

# Three-Step Prayer for Healing



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# Three-Step Prayer for Healing

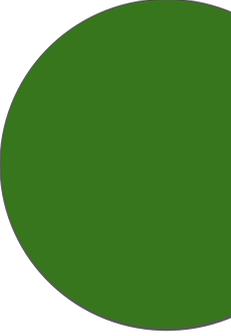
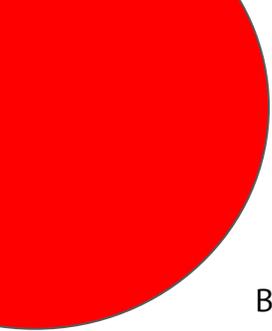
## Overview

**The Three-Step Prayer model parallels the way Jesus brought healing to the people He was among.** While this model provides an easy and intentional way of engaging and praying for others, it should not be used as a formula—we still need to listen to the Holy Spirit. The Three-Step Prayer can be used anywhere in almost any situation. Many believers find it to be the most effective way for leading individuals and entire households—especially those who don't yet know Jesus—to experience the power, love, and reality of the Father.

## Getting Started

**Step 1 *Ask*** The purpose of this step is to answer the question “What would you like me to pray for you?” When Jesus prayed for blind Bartimaeus (Mark 10:46-52), He asked what seemed like an obvious question, “What do you want Me to do for you?” Asking people to state what they want from God, praying for that, and seeing God work can result in powerful testimonies. Questions like “What is wrong?”, “Where does it hurt?”, and “How and when did it happen?” can further clarify how to pray.

**Step 2 *Pray*** Begin by thanking God for the person and for His healing power. Then, as Peter did in Acts 3:6, use the authority we've been given in Jesus' name to tell the part of the person's body to do what God created it to do. Command any sickness, disease, disability, or the undesired physical condition to leave in Jesus' name. Speak healing and wholeness and proper function to return in Jesus' name. Jesus spoke in this way when He healed. He didn't petition the Father, but rather commanded what needed to happen. He told the leper, “Be clean!” (Matthew 8:3) and spoke to the deaf man's ears, “Be opened!” (Mark 7:34).



Be sensitive to the insights the Holy Spirit may be giving you about the person's condition and how He may be prompting you to pray. Each time of healing is unique, a sacred time of listening to how God wants to touch this particular life with His healing power.

Note: Speak healing to the cause of pain. Do not just tell pain to leave. God uses pain to tell us that something in the body is not working the way He intended.

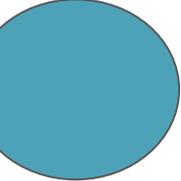
Many times simple physical signs such as warmth, tingling, trembling, etc. indicate that God is working. If you keep your eyes open while praying, you can often see the effect as it happens.

**Step 3 Ask** When you finish praying, ask the person what has happened. If there was pain at the beginning, ask what the pain level is now. If the condition has remained the same or the pain has not gone, pray another simple prayer. Jesus prayed twice for a blind man (Mark 8:22-26), and if He did, then we can too. Ask the person to check out the condition, testing whether anything has improved and noting what has happened. The checking out is important and powerful—it represents a step of faith and causes all involved to acknowledge what the Lord has done.

## Helpful Suggestions

First try using this model to pray for family members and other believers. In this way, you become more experienced and may feel more comfortable when you pray for those who are not believers.

When using this model, it's helpful to work as a team with at least one other person. More people are then working together to ask questions and discern what the Holy Spirit is saying.



## Going Deeper

The *Three-Step Prayer Model* is a simplified version of *The Five Step Prayer Model* originally developed by John Wimber, one of the founders of the Vineyard. The Five Step Prayer Model is more advanced and gives more attention to diagnosing and determining the best way to pray for various needs. You can download a copy of it at <https://vineyardusa.org/library/the-5-step-prayer-model-introduction/>