

Inner Healing Prayer Tool - White Wall Audio

At Everfree, we use the White Wall prayer tool in a variety of ways. This prompt is intended to be utilized with the audio file on our website (<https://www.everfree.us/tools>). Below you will find the prayer prompts and questions that have been recorded on the audio file.

You may use the following prompts to help you engage the prayer experience. Two different files are available. The first file is fifteen minutes long. It includes ambient music and the leaders voice giving all of the prayer prompts for the entire fifteen minutes. The second file is SELF PACED, and it includes prompts to pause the recording. If you feel you might want more quiet time, use the self paced file.

This prayer tool has prompts, but is led by the Holy Spirit within you¹. Trust the Spirit to lead.

Prayer Prompts:

- The audio file begins with brief instructions.
- Imagine a BLANK WHITE art gallery wall
- Holy Spirit, what memory do you want to bring to mind as we begin to pray?²
- As you engage this memory, take a moment to remember as many details as you can.
- Holy Spirit, would you place that memory on the white wall in order to observe it and get perspective?
- Holy Spirit, would you also draw out every person, emotion, and detail that you want to highlight that is associated with that memory? Imagine all of it now going onto the White Wall. Take your time and allow everything associated with that memory to come out onto the wall.
- Jesus, would you now come and be near. Reveal your presence to us as we pray. Let us see you, hear you, sense you, and acknowledge your presence here with us.
- Jesus, what part of this memory do you want to highlight? Is it a person? An emotion? A harmful phrase spoken? A trauma?
- Jesus, we acknowledge that we don't always remember things as they really were. What lies might I believe about myself, about you, or about others from this memory?
- I confess that I want to know the truth and believe the truth. Jesus, what is the truth about this memory?
- Jesus, we know that you are always with us³. Where were you in this memory?
- What do you want to show us about your presence in this memory?
- Is there anything else you want to show us?
- Jesus, as we observe this memory on the wall. We acknowledge the people, the emotions, and the details. Jesus, what do you want to do with all of those things on the wall?
- Father, Son, and Holy Spirit, we commit this time of prayer to you. Thank you for leading us. Amen.

¹ John 14: 16-17 And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

² Psalm 139:23-24 Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.

³ Matthew 28:20 Teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.