

INSTRUCTION MANUAL

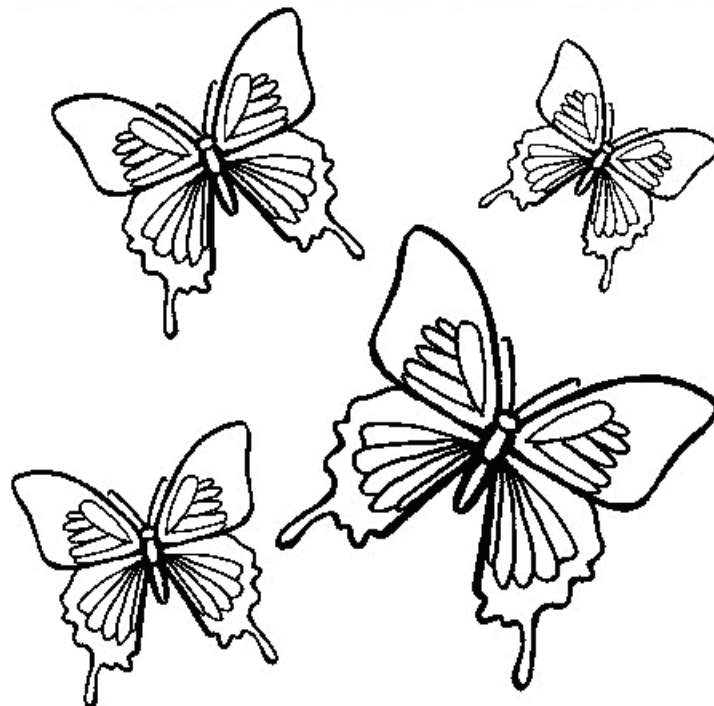
# Forgive And Be Forgiven!

*And Jesus Will Change Your Life*

A Prayer Guide For  
**“I Will Give You Rest”**

By Edward Kurath

*A Journey of Recovering  
The Buried Treasure In Your Heart.*



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# INTRODUCTION

## **How Can Your Life Change?**

My book, “I Will Give You Rest” explains the provision Jesus made by which your life can be changed.

For this information to bring about change in your life, you need to **apply** it.

## **How Do You Apply It?**

That is the purpose of this Instruction Manual – to help you actually apply the biblical truths taught in “I Will Give You Rest” - for the rest of your life.

## **It Works**

If you continuously apply the provision that Jesus made for you, you will indeed enter His Rest. He promised it.

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## **Feedback**

The Instruction Manual is a work-in-process, which is why it is posted online and not in printed form. That way we can update it as we get feedback from readers. Therefore your suggestions for improvement are invited. E- mail us at [edkurath@divinelydesigned.com](mailto:edkurath@divinelydesigned.com).

## **Revisions**

This Instruction Manual was significantly revised on June 6, 2011.

# Forgive And Be Forgiven !

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# Section 1

## Forgiving Produces A Miracle !

### Forgiving Is Miraculous

Forgiving is indeed miraculous. Doing so will activate the provision Jesus made for your life to change. Let me give you an example from my own life.

I am a jogger, and I live on the side of a mountain. In the winter it is icy, and I can't run here; because I will fall and break something. Therefore I drive 4 miles to town. There is a street that is about 1 1/2 miles out and 1 1/2 miles back that is plowed and sanded and does not have much traffic. That is my running track in the winter.

One day a few years ago I was almost at the far end of the run when two mid-sized dogs ran out after me. I have learned that you don't run from dogs, so I turned on them and I shouted,

"Hey, you get back there."

They skidded to a stop. The owner was a woman who was standing on the sidewalk.

She said, "Hey, don't talk to my dogs like that."

I said, "Lady, you have to be kidding me. We are in town, there is a leash law here. Your dogs shouldn't be here in the street."

She called her dogs and went inside.

As I continued my run, I was very upset.

I thought, "This is the only convenient place I have to run, and I'm not going to let those dogs spoil that. What will I do about it? I know what. I have a foot long steel bar in my garage. I'll carry that. Then when they come out, I'll take care of them."

Then I thought again. It wasn't really the dogs' fault, and I'd probably get in trouble if I hurt them. Then what can I do instead?

"I know what I'll do," I thought. "I'll carry my cell phone. Then when they come out after me, I'll grab one of them by the collar and call the dog warden. Then she'll get a ticket, and that should fix her."

I finished my run, drove home, took a shower, and went to my office. As I sat down, I was still chewing over this situation. As I grumbled over it, I got the distinct impression that the Lord was tapping me on the shoulder. I knew what He wanted: **He wanted me to forgive the woman.** I didn't want to forgive her, and argued with the Lord.

"But she was so thoughtless. She had no right to let her dogs loose, etc, etc, etc."

Eventually I realized I was going to lose the argument. I reluctantly agreed to forgive her, though I still didn't want to. After all, I still believed I was right, and she was wrong.

Initially as I prayed it was pretty mechanical and wooden. However, as I prayed, I gradually calmed down; and the forgiveness became more real.

- I forgave her.
- I asked the Lord to forgive me for judging her.
- I asked Him to take out the bitter root I had just planted,
- To cleanse that place, and
- To fill it with His Holy Spirit.

As I prayed, I began to recognize that she had a permanent scowl on her face. It also occurred to me that a healthy person would have said something like,

"I'm sorry, sir. Are you alright? Did my dogs scare you?"

I realized that she was a wounded and unhappy person. I felt compassion for her, and I began to pray for her. I suspected that she might not know the Lord, and I began to pray for her salvation.

Suddenly it was as though I was struck by lightning. The change in my mindset was stark. I realized that I was now seeing her the way the Lord sees her. I wasn't praying for her salvation because it was the "Christian thing to do." I was praying for her because I saw her pain and neediness.

## **I realized that a miracle had occurred!**

Before I prayed, I was in a mindset of bitterness. I was on the throne, and in that mindset I was fully convinced that she was wrong, and I was sure I was right. I was in the mind of the "flesh." Bad fruit (my plans to make her pay) was coming from that bad root.

After I prayed, I saw her neediness and wounding. I was now seeing her as Christ saw her. I now had the mind of Christ. Jesus was now in me where the bitter root had previously been planted, and that new good root was producing good fruit (my compassion for her). I wasn't trying to see her with eyes of compassion. I simply did.

When **we forgive** and **Jesus forgives us**, a miracle occurs. It is not something we can accomplish on our own. We can repress our anger, or try to be nice; but we can't change what is inside us. Only the blood of Jesus can accomplish that change. And He does it! He came and died, rose again, and gave us His Spirit to make this possible!

# Section 2

## Details of How to Forgive

If you are not yet convinced that forgiving is the only way to enter into the rest provided by Christ, then again read Chapters 2, 3, 4, and 5 in “I Will Give You Rest.”

### The Power Behind Forgiveness

When we judge, we have responded to our God-wannabe (“flesh”). We have then invited darkness into a place in us. When we forgive, we are getting off the throne as the judge; and we are inviting Jesus into that place. Jesus then comes in, as He has promised. He has the ability to come in and overwhelm the work that the Devil had done in us, because Jesus is more powerful than the Devil (1 John 4:4). If He were not more powerful, then we would be wasting our breath.

Once you are convinced, that **forgiving** and **being forgiven** by Jesus is so important, then the next important question is, “**How do I do it?**”

### Forgive From The Heart

The key is that forgiving must come from the heart. It must be real. Because of this, reciting a rote prayer can be a mistake. We may come to rely on the words said and not on the heart change required. This is a real temptation, because reciting words is much easier than truly letting go of the resentment.

At the same time, it is sometimes helpful in the beginning to have some guidance of what to say. Therefore I somewhat reluctantly am providing several sample prayers. From the variety of samples, you can see that there is no magical set of words to speak, although you do need to actually speak words to accomplish forgiveness (though if others are present, sometimes it would be most appropriate to say it under your breath).

One way to keep from getting into the rut of a rote prayer is to use a different sample prayer each time. That way you may not get hooked on the exact words, but will begin to grasp the principles involved. Know that the goal is for you to be weaned from all sample prayers, and to just speak to the Lord spontaneously.

### The Basics

One way to keep focused on the principles and not specific words is to keep in mind what forgiveness is, and why we need it.

The basic truth behind forgiving is that when we judge, we have taken Jesus’ place on the throne as the judge. We are never authorized to judge anyone or anything, even if they are in fact guilty. This judging is sin; and to get free from the consequences of this sin, we need to forgive so that we will be forgiven. When we forgive, we are stepping down off the throne, and are inviting Jesus to take that place. We are asking Jesus to take out the bitter root we just planted in our “honeycomb” (Chapter 3), and to

fill that place with His presence. In this way, since Jesus will now reside there, we are actually changed into the image of Jesus in that place in us. If you are unclear about this, reread Chapters 4 and 5.

When **we forgive** and **are forgiven by God**, the spiritual work has been done. However, if in judging we have done something to damage our relationship with the one we judged, we also need to repair that breach by approaching that one, acknowledging our sin towards them, repenting and asking them to forgive us.

## Who Do We Judge?

Those that we judge include:

- Other people
- Things (inanimate objects)
- God
- Ourselves

## Forgiving Other People and Things

People are capable of sinning, so praying to forgive them makes sense to us. Even though “things” are not actually capable of sinning, I find it easy to recognize that I do frequently accuse “things” of doing me wrong. Consequently it doesn’t seem particularly strange for me to forgive my computer for being too slow, or my car for not starting.

### Sample Prayers for Forgiving Others and “Things”

Note that in each case I would speak directly to the other person/thing, using the second person “you,” as though he/she/it was present. This makes it more personal, and brings the event back to my mind. Usually I will not need to actually go to the one I judged and speak these words to them. The problem isn’t in them, it is inside me.

#### Alternate #1

A prayer regarding your Dad might go something like this:

"Father God, I come to You in the blessed name of Jesus.  
I realize that I have judged my Dad, and I have inside me a root of bitterness.  
I am sorry that I did this, and I don't want that awful thing in me anymore.  
Dad, I forgive you for \_\_\_\_\_ (the offense).  
Lord, I ask You to forgive me for this judgment of bitterness.  
Forgive me for taking Your place as the judge.  
I ask You to come into that place in me, remove that ugly root from me,  
and wash me clean with Your blood.  
Cleanse me in every place where that bitterness existed.  
I ask You to fill all those places with Your presence.  
Lord, I ask that You would bless my Dad. Amen."

## **Alternate #2**

A prayer regarding Mom might go something like this:

"Mom, I forgive you for \_\_\_\_\_. You owe me nothing – no restitution, no apologies, no explanation, no reasons, no excuses. I release you totally. I accept Jesus, as the restitution for your sin against me.

Father, Your Word says, that If we confess our sins, we can trust you to be merciful and just and to forgive us of all unrighteousness. I have now confessed my sin, and know that You have forgiven me. As far as the east is from the west, you have put my sin from me, and You remember it no more."

## **Alternate #3**

For example, a man cuts me off in traffic. I feel anger spring up in me. I honk my horn and utter some words. Then I would catch myself and say something like:

"Lord, I have just judged that man." I would name the feeling behind the anger, in this case perhaps "demeaned", or "belittled."

"Mister, I forgive you for pulling out in front of me, for treating me as being of less importance than you, for ignoring my safety.

Lord, forgive me for judging that man, for taking Your place on the throne as the judge.

I ask You to reach down inside me and remove that bitter root I just planted.

Wash that place clean with Your blood, and then please fill that place with Your Holy Spirit.

Lord, bless that man's day, and keep him safe.

I pray this in the name of Jesus. Amen."

## **Alternate #4**

This is an example based upon the Elements Involved in Forgiving on Page 69 of "I Will Give You Rest."

Example: I discover that my wife (Kay) has failed to do the laundry (we have agreed on who does which home chores, and this is one of hers), and I have no clean socks. I am angry at her, and say to myself: "There, she did it again!"

I have just planted a root of bitterness in myself, and I need the Lord to remove it.

**Recognition:** "I have just judged Kay for not having done the laundry."

**Confession:** "I sinned when I judged her."

**Repentance:** "I am unhappy that I did this, and want that bitter root taken out."

**Forgiveness:** "Kay, I forgive you for not doing the laundry, and leaving me without any clean socks."

**Accept Forgiveness:** "Lord, forgive me for judging Kay. Take out that bitter root I just planted. Cleanse that place with your blood."

**Ask the Lord to Fill me:** "Lord, I invite you to come into that place where the bitter root had been; and fill it with your Spirit."

**Bless the other:** "Lord, I ask that you would bless her in her busy schedule."

**Restoring the relationship (Restitution):** In this example, my wife was not present when I discovered that I had no clean socks.

If she had been present, and if I had spoken those angry words to her or otherwise acted angrily towards her, I would then need to restore our relationship. I would confess my sin against her, tell her how sorry I am that I hurt her, and ask her to forgive me for judging her, and wounding her. I might then agree to do something for her, like doing the laundry next week as a way of showing her that I really was sorry.

This is not legalism or "penance," because my agreeing to do the laundry is to restore my relationship with her, **not** as a way to wash away my sin. That had already been taken care of by the blood of Jesus.

## Forgiving God

God is incapable of sinning. Intuitively we know this, so to say to God “I forgive You” somehow feels not genuine. At the same time, we have in fact sinned by judging Him; and to remove that sin, we need to forgive so we can be forgiven. We also need to restore the relationship.

Using different words that parallel the meaning of “forgive” should remove this awkwardness. For example:

“God, I wrongly judged You as     (name the judgment)    . My God wannabe (“flesh”) lied to me about You. I release You from the debt I charged against You. I know that You did not     (name the judgment)    . Lord, I ask that You release me from the debt that I owe for having taken Your place as the judge of You. I ask You to take out the bitter root, and wash me clean with Your blood. Please come into that place, filling that place in me with Your Holy Spirit.”

Lord, I am so sorry that I judged You. Please forgive me.”

## Forgiving Yourself

Judging ourselves is very common, and very destructive to us. Forgiving ourselves is more complex than forgiving God, because our “flesh” (God-wannabe, Chapter 13) is capable of sinning; and yet our Treasure Inside (Chapters 9 and 12) is made in God’s image, and therefore does not sin. Whenever we judge ourselves, we always condemn both our God-wannabe and our Treasure Inside. Therefore, not only is this judging a sin, it is an affront to our Treasure Inside.

Here we bump into the same awkwardness as when we forgive God. To say to our Treasure Inside “I forgive you” somehow feels not genuine. Intuitively we know he or she did not sin.

As with forgiving God, using different words that parallel the meaning of “forgive” should remove this awkwardness. And of course, we want to restore our relationship with our Treasure Inside. For example, focus your attention inside and speak to your Treasure Inside:

“ (your name), I wrongly judged you as being     (the judgment)    . My God wannabe lied to me about you. I release you from the debt I charged against you. I know that you are not     (the judgment)    . I am so sorry that I judged you. Lord, I ask that You release me from the debt that I owe for having taken Your place as the judge of myself. I ask You to take out the bitter root, and wash me clean with Your blood. Please come into that place, filling it with Your Holy Spirit.”

    (your name)    , please forgive me. I want to be your friend, not your judge.”

# Section 3

## The Path To Follow –

### *Listen to Every Negative Emotion*

The following are common questions people have expressed about their healing walk:

- How can I truly make peace with myself and come to love myself?
- How can I hear the voice of God so He can lead me in my healing?
- How can I take down The Wall inside me? (Chapter 9 of "I Will Give You Rest.").
- This healing thing is so complicated. How can I possibly get it right?
- How can I keep from losing the healing I have already attained?
- How can I know that the Lord has healed a bitter root?
- How do I know when there is a deeper root behind what just happened that triggered me?
- How can I know when I should be done praying?
- How can I possibly "count it all joy when I encounter various trials?"

**Listening to every negative emotion** is a very powerful practice that can provide the answers to these questions, and bring peace for the anxiety that results when emotions are stirred up.

Your negative emotions are a powerful tool that the Lord can use to direct your healing. He is in charge of your healing, truly wants you healed, and knows the path you need to follow to get healed. Therefore He puts you into situations that are divinely ordained to bring up the next issue He wants to work on. He will tell you about it by the negative feeling that comes up. It is like a dentist poking around in your mouth. When he touches a sore spot, you know it.

**Your negative emotions are in fact God talking to you!**

Therefore, your negative emotions are a powerful way that the Lord can lead you, all day every day. Then, you can truly "count it all joy," because the pain is going to lead to healing.

# THE ASSIGNMENT

## **Pay Attention**

Keep a pad of paper with you to write down every incident of a negative emotion, no matter how small. Your response can be a short note or a long journal. It is your choice. If it is more convenient, you might use your cell phone to note for yourself the incident.

A major purpose of keeping a written list is so that if at the end of the day your paper is blank, you will know you haven't been listening. We all judge (and therefore have a negative emotion) many times every day. It is very easy to fall back into the old pattern of not listening if we aren't careful.

## **Pray over each item on your list**

Be diligent to set aside time to get quiet and comfortable where there is a minimum of distractions. Look at each item on the list. Close your eyes and remember the recent incident that triggered the negative emotion.

Choose a **feeling word** to describe the feeling. Most negative emotions are signals that you have judged. If you need help choosing a feeling word, **see the attached list** of emotions. “**I feel like** she betrayed me,” or “**I feel like** hitting him,” are conclusions, not emotions. “I feel betrayed,” or “I feel angry” are descriptions of the emotions. If you have not been used to paying attention to your emotions, naming them may take practice. The idea is to identify the signal coming up from inside, and to label it; so that you know what went wrong, and thus will know how to pray.

Then forgive whomever/whatever you have judged.

If your Treasure Inside is the one you have judged, ask him/her to forgive you.

- Ask the Lord to forgive you for the judgment,
- To remove the bitter root
- To cleanse that place with His blood
- To fill that place with His spirit.

## **Sample Prayers**

I always hesitate to give sample prayers, because we need to be praying as Jesus leads, not in a rote prayer. You will find some suggestions in “How To Forgive” in a previous section of this Instruction Manual.

## **After you pray**

Review the incident and see if there is peace. If there is peace, you are done. If not, there is more praying to be done. The further praying may have to do with the current event, or there may be an older, deeper root to be prayed about.

When you have peace, you are done. Peace means that the work the Lord wanted you to do right now is done. It does not necessarily mean that every bitter root with respect

to that person or type of situation is gone. If there is more in there, in due season the Lord will bring it up.

Once you have prayed and have peace, then just go on and enjoy the day.

### **Continue Paying Attention**

If at the end of any given day you have an almost blank piece of paper, this always means you haven't been listening. We all judge many times a day.

### **Making Friends With Yourself**

If you have a history of judging yourself, once you begin to listen to your negative emotions, you may be astonished at how awful you are to yourself. In fact, you may find that almost every time that you experience a negative emotion, you have also judged yourself. Watch out for this.

A key to healing is to make friends with your Treasure Inside. This friendship, built on a growing trust, comes about by listening every time your Treasure Inside sends up a negative feeling. This is a bit like a parent with a child. If the child cries, a good parent will ask the child what is wrong, with the idea of correcting whatever is the problem.

When a parent does this consistently, the child grows to trust the parent, knowing the parent has their best interest at heart.

## **The Role Of Positive Emotions**

Also listen to your positive emotions, because they are also directional. They point you towards things that are good for you. Following them can lead to you having your legitimate needs met in legitimate ways ("I Will Give You Rest" pages 51, 175, 182).

It is not selfish to listen to your positive emotions. Of course, since the positive emotion was not pointing out sin, no prayer of forgiveness is necessary. Just enjoy the positive emotion, and perhaps thank the Lord for the good thing it is telling you about!

## **The Questions**

What about the common questions posed at the beginning of this chapter? By letting the Lord lead you through your negative emotions, and forgiving and being forgiven (applying the blood of Jesus), you will find all these questions being answered.

You can't do it, but Jesus can - and wants to! Through this process you will be changed into the image of Jesus, step by step.

## **An Extra Bonus Of This Practice:**

Listening to every negative emotion, recognizing I have judged, forgiving and being forgiven, is in fact the giving up the Lordship of my life, moment by moment, to the Lord Jesus. It causes me to become aware of my need for a Savior many times a day. This is a very good thing, and draws me closer to Him.

# List Of Negative Emotions

If you have difficulty naming your negative emotions, I am providing a list that may help you to identify them.

Anger is a very common negative emotion. When you feel anger, you need to go deeper. Look below the anger, and you will find another emotion that is being expressed as anger. It is important to find the underlying emotion, because it is a clue as to what went wrong when you judged; and therefore helps you to know how to pray. Below is a list of emotions that often express themselves as anger.

Belittled  
Betrayed  
Controlled  
Cross  
Disvalued  
Exasperated  
Fear

Fearful  
Frustrated  
Furious  
Grouchy  
Ignored  
Indignant  
Insecure

Mad  
Not heard  
Powerless  
Small  
Threatened  
Unimportant

# Other Negative Emotions

Abhorrence  
Agitated  
Aggravated;  
Alarmed  
Aloof  
Annoyed  
Anxious  
Apathetic  
Apprehensive  
Ashamed  
Attacked  
Aversion  
Baffled  
Bewildered  
Bitter  
Blah  
Boastful  
Bored  
Callous  
Cautious  
Confused  
Conniving  
Contempt  
Cranky  
Defeated

Defensive  
Defiled  
Depressed  
Desolate  
Desperate  
Despondent  
Different  
Dirty  
Disappointed  
Discontented  
Disgusted  
Dislike  
Disdain  
Domineering  
Doomed  
Dull  
Edgy  
Egotistical  
Embarrassed  
Envious  
Exhausted  
Fiendish  
Foolish  
Forlorn  
Forgetful

Friendless  
Fussy  
Gloomy  
Gossipy  
Grasping  
Greedy  
Grieved  
Grim  
Half-hearted  
Hate  
Helpless  
Hesitant  
Homesick  
Hopeless  
Hurt  
Impatient  
Inadequate  
Incapable  
Incompetent  
Indifferent  
Inferior  
Inflexible  
Inhibited  
Insecure  
Insignificant

Intimidated  
Intolerant  
Irritable  
Isolated  
Jealous  
Lazy  
Lethargic  
Listless  
Lonely  
Lustful  
Mangy  
Martyred  
Mean  
Mediocre  
Melancholy  
Merciless  
Meticulous  
Miserly  
Misjudged  
Misunderstood  
Morose  
Mournful  
Muddled  
Mystified  
Naked  
Nauseated  
Neglected  
Nervous  
Obstinate

Out of control  
Out of place  
Overcome  
Overworked  
Panicky  
Paralyzed  
Passive  
Perplexed  
Pooped  
Pressured  
Reluctant  
Repulsed  
Resentful  
Resigned  
Restless  
Restrained  
Ridiculous  
Sad  
Sarcastic  
Scheming  
Seductive  
Self-conscious  
Shabby  
Shaky  
Shy  
Sick  
Skeptical  
Stubborn  
Sulky

Suspicious  
Tearful  
Tempted  
Tense  
Terrified  
Threatened  
Timid  
Tired  
Traumatized  
Troubled  
Two-faced  
Undone  
Uncaring  
Uncertain  
Unconcerned  
Uneasy  
Un-loveable  
Upset  
Unglued  
Unstable  
Unsure  
Unwanted  
Uptight  
Vulnerable  
Weary  
Wilted  
Worried  
Worthless

## Positive Emotions

Admired  
Affirmed  
Alive  
Ambitious  
Amused  
Appreciated  
Approved  
Astonished  
Awed  
Belonging  
Blessed  
Bold  
Brave  
Calm  
Carefree  
Cheerful

Comfortable  
Compassionate  
Confident  
Considerate  
Contented  
Cooperative  
Courageous  
Creative  
Curious  
Delighted  
Desire  
Determined  
Eager  
Ecstasy  
Efficient  
Elated

Empowered  
Encouraged  
Energetic  
Enjoyment  
Enthusiastic  
Euphoric  
Excited  
Expectant  
Exuberant  
Free  
Friendly  
Generous  
Gentle  
Glad  
Gracious  
Grateful

Happy  
Helpful  
Hopeful  
Hospitable  
Important  
Impressed  
Independent  
Inspired  
Interested  
Irresistible  
Joyful  
Kind  
Liked  
Longing  
Love  
Loveable  
Mellow  
Merciful  
Merry  
Met

Open  
Optimistic  
Overjoyed  
Patient  
Peaceful  
Pleasure  
Reasonable  
Relaxed  
Romantic  
Safe  
Satisfaction  
Secure  
Self-assured  
Sensible  
Sensitive  
Sensual  
Sentimental  
Serene  
Serious  
Soft

Sophisticated  
Sure  
Sympathetic  
Talkative  
Tender  
Tenacious  
Thankful  
Thrilled  
Tranquil  
Transparent  
Triumphant  
Unbiased  
Under-  
standing  
Understood  
Validated  
Valued  
Vibrant  
Yearning

# Section 4

## Applying It With Other Friends

### *- Meeting With Jesus*

#### **Why Meet With Others?**

It can sometimes seem simpler and safer to do your healing alone. You may have been so wounded by others that meeting with others, and being vulnerable to them, may not be very appealing.

The simple answer to this question is that your healing journey works better in relationship with other people. A very powerful thing happens when people meet together and pray. For some reason, God chose to make it so. When others pray for you, your healing is more rapid. The whole New Testament is full of people in relationship. He refers to the Body of Christ as containing many members (for example 1 Corinthians 12:10-27). Whether you know it or not, you need others, and they need you.

The process of being set free from our bitter roots, and then Jesus coming into those places is the process of the Lord miraculously bringing forth life where there had been death. In John 11:43-44 there is the story about the Lord Jesus miraculously bringing Lazarus back to life. Then after Lazarus came out of the tomb, alive again, Jesus told the people: "Loose him, and let him go." For some reason, Jesus wanted the people to participate in the event by removing Lazarus' grave clothes. Likewise, sometimes He wants us to participate in the resurrection of our brothers and sisters in Christ.

"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective" (James 5:16 NIV).

If you are really serious about your healing, find a way to meet with others to apply the blood of Jesus to those places in you that need Him.

## Who to Meet With

Ask the Lord who you should invite. Be clear to them about what you have in mind. If someone is not interested, accept that and find someone else who is excited about the idea. The Holy Spirit is the One who must open hearts to the Good News of transformation.

You may end up with just one other person, or several. That is OK.

## Frequency of Meeting

I would suggest that you meet weekly. If you meet less often, you lose momentum, and close relationships do not develop.

## Focus of the Meeting

Since the purpose of your meeting is to apply the blood of Jesus to the bitter roots, that is the place to start.

**Always start** your time together by meeting with Jesus. Make Him the focus of your meeting. Spend at least the first half of your time meeting with Him, and praying for one another.

Reserve your discussion time for the **end** of the meeting, if there is any time left over. You may find that you get so blessed in meeting with Jesus that you never get around to talking with each other. That is just fine. You will have done the healing part.

**Picture this: if you were gathered in your home with a few friends, and Jesus actually physically walked into the room (as He did when He showed Thomas His wounds, John 20:27), who do you think you would all focus upon?**

**Think about that for a moment!**

Then who do you think you would share your struggles with? Would you ignore Him and just talk to one another?

He may not physically show up to meet with you and your friends, but He is there, if you will pay attention.

“For where two or three are gathered together in My name, I am there in the midst of them” (Matthew 18:20, NKJV).

This is a promise, and so you can count on it.

Therefore, the format of a meeting with Jesus should be to first recognize that He is there, and then act like it.

Tell Him your struggles and difficulties, in the presence of your friends.

Speak to Him, and not to your friends.

Then forgive and be forgiven as necessary, as He tells Peter **in the very next verse**.

“Then Peter came to Him and said, ‘Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?’ Jesus said to him, ‘I do not say to you, up to seven times, but up to seventy times seven’ (Matthew 18:21-22 NKJV).

**It is significant that Jesus brings up forgiving right after he mentions the value of gathering together. This likely means that the two should be linked together.**

Your friends can help you with your prayers, praying for you as the Lord leads them (James 5:16 again).

You don't have to figure out how to conduct the meeting. Just let Jesus lead the way.

## **Confidentiality Is Necessary**

It is important that what goes on in the prayer time remains confidential, unless the person gives permission to share their experience with others outside the group. People are also going to be inhibited in sharing their struggles when others are present, unless they know that it is safe to share their deepest secrets.

## **Preparation for this meeting with Jesus**

It would be essential that each person is daily working on their own healing with the Lord. If not, they will have nothing to bring to the meeting, and they will likely receive very little from getting together.

Since the Lord is active in each person's life 24/7, He will lead and guide each of you all week long. Keep a list of what He brings up in your life during the week, including each negative emotion you experience. Bring your list to the meeting to pray about any unfinished business.

The reason for keeping a journal during the week is to remind you of what has been going on. Your journal also gives you your individual list to pray about on your own, as discussed elsewhere in this Instruction Manual. Jesus knows and did not forget, but you might.

# Section 5

## Applying It With A Counselor/Prayer Minister

### When You May Need Help

The Lord will be able to reveal to you or your friends most of your roots of bitterness. However, sometimes you need more help to find some of the deepest, most difficult roots. Sometimes you need the help of a person who has an anointing from the Lord and has experience praying with others. If that were not so, my type of counseling ministry would be unnecessary.

**But where do you find someone** who can help you with this? Of course, you are welcome to come and see me in Post Falls, Idaho (near Spokane, Washington). But this is often not feasible. So then how do you go about finding someone near you?

### Be very careful in Choosing A Counselor/Prayer Minister!

The right person can be a great asset in your healing. The wrong person can cause you great damage and distress.

There are some counselors who apply the blood of Jesus to the bitter root causes. However, most counselors **do not**. Even most “Christian counselors” **do not**. If they do not, they will definitely do more harm than good. That omission is the rule, not the exception. Therefore, if you get a referral to a counselor, ask for one free session so that you can ask them about their approach. If the blood of Jesus is not their emphasis, don’t go back.

### A List of Counselors/Prayer Ministers

We do know of ministries in a few cities that could help you. There certainly may be more, but these are the ones we know about.

The reason there are so few on our list is because we are very particular about recommending ministries. We will only recommend people who we know use an approach similar to what I have written about in “I Will Give You Rest.”

At the same time, these are all people who are completely independent from Edward Kurath and Divinely Designed. They have their own ministries, and we exercise no control over their practice, fees, licensure, or any other aspect of their ministries. Therefore, we make no guarantee about the outcome you will experience in praying with them. We recommend that you interview them so that you can decide for yourself if the person is a good match for you.

## Prayer Counselors are listed below by geographic location.

### USA

- Alabama  
Birmingham - Elaine Gentry – [elainegentry@hughes.net](mailto:elainegentry@hughes.net)
- California  
Madera – Leslie Brandi – [lbrandi@therocketnet.com](mailto:lbrandi@therocketnet.com)  
Pasadena, Rancho Cucamonga – Maria Berbee  
- [mjb\\_58@ymail.com](mailto:mjb_58@ymail.com)  
- Phone 626-207-1333  
Rancho Cordova – Bridget Shank - [www.desertgardensprayer.org](http://www.desertgardensprayer.org)  
- Phone 916-353-0474  
Santa Anna – Marcia Vogl - [marciavogl@gmail.com](mailto:marciavogl@gmail.com)  
Ms. Vogl will do counseling on Skype long distance.  
Turlock – Marietta Huizenga – [LifeMinistries@charter.net](mailto:LifeMinistries@charter.net)  
- Phone 209-633-2202
- Colorado  
Aurora – Sharon Knapp – [leavesofhyssop@aol.com](mailto:leavesofhyssop@aol.com)  
- Phone 720-933-6868
- Florida  
Jacksonville - Rose Boon – [rose@sheepshed.org](mailto:rose@sheepshed.org)
- Hawaii  
Maui – Ken Gift & Donna Bianchi – [prayerministry@gmimaui.org](mailto:prayerministry@gmimaui.org)
- Idaho  
Post Falls – Ed Kurath & Kay Kurath – [edkurath@divinelydesigned.com](mailto:edkurath@divinelydesigned.com)
- Michigan  
Grand Haven – Barbara Goff – [wholehearthealing@gmail.com](mailto:wholehearthealing@gmail.com)  
Saginaw – Ann Fowler – [HISRM@att.net](mailto:HISRM@att.net)
- Nebraska  
McCook – Craig & Cheryl Christner – [spruceroad@hotmail.com](mailto:spruceroad@hotmail.com)
- Pennsylvania  
Waynesboro - Wayne Kuhns – [springofhope.pa.net](http://springofhope.pa.net), or  
- [waynekuhns@embarqmail.com](mailto:waynekuhns@embarqmail.com)
- South Carolina  
Aiken (35 miles from Augusta, GA) – Brenda Schmidt  
- [brenda@gforcecable.com](mailto:brenda@gforcecable.com)  
- Phone 803-642-3733
- Texas  
Fort Worth – Vicki Davis – [eldervic@sbcglobal.net](mailto:eldervic@sbcglobal.net)  
North Richland Hills (Fort Worth) – Gary Lindenberger  
- [lindenga@sbcglobal.net](mailto:lindenga@sbcglobal.net)
- Washington  
Tacoma – June Ellis – [junelorraine1620@aol.com](mailto:junelorraine1620@aol.com)
- Wisconsin  
Menasha – Mark Preissner – [callmarkp@gmail.com](mailto:callmarkp@gmail.com)

## **International Listing**

### **Australia**

Knobby Beach – George & Dorothy Mathieson – [gdmatt@bigpond.com](mailto:gdmatt@bigpond.com)

### **Finland**

Helsinki – Elijah House Finland – [elijah@elijah.fi](mailto:elijah@elijah.fi)  
-[www.elijah.fi](http://www.elijah.fi)

### **New Zealand**

Christchurch – Elizabeth Taylor – [candet@paradise.net.nz](mailto:candet@paradise.net.nz)