

A “typical” session with a deeply shattered individual (from Elaine Pakkala’s perspective)**

- Begin by having the person pray “I am willing, Lord Jesus, to go anywhere in my past that You want me to go during our time together. I refuse all deception and ask You to bring truth to my mind.”
- After praying this, usually something, someone or an event has come to the person’s mind.
- If there is a check in your spirit about beginning with this topic, have the person ask the Lord if He brought that thought to their mind.
- Have the person tell you what came to mind and begin asking questions related to the thoughts or events they are describing.
- All the while, have your prayer partner praying silently for each specific issue that arises.
- (After trust has been established, depending on the level of dividedness, the person may either report what they are hearing in their mind or a specific “part” of the person may begin talking with you about their memory of the event.)
- As the Holy Spirit leads, ask the person to pray and ask the Lord Jesus what He wants them to know about that event, thought or situation.
- Don’t be in a hurry. Silence is O.K.!
- After it appears that the Lord has spoken truth into the situation from the past, revisit the issue to discern if there is anything more that is “toxic” about the event. If so, continue working.
- If there is a demonic intrusion or interruption into the time together, and the person is spiritually mature enough to identify and evict the demon, have the person take their authority in Christ and do so. If the person does not have knowledge or experience with this level of spiritual warfare, you might lead in prayer and pray against “any spiritual implications” or hindrances.
- If a demon manifests, do not engage in conversation with him. Address the person and ask them to “get strong” or “come forward” or “take authority over this one”. If the person cannot do that – sometimes this is the case when generational demonic issues are involved – ask the person, (who you know can hear you) to agree with what you are about to pray (or to “pray this inside as loudly as you can”).
- Pray something like: “Lord Jesus, I know that _____ belongs to You and that she doesn’t want this wicked spirit to remain in her life. I agree with her as she stands firm in her union in Christ and takes her authority over this wicked spirit. In the name of the Lord Jesus Christ, we both agree that any ground given knowingly or unknowingly, by her or for her, be taken back and submitted to the Lord Jesus Christ. We destroy any works that this spirit has built in her life, gather them up and bind them to this wicked spirit. When he leaves, his works must leave as well. He can leave nothing behind. Now I agree with _____ as she takes authority of this spirit and we command him to come out of her and go where the Lord Jesus Christ sends him. We pray all this in the powerful name of the King of kings and the Lord of lords. Amen.

****An important note: DO NOT USE THESE SUGGESTIONS AS A FORMULA OR ROTE PATTERN. They are simply meant as one example of how to help the most shattered. Allow the Holy Spirit to lead you in each and every situation.**