

Inner Healing Prayer Tool - White Wall

When used during an Inner Healing prayer time, this tool can be used to help someone visualize and release a deep wound. The purpose is to give some emotional distance to the issue by imagining that issue outside of the body and mind.

This tool can be used to address a specific issue (anger, fear, abuse, etc.) or for the healing of a relationship. Once a particular issue or person has been identified for inner healing praying in the prayer process, then you may utilize this tool to help the person address the issue or person.

Steps for the White Wall prayer tool addressing an ISSUE

1. Ask the participant if it is ok to try a prayer **experiment**¹
2. Ask them if they have ever been to an art gallery
3. Ask them if they can imagine a BLANK WHITE art gallery wall
4. Ask them to imagine a picture or word that represents the issue that needs healing
5. Ask them to place that image or word on the White Wall
6. Pray and ask the Holy Spirit to take every memory, event, and person connected to that issue and place it on the wall
7. Ask the participant if they can see or imagine those things going onto the wall
8. Tell the participant that you will continue to pray silently until all of the memories, events, and people are placed on the wall
 1. Ask the participant to let you know when everything is on the wall
9. Ask Jesus to come and stand next to the participant as they are observing the WHITE WALL
10. Ask the participant, “What does Jesus want to show you about everything on that wall?”

Having a prayer partner that can act as a scribe to write down the feedback can be very helpful. As the participant is sharing what they are seeing, the scribe can keep track of writing it down for them in order to go back to the images later. It may also be helpful to make an audio recording of the prayer time on the participants cell phone.

¹ We use the term “experiment” because people understand that experiments can fail and it’s not a big deal. If we use language that suggests a specific process, prayer participants may perceive that they are doing something wrong. Different people respond to different prayer tools. Using the language of an experiment helps take away some pressure to “get it right”. Don’t continue to use a tool if the experiment of using that tool isn’t working. Try another tool.

Steps for the White Wall prayer tool addressing a PERSON

1. Ask the participant if it is ok to try a prayer **experiment**²
2. Ask them if they have ever been to an art gallery
3. Ask them if they can imagine a BLANK WHITE art gallery wall
4. Ask them to imagine a picture or portrait of the person they are struggling with
5. Ask them to place that picture or portrait on the White Wall
6. Pray and ask the Holy Spirit to take every memory, event, and issue connected to that person and place it on the wall
7. Ask the participant if they can see or imagine those feelings and memories of that person going onto the White Wall
8. Tell the participant that you will continue to pray silently until all of the feelings and memories are placed on the wall
 1. Ask the participant to let you know when everything is on the wall
9. Ask Jesus to come and stand next to the participant as they are observing the WHITE WALL
10. Ask the participant, “What does Jesus want to show you about everything on that wall?”

² We use the term “experiment” because people understand that experiments can fail and it’s not a big deal. If we use language that suggests a specific process, prayer participants may perceive that they are doing something wrong. Different people respond to different prayer tools. Using the language of an experiment helps take away some pressure to “get it right”. Don’t continue to use a tool if the experiment of using that tool isn’t working. Try another tool.