

Theophostic Prayer

Theophostic simply means "God's Light". Theophostic Prayer is a system of prayer designed to help people to identify the lies they hold that are causing them emotional pain and disrupting their walk with Christ. The process is an intentional, focused prayer leading to an authentic encounter with the presence of Christ, resulting in mind renewal and a subsequently transformed life.

A typical Theophostic Prayer session will follow along these lines. After we begin and pray to commit this time to the Lord, the facilitator will ask you what negative emotions you are feeling. They will ask you to focus on those feelings and let your mind take you to an earlier memory where you felt the same way. In that memory, we will explore why you are feeling that way and what you believed that makes that memory painful. If we encounter any messages that don't seem to square with the Lord's truth, we will ask Him to give you His perspective. We trust through the Holy Spirit that He will communicate His truth to you in a way that you can receive and experience it. We will then check back to the memory and see if there it is peaceful and resolved. If not, we will simply work to expose any other beliefs and offer those to the Lord. For additional information go to ...