



PREPARE YOUR EXPECTATIONS

Surrendering Control and Receiving from God

A Simple Guide Before Your Prayer Appointment

Prayer is not about getting the right result. Prayer is about meeting with God.

It is natural to come into a prayer appointment with hopes, needs, questions, and desires. You may want clarity. You may want breakthrough. You may want relief from pain, fear, shame, anger, confusion, or spiritual heaviness. You may want God to speak in a specific way or address a specific part of your story.

That is okay.

Desire is not wrong. Longing is not wrong. Asking God for healing is not wrong. Jesus invites us to come boldly, honestly, and expectantly.

But inner healing prayer is not something we control. It is not a formula. It is not a performance. It is not a spiritual transaction where we say the right words and force the right outcome.

At Everfree, we believe prayer appointments are spaces where we listen, surrender, and allow the Holy Spirit to lead. The goal is not to make God do what we want. The goal is to encounter the Father, Son, and Holy Spirit in the places where we need truth, healing, freedom, and love.

“Call to me and I will answer you, and will tell you great and hidden things that you have not known.”

Jeremiah 33:3

1. Release Control

It is natural to want a specific outcome.

You may come into prayer thinking:

I need God to fix this today.

I need this memory to stop hurting.

I need this anxiety to go away.

I need to understand why this happened.

I need to hear God clearly.

I need to feel something powerful.

I need to know this appointment worked.

Those desires are understandable. Many of them come from real pain. But healing begins with surrender.

Surrender does not mean you stop wanting healing. It means you place your desire for healing into the hands of the One who loves you most.

Control says, **"God, You have to do it my way."**

Surrender says, **"Father, I trust You to lead me in Your way."**

Prayer:

Father, I release my need to control this process.

I release my timeline.

I release my assumptions.

I release my fear of disappointment.

I trust You to lead me with love, wisdom, and kindness.

"Trust in the Lord with all your heart, and do not lean on your own understanding."

Proverbs 3

2. Let God Begin Where He Wants to Begin

Sometimes we come to prayer with one issue in mind, and the Holy Spirit gently leads us to something deeper.

You may come wanting prayer for anxiety, but Jesus may begin with a memory of feeling unsafe.

You may come wanting freedom from anger, but Jesus may reveal grief underneath it. You may come wanting to break a repeated pattern, but the Father may first restore your identity.

You may come wanting a dramatic deliverance moment, but Jesus may begin with quiet reassurance.

You may come wanting answers, but God may first give you His presence.

This does not mean your concern is unimportant. It means God sees the whole story.

He knows the root.

He knows the wound.

He knows the lie.

He knows the timing.

He knows what your heart can carry.

He knows how to lead you into freedom without overwhelming you.

You can ask:

Holy Spirit, where do You want to begin?

Jesus, what part of my story are You inviting me to bring into the light?

Father, what do You want to address first?

Then pause.

You do not have to force the answer. Simply make room.

3. We Do Not Force God

We do not demand how God speaks.

We do not demand what God addresses.

We do not demand that healing happen in the way we imagined.

But we do come with faith that He will meet us.

God is not a machine. Prayer is not a formula. Inner healing is not a technique that works because we perform it correctly. It is a relational encounter with the living God.

The tools we use in prayer are simply tools. They help us listen. They help us slow down. They help us notice what God may be revealing. But the tool is never the focus. Jesus is the focus.

You do not need to make anything happen.

You simply come near.

“Draw near to God, and he will draw near to you.”

James 4:8

Prayer:

**Jesus, I do not want to force You into my expectations.
I do not want to demand how You speak or what You do.
I come near to You with trust.
Meet me in the way You know is best.**

4. Be Open to How God Speaks

God speaks in many ways.

Some people sense His presence strongly.

Some people see pictures or images in prayer.

Some remember a specific moment.

Some hear a phrase or Scripture come to mind.

Some feel peace in their body.

Some simply have a quiet knowing.

Some notice an emotion they had been ignoring.

Some do not feel much at first, but later realize God was gently leading.

Listening prayer is not about trying to hear an audible voice. That can happen, but for many people God’s communication is quieter and more personal.

He may communicate through:

Memories

Pictures or impressions

Scripture

A sense of His presence

A quiet knowing

A word or phrase

A body sensation
An emotion
A person's name
A sudden awareness
Peace
Conviction
A gentle nudge

Do not dismiss something just because it seems small.

Sometimes the Holy Spirit leads like a breadcrumb trail. One small thought leads to a memory. A memory leads to a feeling. A feeling leads to a lie. A lie leads to truth. Truth leads to freedom.

You do not need the whole map. You only need to follow the next breadcrumb.

"My sheep hear my voice, and I know them, and they follow me."
John 10:27

5. Let Go of Performance

You do not need to say the right words.

You do not need to cry.

You do not need to feel something dramatic.

You do not need to have a vision.

You do not need to understand everything.

You do not need to impress the prayer team.

You do not need to sound spiritual.

You do not need to prove that the appointment is working.

Freedom often comes quietly.

Sometimes healing feels like a wave. Sometimes it feels like a whisper. Sometimes it feels like peace. Sometimes it feels like a small shift in the way you see yourself, God, or a painful memory.

Do not measure God's work by emotional intensity.

Some of the deepest work of God happens gently.

Prayer:

**Jesus, I release the pressure to perform.
I release the need to have a dramatic experience.
I release the fear of doing this wrong.
Help me simply be present with You.**

"My grace is sufficient for you, for my power is made perfect in weakness."
2 Corinthians 12:9

6. Be Honest About What You Feel

Healing flows through honesty.

You do not have to pretend to be more peaceful, more spiritual, more confident, or more ready than you actually are.

If you feel nervous, say so.
If you feel afraid, say so.
If you feel numb, say so.
If you feel skeptical, say so.
If you feel disappointed with God, say so.
If you are unsure whether you can hear Him, say so.
If you are afraid nothing will happen, say so.

Honesty is not disrespectful to God. Honesty is often the beginning of intimacy.

The Father is not asking you to perform confidence. He is inviting you to bring your real heart.

"Confess your sins to one another and pray for one another, that you may be healed."
James 5:16

Prayer:

**Holy Spirit, help me to be honest and open.
Help me tell the truth about where I am.
Help me bring my real heart before the Father.
Jesus, meet me without shame.**

7. Release Fear of Disappointment

Many people come to prayer carrying hidden disappointment.

Maybe you have prayed before and did not feel like anything changed.

Maybe you asked God for something and did not receive what you hoped for.

Maybe you have watched other people experience breakthrough while you still feel stuck.

Maybe you are afraid to hope again because hope feels risky.

Jesus is not offended by that fear.

You can bring Him your disappointment. You can bring Him your guarded heart. You can bring Him the part of you that wants healing and the part of you that is afraid to trust.

You may want to pray:

Father, I want to hope, but I am afraid of being disappointed.

Jesus, I bring You the places where I have felt confused, overlooked, or unanswered.

Holy Spirit, help me open my heart again at the pace You know is right.

Expectation does not mean pretending you are not afraid.

Expectation means choosing to believe that God is good, even while you are honest about your questions.

8. Come Expectant and Surrendered

Expectation and surrender belong together.

Expectation says, **"God will move."**

Surrender says, **"God can move however He wants."**

Expectation without surrender can become control.

Surrender without expectation can become passivity.

But together, they create a beautiful posture of trust.

You are not coming to demand.
You are not coming to strive.
You are not coming to manage the outcome.

You are coming to meet with the God who loves you, knows you, and is able to do more than you can ask or imagine.

“Now to him who is able to do far more abundantly than all that we ask or think...”
Ephesians 3:20

Prayer:

**Father, I come with expectation.
I believe You are good.
I believe You are present.
I believe You are able to heal.**

**And I come surrendered.
You can lead however You want.
You can begin wherever You want.
You can speak however You want.
I trust You.**

9. Ask the Father About Your Expectations

Take a few moments with the Father.

Ask Him gently:

**Father, are there any expectations I am carrying that are not from You?
Are there any outcomes I am trying to control?
Are there any fears I am bringing into this appointment?
Are there any disappointments I need to place in Your hands?
Are there any demands I need to surrender?**

Pause and listen.

Write down anything that comes to mind.

Expectations I may need to release:

Outcomes I may be trying to control:

Fears or disappointments I want to bring to the Father:

What I sense God may be inviting me to trust Him with:

10. Remember What This Appointment Is For

Your prayer appointment is not a test.

It is not a measure of your spiritual maturity.

It is not proof of whether God loves you.

It is not something you have to make successful.

It is not about saying everything perfectly.

It is not about forcing yourself to feel ready.

Your prayer appointment is a space to encounter Jesus.

It is a place to listen.

A place to be honest.

A place to receive.

A place to notice.

A place to bring pain into the light.

A place to surrender control.

A place to let the Holy Spirit lead.

You are not responsible for healing yourself.

Jesus is the Healer.

The Holy Spirit is the Guide.

The Father is the One who welcomes you.

Final Prayer

Holy Spirit, I come ready to receive.
I trust You to lead.
I surrender my expectations.
I release my need to control the process.

Father, I place my hopes, fears, questions, and disappointments in Your hands.
Jesus, meet me in the way You know is best.
Help me recognize Your voice.
Help me receive Your love.
Help me trust Your timing.

I come expectant and surrendered.
I believe You are good.
I believe You are present.
I believe You are able.

Have Your way.
Amen.

Final Posture

Come with hope, but hold your expectations with open hands.

God may move in a way that feels powerful and immediate. He may move in a way that feels gentle and quiet. He may answer the question you came with, or He may reveal the deeper place underneath it.

You do not need to control the appointment.

You only need to come available.

Expectation says God will move.
Surrender says He can move however He wants.
Hold both.