

PRE-SOZO INFO

Sozo is a New Testament Greek word meaning to save, heal, deliver, make whole.

The main goal is to get to the root of those things hindering personal connections with Father God, Jesus, and Holy Spirit. As the root causes are identified and addressed, the possibility to live life differently opens up.

We facilitate:

- forgiveness
- the healing of past wounds to break strongholds
- replacing lies with truth
- closing “doors” open to the enemy
- connecting more intimately with each member of the God-head

Sozo is not a counseling session. The time is conducted by two team members (and occasionally a third trainee) with the help of the Holy Spirit. We simply facilitate your interaction with God by asking Him questions and allowing you to receive directly from Him.

“Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.” 3 John 1:2

Preparing for Your Session

1. Pray

- for Holy Spirit to break areas of unbelief or strongholds in your life
- for truth to be established in your innermost being
- for greater intimacy with the Godhead

2. Fast

- Ask the Lord **what** He wants you to fast—meal, sweets, activity, TV, internet...
- Ask Him **when** and **how long** to fast—one meal a day, entire day, several days...
 - *Always drink plenty of water if fasting food and consider any health restrictions.*
 - Replace the food or activity with prayer, meditating on the Word, soaking in His presence and worship
- Do not fast on the day of your sozo session. You need to be alert and refreshed.
- Do not partner with guilt or condemnation if you “slip up” during your fast. God will honor what you are able to give Him.

3. Relax - You can totally trust Holy Spirit – He is kind, gentle and longs to bring you revelation!

4. Meditate on God’s Word

Psalm 107:20a - *He sent His word and healed them...*

2 Corinthians 3:16-18

...whenever a person turns to the Lord, the veil is taken away. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord’s glory, are being transformed into His likeness with ever increasing glory which comes from the Lord who is the Spirit.

Psalm 51:6 – *Surely You desire truth in the inner parts; You teach me wisdom in the inmost place.*

Romans 12:2 – *Do not be conformed to this world, but be transformed by the renewing of your mind...*

Forgiveness – the Key to Freedom

It is very important that you prepare your heart to forgive those who have wronged you.

Many people do not understand what forgiveness is, especially regarding those who have deeply wounded and hurt them. They often say:

“It isn’t fair!” “It wasn’t right!” “How can I forgive? They don’t deserve it!” “I feel like they are getting away with it!”

These responses may express how you feel; however, forgiveness does NOT mean what they did to you was right or okay, they “get off free”, you give up your rights, or have to build a relationship with them again.

Unforgiveness:

- Binds you in a prison of torment
- Hurts you and not the one who harmed you
- Causes bitterness, hatred, and anger inside you
- Blocks the fullness of God in your life

Please take a few moments to reflect on the following scriptures:

Matthew 6:14-15

“For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.”

Matthew 18:21-35

This scripture tells the story of a servant who was forgiven a huge debt he could not pay, but refused to forgive someone who owed him a small sum. The master tells him:

“‘Shouldn’t you have had mercy on your fellow servant just as I had on you?’ In anger his master turned him over to the jailers (tormentors) to be tortured, until he should pay back all he owed. My heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart.”

Luke 6:37

“Do not judge, and you will not be judged. Do not condemn and you will not be condemned. Forgive and you will be forgiven.”

From these scriptures, we see that:

- Forgiveness is a command from the Lord
- Forgiveness is a choice, not a feeling
- Jesus freely forgave our sins and paid the debt we could not pay, so we must also freely forgive others
- Forgiveness is vital to deliverance & freedom

Extending forgiveness does the following wonderful things:

- Relieves you of the burden you have been carrying
- Frees you from a prison of torment
- Closes a door which allowed the enemy to have access to you
- Allows you to release your grip on this person, step out of God’s way, and let Him work more freely

For your Sozo session, please come prepared to willingly choose forgiveness....it is the key to your freedom!