That same Jesus longs to have you experience His deep love and healing. Jesus longs to restore singleness of heart, soul, mind and body so that we can know the Father and experience the abundant life (John 10:10). To know the Father is not just to know facts about the Father. It is to intimately know His personality, to experience Him in our emotions, to be able to trust and rely on Him in spirit and to have healing in our body, soul, heart and spirit. When we experience wholeness, we can then follow the second commandment to love God with all of who we are (Matt 22:37).

The Process: HeartSync Model of Prayer Ministry

The goal of our ministry sessions

- To bring the parts of our hearts into a connection and relationship with God and each other.
- To resolve the inner conflicts causing self rejection/self-hatred so that we can experience love in a deeper way.
- To release unresolved pain and trauma.
- To bring understanding into areas of unhealthy behavioral patterns.
- To reveal God's heart in an experiential way.

We accomplish these goals through prayers, blessings, Immanuel moments (see below) and seeking answers from God Himself.



Preparing for Your Ministry Session

There are a few steps we recommend in preparing for the ministry session. By doing this ahead of time, more time can be given for the actual prayer time. Each of the steps outlined will be discussed when we meet together, but if they are somewhat familiar to you, it will expedite the process.

Preparing your Spirit

The prayer ministry will focus on issues of your heart, soul and spirit. It is recommended that you take time to bless your spirit. Scriptures may be used, or you may choose to read blessings for your spirit that others have written. Two excellent resources for spirit blessings are *Daily Spirit Blessings* and *Blessing Your Spirit*, both of which are available through The Father's Business (www.thefathersbusiness.com). Listening to music that ministers to you can also help prepare you for the ministry session.

Setting Goals

You have set aside time to come for ministry. Before your session, please think about what goals you might have for the ministry session or life in general. Are there specific outcomes you desire? The goals may include the ability to trust Jesus more, relief from pain, sleep, peace, etc. The Lord has a goal as well. He wants a thriving personal relationship with you, and He wants you to be free to enjoy Him and pursue the plans He has for you.

Making an Immanuel Connection

One unique aspect of this prayer ministry approach is the involvement of the Lord to lead the session. Not only does the Lord direct the session, but He creates a place where you can connect or be with Him - a refuge where you know Jesus is there, bringing strength, comfort, peace, insight, etc. This step is foundational in the prayer session, because you will be invited to go back to that place of safety with Jesus throughout the session. You can start to practice this at home.

Immanuel moment with God

Do this slowly with pauses between each sentence. Just like we feel close to someone when we think about a special time or something nice they did, we can do the same with God. Practice: *Sit in a physically comfortable position. When you are relaxed, ask God to bring to your remembrance a time when you had a great connection with Him (a time in the past when your connection was strong with God and you experienced His care). If several memories come up, pick one that had the most emotional impact on you. If no memories come up, just think of a time that you appreciated someone else for what he or she did. Remember how you felt. Remember what you are most thankful and appreciative for in that memory. Tell God what you most appreciate. Ask Him to refresh that experience for you, to strengthen and deepen the connection, and make it even more vivid.* Once you have established an Immanuel moment with God, you can simply ask Him what He wants you to know about Him. You can even be specific as to Father God, Jesus, or Holy Spirit. Ask Him what He wants you to know about yourself. Thank Him and refresh the joy.