



PREPARE YOUR HEART

Inviting Jesus Into the Broken Places

A Simple Guide Before Your Prayer Appointment

Inner healing begins with **presence, not performance**.

You do not need to come to your prayer appointment with everything figured out. You do not need to know the “right” memory, the “right” issue, or the “right” prayer language. You simply come with an open heart, willing to let Jesus lead.

At Everfree, we believe inner healing prayer is a Spirit-led process where we invite Jesus into the places of pain, confusion, fear, shame, rejection, or bondage. The goal is not to analyze your life. The goal is to encounter Jesus in the places where your heart has been wounded and allow Him to reveal truth, bring healing, and restore intimacy with the Father.

“Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting.”

Psalm 139:23–24

This short guide is here to help you gently prepare your heart before your appointment.

1. Create Space

Before your appointment, take a few minutes to slow down. Find a quiet place if you can. Silence your phone. Sit comfortably. Take a few deep breaths.

You are not trying to make something happen. You are simply becoming aware that God is already with you.

Prayer is not just talking to God. It is learning to be with Him, listen to Him, and receive from Him. In inner healing prayer, we make room for the Father, Son, and Holy Spirit to lead.

You may want to pray:

Holy Spirit, I welcome You.

Prepare my heart for this time of prayer.

Help me slow down, listen, and become aware of Your presence with me.

Jesus, I trust that You know where to begin.

2. Remember: This Is About Love

The purpose of your prayer appointment is not to expose you, shame you, or pressure you. The purpose is love.

Jesus does not enter our pain as an accuser. He enters as Savior, Shepherd, Healer, and Friend. He knows your story more fully than you do, and He is not overwhelmed by any part of it.

Inner healing is not a teaching moment or a performance moment. It is a listening moment. It is a sacred space where you are invited to be honest with God and allow Him to meet you with truth, mercy, and compassion.

You may want to say:

Jesus, help me believe that You are kind.

Help me trust that You are not afraid of my pain.

Help me receive Your love in the places where I have felt alone.

3. Ask God to Reveal Where He Wants to Begin

Many people come to prayer appointments with a specific issue in mind. Others come feeling overwhelmed and unsure where to start. Either is okay.

You may already know what you want prayer for. You may be carrying anxiety, grief, shame, anger, fear, confusion, relational pain, spiritual oppression, or a repeated struggle that feels difficult to break. You may also sense that something is wrong but not know how to name it.

Begin by gently asking the Lord:

Jesus, what part of my story needs Your healing?
Father, is there a memory, relationship, or wound You want to bring forward?
Holy Spirit, where have I been carrying pain that You want to touch?
Is there a lie I have believed about You, myself, or others?
Is there a place in me that feels stuck, afraid, angry, or ashamed?

Then pause.

Do not force anything. Let whatever comes come. It may be a memory, a word, a picture, a feeling, a person's name, a body sensation, a scripture, or simply a sense of peace. God often leads us one step at a time, like a breadcrumb trail.

"He heals the brokenhearted and binds up their wounds."
Psalm 147:3

4. Notice What Comes Up

As you sit with the Lord, write down anything that surfaces. Do not worry about whether it is important enough. Just notice.

You might write down:

Repeated struggles or patterns
Painful memories
Moments of rejection, fear, shame, or abandonment
Relationships that feel unresolved
Places where you feel anger toward yourself, others, or God
Lies you have believed about your identity
Vows you may have made, such as "I will never let anyone hurt me again"
Words spoken over you that still seem to affect you
Places where you feel spiritually stuck or oppressed
Areas where you struggle to receive God's love

This is not about self-diagnosis. It is not about trying to solve everything before the appointment. It is simply about noticing what the Holy Spirit may be bringing into the light.

You can pray:

**Holy Spirit, help me notice without fear.
Show me what You want me to bring into the light.
Jesus, meet me with truth, not shame.**

5. Understand That Pain Is Often Connected to Memory

Many of our present struggles are connected to past experiences. Sometimes a painful event plants a lie in our heart. Over time, that lie can begin to shape how we see ourselves, others, God, and the world around us.

A person may know in their mind that God loves them, but still feel unworthy.
They may know they are forgiven, but still feel shame.
They may know God is safe, but still feel afraid to trust Him.
They may know they are no longer a child, but still react from a place of old pain.

Inner healing prayer invites Jesus into those root places. We are not asking Him to change the facts of what happened. We are asking Him to reveal where He was, what He wants to say, what lie needs to be broken, and what truth He wants to restore.

You may want to ask:

**Jesus, is there a memory connected to what I am feeling now?
Holy Spirit, is there a root beneath this repeated struggle?
Father, what truth did I lose sight of in that season?**

6. Practice Ask, Trust, Test

Many people wonder, "How do I know if what I am sensing is God, myself, or the enemy?"

That is normal.

At Everfree, we use a simple discernment rhythm:

Ask. Trust. Test.

First, we ask the Holy Spirit to lead.

Then, we trust that God is a good Father who wants to guide His children.

Then, we test what we are sensing through Scripture and the character of Jesus.

As you prepare, you can test what comes up by asking:

Is this loving?

Is this consistent with Scripture?

Is this true of the character of Jesus?

Does this draw me closer to God?

Does this bring healing, clarity, mercy, or peace?

Does this expose shame or increase shame?

Does this sound like the voice of the Good Shepherd?



God's voice does not manipulate, accuse, condemn, or confuse. The enemy brings fear, shame, accusation, and hopelessness. Jesus brings truth, conviction, mercy, clarity, and freedom.

"My sheep hear my voice, and I know them, and they follow me."

John 10:27

7. Release Your Agenda

It is good to come with desire. It is good to know what you are hoping God will heal. But it is also important to come with open hands.

Sometimes Jesus begins exactly where we expected. Sometimes He gently leads us somewhere surprising. Sometimes what we think is the main issue is connected to something deeper.

You may come wanting relief from anxiety, but Jesus may begin with a memory of feeling alone.

You may come wanting freedom from anger, but Jesus may reveal grief underneath it.

You may come wanting to break a pattern, but Jesus may first restore your identity as a son or daughter.

You do not need to control the process. You can trust Him to lead.

Prayer:

**Jesus, I give You my expectations.
I give You my timeline.
I give You what I think needs to happen.
Lead me in the way You know is best.
Your will be done, on earth as it is in heaven.**

“Your will be done, on earth as it is in heaven.”

Matthew 6:10

8. Come Honestly, Not Perfectly

You do not need to clean yourself up before coming to prayer. You do not need to hide the parts of your story that feel messy, embarrassing, painful, confusing, or spiritually uncomfortable.

Jesus already knows. And He is not ashamed of you.

If you feel nervous, tell Him.

If you feel skeptical, tell Him.

If you feel afraid, tell Him.

If you feel numb, tell Him.

If you are not sure you can hear God, tell Him.

Honesty is often the doorway to healing.

You can pray:

**Jesus, this is where I really am.
I do not want to pretend with You.
Meet me in truth.
Meet me in mercy.
Meet me in the places I have hidden.**

9. Come Ready to Receive

You do not need to fix yourself. You do not need to perform. You do not need to make something happen.

Your role is to come available.

The prayer team's role is to hold space, listen, ask gentle questions, and follow the Holy Spirit. Jesus is the Healer. The Holy Spirit is the guide. The Father is the one who welcomes you home.

You are not coming to be inspected.

You are coming to be loved.

You are coming to listen.

You are coming to receive.

"Be still, and know that I am God."

Psalm 46:10

10. A Simple Journaling Exercise Before Your Appointment

Before your appointment, take 10–15 minutes and write down your honest responses to any of these questions:

What led me to sign up for prayer?

What feels heavy, stuck, painful, or unresolved in my life right now?

Are there any memories that still feel emotionally charged?

Are there any relationships I avoid thinking about?

Are there lies I often believe about myself?

Are there repeated patterns I cannot seem to break?

Is there anyone I may need to forgive?

Is there anything I am afraid Jesus might bring up?

What do I most want to receive from Him?

You do not have to answer all of them. Just choose the ones that seem to stand out.

Closing Prayer

Father, Son, and Holy Spirit, I come before You with an open heart.

Jesus, I invite You into the broken places of my story.

Holy Spirit, lead me gently and clearly.

Father, help me receive Your love where I have believed lies, carried pain, or lived under shame.

I release my agenda.

I release my fear.

I release the pressure to perform.

I trust You to begin where You want to begin.

Search me, know me, lead me, and heal me.

I am open.

I am listening.

I am ready to receive.

Amen.