



## ***Preparing for Your HeartSync Session***

Below are a few steps we recommend in preparation for the ministry session. By doing these ahead of time, more of your session can be devoted to prayer. The outlined steps 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](http://www.thefathersbusiness.com)). Listening to praise and worship music can also prepare your heart.

### ***Setting Goals***

You have set aside time to come for ministry. Please think about the goals you have for the ministry session. What do you want Jesus to do for you? Are there specific outcomes you desire - the ability to trust Jesus more, relief from pain, freedom from anxiety, or healing from trauma? What do you yearn for? The Lord wants to meet you where you are, satisfy the longings of your heart and restore you to Himself. He desires a thriving personal relationship with you, for you to be free to enjoy Him and pursue the plans He has for you.

### ***Making an Immanuel Connection***

A 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 with Him - a refuge where you know that 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 feeling 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.*