

What to Expect During My Prayer Session

While every person and prayer team has their own style of praying, you can expect the following when you go to one of our teams for prayer:

How will the prayer session begin?

- The prayer team will ask for your name, introduce themselves and ask what specifically they can pray with you for. Each team has a leader.
- They will ask your permission to touch you (place a hand on your arm or shoulder, or hold your hands)
- They may ask your permission to quietly pray in tongues while praying for you.

Do I have to tell them the details of my story?

- No. God knows what is in your heart and everything that you need. Share only as much as you feel comfortable. Everything shared will always be kept completely confidential.

What if I am uncomfortable?

- It is important that YOU are comfortable.
- Be honest with the prayer team concerning your comfort zone. If you prefer to not be touched or have people pray in tongues, say "NO". It does not minimize the prayer experience nor does it offend anyone.
- You can change your mind during the prayer session. For example, if someone places a hand on your shoulder, but later, it becomes heavy and uncomfortable, ask them to stop.
- If at any moment, if you want the prayer session to end, please politely tell the prayer team you are done and it will stop.

Why are people falling? Will I fall too?

- Some people may "rest in the spirit". By this we mean, you may feel the need to just lay down while you are receiving prayer. Our prayer team members will not let you fall; they will gently guide you to the ground.

Will they give me advice to help me solve my problems?

- No. Our prayers teams are instructed to **not** give advice or counsel, but rather to take all of your prayers and petitions to Jesus Christ.
- During your session, prayer team members may share insights with you that they receive. If they do, they will ASK if the thoughts they receive mean something to you. These insights are for YOUR DISCERNMENT. Only you can discern if they are of value or not to you.

What if I need more time? Or more prayer?

- If your time with our prayer team feels too short, and you feel you may benefit from a longer, follow-up session, please consider scheduling a private prayer session, at a later time, in our Prayer Room at Mary Immaculate.
- All sessions are coordinated by Arise Director, Tori Harris, at torih@maryimmaculatechurch.org.

What if I don't "feel" anything?

- Everyone experiences receiving prayer and even receiving healing differently. Some people have an emotional reaction, and some feel very little or nothing. Please remember that Our God is much bigger than any of our emotions; these feelings do not mean he worked more or less in your life than others tonight. Know that God heard your prayers and He is working in your life!