

3 Step Prayer for Healing



Overview

The Three-Step Prayer parallels the way that Jesus brought healing to the people He was with. While this model provides an easy and intentional way of engaging and praying for others, it should not be used as a formula - we still need to listen to the Holy Spirit. It can be used anywhere, and for many, it is the most effective way for individuals and entire households, especially those who don't yet know Jesus, to encounter the power, love, and reality of the Father.

Getting Started

Step 1: Ask. The purpose of this step is to answer the question "What is wrong?", "Where does it hurt?", or, "What would you like me to pray for?"
When Jesus prayed for blind Bartimaeus in Mark 10:46-52 he asked what seemed like an obvious question, "What do you want me to do for you?"

Step 2: Pray. Thank God for the person and His healing power. Then tell the part of the person's body what you want it to do. Take authority and command sickness and pain to leave or command proper functionality to return in Jesus' name. We are not petitioning God. We are using the authority Jesus has given us as Peter did in Acts 3:6.

Keep your eyes open while engaging in prayer so you can see the effect. Many times there are physical indications that God is working, simple signs such as warmth, tingling, trembling, etc. Also, be sensitive to insights that the Holy Spirit might give you about their condition and how he might lead you to pray.

Step 3: Ask the person what has happened. If they had pain at the beginning, ask them at what level their pain is now. If the pain has not completely gone, pray another simple prayer. (In Mark 8:22-26, Jesus prayed twice for a blind man.) Ask them to check out

their condition and see what has happened and whether anything has improved. There is something really powerful in the checking—it represents a step of faith.

Other Options

It is helpful to first use this model to pray for family members and other believers. This way you will feel much more comfortable when you use it in engaging those who are not believers.

When using this model, it is helpful to work as a team with another person. This way both people can be working together in asking questions and discerning what the Holy Spirit is saying.

Going Deeper

The *Three Step Prayer Model* is a simplified version of *The Five Step Prayer Model* that was originally developed by John Wimber, who was one of the founder of the Vineyard. The Five Step Model is more advanced and gives more attention to diagnosing and determining the best way to pray for various needs. You can download a copy of it at <https://vineyardusa.org/library/the-5-step-prayer-model-introduction/>