

Elijah House Ministries



The Power of the Cross
Through the Spirit and the Word
Working to Heal and Restore Families

Review Questions

Prayer Ministry Training Course

Level C

Name:

Date Due: Course:



Review Questions Answer Sheet

LEVEL C: Adult Children of Alcoholic and Other Dysfunctional Families

Name:

Date Due: Course:

1. Adults who grew up in alcoholic or dysfunctional families share common characteristics. Which of the following are true?

T	F

- They feel shame and that their very existence is wrong.
- They may lie when it would be just as easy to tell the truth.
- They are spontaneous and don't take themselves seriously.
- They have no frame of reference so guess at what is normal.
- They react to changes in their life by trying to control the situation.
- Because they weren't modelled, they have difficulty with intimate relationships.
- They are never good enough and judge themselves without mercy.

2. Alcohol, addictions and abuse can be generational issues, running in families and creating a legacy of dysfunction that is passed down family lines. Which of the following are true?

T	F

- Children of alcoholics run a greater risk of developing alcoholism.
- Abused children tend to become abusers.
- Children of alcoholics tend to marry alcoholics.
- Abused children tend to move into abusive relationships.
- Dysfunction perpetuates itself in families when patterns are not broken.
- People like to stay with the familiar, so they marry into dysfunction.

3. Some of the issues faced by adult children of alcoholic and other dysfunctional families are described below. Fill in the scripture that relates to the issue:

A. When we judge and blame our parents, we are tied to them by the unresolved issues and so are unable to leave and cleave, or bond properly with a spouse.

Scripture:.....

B. It is never too late to help the children, whether our own, other people's or "the child inside." God is able to restore what was stolen.

Scripture:.....

4. Children who grow up in dysfunctional families often fill particular roles within the family. These roles can continue long after they have left the family home, grown to adulthood and have children of their own. Fill in the missing ROLE or DESCRIPTION in the following:

ROLE	DESCRIPTION
A. Hero	
B.	Hurt, angry, lonely, defiant. Resistant to family pressure. Asks questions and confronts the family with the truth. Often undermined by the family.
C. Mascot	
D.	Isolated. Feels lonely, angry and confused.
E. Supervisor	
F.	Super-responsible, 'martyr', burden-bearer. Feels angry, guilty, tired and powerless.

5. Fill in the following blanks:

To help the children of alcoholics, it is necessary to teach them the need to work on their own personal by developing, breaking through the and and repenting of anger and against parents. They must those who hurt them and find some type of If they have children of their own and recognise that the pattern is reproducing itself, they should listen to, tell the and be honest with them. They should them, them what the problem is about. They should give up the and trust They should not them from the ravages of alcohol, but learn to to the children, set limits and hold children for their behaviour.

6. **Getting to the Root Issue** (from *Some Closing Thoughts...*)

Often alcoholic or dysfunctional families battle the symptoms of a problem (e.g. drinking) when the root of the issue may be elsewhere. Describe how it is possible to discern when this is happening, and since all families are dysfunctional to a greater or lesser extent, explain how this applies to your own life. (50-100 words)

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Review Questions Answer Sheet

LEVEL C: Shame Part One

Name:

Date Due: Course:

1. True or false?

T	F

- False shame does not keep us from receiving God’s undeserved favour or nullify His grace.
- When we reject God’s forgiveness based on feelings of unworthiness, we protect our unrepentant self and prevent healing.
- False shame is the lie we believe about ourselves, which says “I AM a mistake”, not “I made a mistake”.
- False shame is fear of exposure, humiliation, rejection and abandonment and prevents us being real with others.

2. True or false? The following can engender false shame from conception:

T	F

- Generational sin coming down the father’s or mother’s line.
- Rape of the mother or illegitimacy of the child.
- Attempted abortion of the child.
- The child being considered the “wrong” sex.



3. True or false? The following “family rules” can develop shame:

T	F

- Image is everything; all that matters is how it looks, not what’s going on inside.
- Feelings are not important; it is wrong to have feelings, especially negative ones.
- Never question your parents version of reality: “That’s the way it is because I say so.”
- Never get help, don’t trust anyone, keep the family secrets (don’t talk, don’t feel)

4. True or false? The following statements apply to generational shame:

T	F

- Shame keeps secrets hidden, so they are unaddressed and unresolved and therefore pass from one generation to the next.
- Shameful secrets include suicides, homicides, incest, abortion, illegitimacy, addictions, financial ruin, mental illness, poverty, public loss of face.
- Unhealed generational shame can affect entire cultures and become a corporate stronghold.
- Openly talking about generational problems within the family but using discretion outside the family.

5. This lesson has focused on false shame, but also talks about true shame or guilt. In approximately 50 words, explain true shame (guilt) and when it usually develops:

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6. SELF-REFLECTION: Cultural shame is different for each culture. Identify your country of birth (region, if important), your country of upbringing and your parents' countries of upbringing (or their parents.) What is shameful in these different cultures? (If you don't know, do some research.) Have you been affected by the shame of your own culture or that of a previous generation?

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3. It is necessary to recognise and dismantle strongholds that are obstacles to healing. Name eight of these obstacles:

- (a)
- (b)
- (c)
- (d)
- (e)
- (f)
- (g)
- (h)

4. What can find ground in any of these strongholds to become an even greater hindrance to healing?

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5. In ministering healing to those bound by shame, the prayer minister needs to:

- (a) Patiently build:
- (b) Be sensitive to:
- (c) Restore:
- (d) Lead the person in:

6. What three things do those bound by shame have to do to break free from the lies they have believed:

- (a)
- (b)
- (c)



Review Questions Answer Sheet

LEVEL C: Profile of an Abuser

Name: Date Due: Course:
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1. True or False?

T	F

- Sexual abusers are self-centred and look for self-gratification.
- They try to find fulfilment through those they help.
- Sexual abusers believe it is important to express true feelings.
- They build defensive walls and can develop 'a heart of stone'.
- Sexual abusers are not at all performance oriented.
- Often they were unwanted or neglected physically or emotionally as children.
- Many sexual abusers are charming and intelligent.
- They are often emotionally immature and were heavily criticised as children.
- Sexual abusers look for situations where they can be in control.
- They look for non-threatening situations where they can feel helpful.



2. Scripture is particularly important for spiritual surgery on the 'heart of stone' of an abuser. Write the words of a relevant Scripture for each situation below:

	Situation	Relevant Scripture
A	Prayer for healing the wounded spirit and creation of a new and right spirit	
B	The abuser should acknowledge the harm caused to those injured by his actions	
C	Prayer to forgive those who wounded the abuser in childhood	
D	Prayer to bring to death the structure of the 'old man' and the house of character which may cause oppression	

3. From a prayer minister, sexual abusers need teaching about:

- (a)
- (b)
- (c)
- (d)
- (e)
- (f)

4. Which of the following is true about prayer ministry for sexual abusers:

T	F

- They should be brought to recognise the root causes of the problem.
- They should be required to make a full confession of sin.
- They should be required to ask forgiveness of those they have hurt by their sin.
- They should be assured that they are forgiven when they have repented.

5. Which of the following is necessary in prayers for healing sexual abusers:

T	F

- Prayers spoken aloud for healing the wounded spirit.
- Prayers spoken aloud for creation of a new and right spirit.
- Prayers spoken aloud for bringing to death structures in the “old man.”
- Prayers that God will free them to grow to maturity through love and teaching.

6. In 25-50 words, describe the typical reaction of an abuser after he is discovered, and what action should be taken?

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Review Questions Answer Sheet

LEVEL C: Captive Spirit

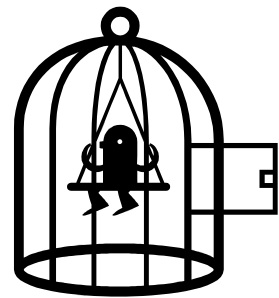
Name:

Date Due: Course:

1. There are differences between a captive spirit and a slumbering spirit. Which of the following descriptions generally applies to each case?

Captive Spirit	Slumbering Spirit

- Feels isolated
- Analytical and rational
- Sensitive and intuitive
- Not aware of trauma or torment
- Unable to participate fully in life
- Cannot easily sense spiritual things
- Lives in the mind rather than the emotions



2. True or false? The following are descriptions of a captive spirit

T	F

- Someone who is able to take every thought ('noeme' or device of the mind) captive to Christ.
- Someone in whom Christ is working to take every thought ('noeme' or device of the mind) captive.
- A condition which begins when an individual turns away from life because of early woundings.
- A condition in which automatic, practised and habitual ways of ungodly thinking take on a life of their own and of which demons can take advantage.

3. True or false? The following are relevant observations by which the prayer minister can sometimes recognise the condition of captive spirit:

T	F

- Tone of voice, inflection of voice, pauses in speech.
- Withdrawn expression in eyes, lack of eye contact.
- Open and expressively welcoming body language.
- Sense that the person is not fully present

4. True or false? The following are symptoms of a captive spirit::

T	F

- Analytical and rational; unaware that they are feeling tormented and/or traumatised.
- A sense that there is a mist or fog over life so that colours and sounds can seem dimmed or muted.
- Intuitive and sensitive, able to sense the presence of the Holy Spirit but not respond
- Inability to reach potential, as though your talents and abilities are locked away.

5. True or false? Prayers for release from captivity should include:

T	F

- Asking the Lord to free the person's spirit and to destroy the prison.
- Hiding prayers and prayers that dismiss the 'prison guards.'
- Prayers for restoration of gifts, talents, energy, inheritance, birthright.
- Prayers that the person will not have to fight to maintain their freedom.

6. In what three ways should we support a person who was a captive spirit to maintain their freedom?

- (a)
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- (b)
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- (c)
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-
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Review Questions Answer Sheet

LEVEL C: Healing Life's Common Sexual Experiences

Name:

Date Due: Course:

1. True or false? The root cause of sexual difficulties:

T	F

- Can sometimes be traced to in-utero experience.
- Can sometimes be traced to an obsession with pornography.
- Is sometimes, but not always molestation.
- is sometimes an inappropriate parental response to innocent childhood experimentation.

2. True or false? The following are inappropriate parental responses to common sexual experiences of childhood:

T	F

- Categorising all sexual experiences, including genital discovery, as sinful.
- Over-reacting because of fear that a sexual awakening will lead to 'greater sin.'
- Focusing on relationships rather than image and what people think.
- Failing to instruct either before or after events occur, and ignoring or looking the other way

3. 1 Thessalonians 4:3-4 encourages us with the word "kataomai". What does it mean, both literally and in relation to this teaching?

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4. Common sexual experiences are not the only reasons for adult sexual problems. List some other causes:

- (a)
- (b)
- (c)
- (d)
- (e)

5. Finish the following, *In bringing healing to those who are wounded:*

- (a) Teach -
.....
- (b) Help person to identify
.....
- (c) Lead the person
.....
- (d) Discern possible
.....
- (e) Break any
.....
- (f) Pray for
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6. SELF-REFLECTION: Do you recall any hurts or embarrassments in relation to your own sexual experiences as a child? Do you need healing?

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Review Questions Answer Sheet

LEVEL C: Healing the Sexually Abused

Name:

Date Due: Course:

1. Tick the statements that apply:

The sexually abused person may feel...

- betrayed by God who should have protected them
- all truth is questionable, if they've been punished or accused for telling the truth
- they have no capacity to transcend the pain of the present moment
- abandoned because God has been shown as powerless

2. Tick the statements that apply:

When the abuse becomes known, the sexually abused person feels guilty...

- because they didn't tell or resist enough
- when the abuser makes accusations blaming them
- for causing trouble and possible family breakup
- for any pleasure they experienced

3. Tick the statements that apply:

The sexually abused person may try to avoid guilt feelings and to 'flee' by...

- suicide or self-mutilation; frigidity due to build up of inner vows
- alcohol and drugs; regression to a child state to avoid facing pain
- performance orientation; fantasy used to cope with the actual experience of abuse
- running away or withdrawal; suppression of trauma; forgetting the abuse

4. Tick the statements that apply:

Common protective mechanisms are...

- excessive weight gain to become unattractive
- poor hygiene to keep people away
- gravitation towards people with the same crippled self-esteem
- avoidance of friends and church

5. Finish the following, *In bringing healing to those who have been sexually abused, intercessory prayer is needed:*

- To prepare
-
- Soaking
-
- To restore
- For protection
-

6. True or false? Part of the prayer ministry process with those who have been sexually abused, is teaching them about and leading them to forgiveness. It should include:

T	F

- Teaching them that if forgiveness doesn't happen at some point, they will always be bound by the abuser's sin.
- Leading them to forgive themselves whether the guilt they feel is real or false, and assuring them they are forgiven.
- Teaching them that forgiveness is a work of the cross which doesn't depend on feelings, so they can choose to forgive even if they don't feel like it.
- The knowledge that it is unnecessary to forgive self, others or God if no sense of anger is felt.
- Leading them to forgive those who should have protected them or who did not respond appropriately.
- Teaching them that although they forgive their abuser, the abuser remains accountable for their sin.



Review Questions Answer Sheet

LEVEL C: Grieving Losses

Name:

Date Due: Course:

1. Some Christians say that grief shows lack of faith in God. However, there are many examples of grief in the Bible and not all of them are about the death of a beloved. In the following, fill in the name of the person grieving, the name of the person grieved for and what the circumstances were. An example is given.

Scripture Reference	The Bereaved	Loss	Circumstance
Genesis 23:2	Abraham	Sarah	Her death
Genesis 45:2, 14			
Job 1 - 37			
Matthew 2:18			
Acts 20:37-38			

2. Tick the statements that apply: *It is possible to experience grief but, in failing to recognise it is grief, to repress it. People who are susceptible to repressing grief are...*
- A wife or husband whose spouse has had an affair.
 - Older adults who have outlived their children, losing them as adults.
 - Divorcees.
 - Parents who have experienced miscarriages, stillbirths or abortions, have given children up for adoption or have difficulty conceiving a child.

3. Tick the statements that apply: *In ministering to those who are grieving...*
- Grief needs to be healed.
 - Grief needs to be facilitated.
 - Inner vows need to be dealt with if someone is 'stuck'.
 - Bitter roots need to be dealt with, if someone is 'stuck'.



4. Some Christians admit that initial grieving is not a sign of lack of faith, but believe that prolonging grieving into a “season” is not of God. Give at least one example from the Bible of a “season of grieving.”

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5. Fill in the blanks in the following paragraph about children in grief:

Children grieve differently to adults. They are more likely to stay in They are frequently when adults are dealing with their own grief. They need help to understand what death is and to cope with and other rituals and which are designed to help us deal with grief. Children are rarely warned ahead of time that parents and relatives might be and Witnessing this can a child. Another frequent failure is the lack of provision of a or relative to with the child at the funeral. Neglecting to include the child in preparations (hanging clothes, arranging flowers, setting the table etc.) can sow a feeling of Because a child does not grieve like an, it is easy to miss the moments of as they arise.

6. Fill in the blanks about how children cope differently with death at different ages:

TODDLER (ages 0-2): Babies and very young children experience “separation” because they have not yet developed a sense of “.....” They need someone to with them and assure them they are

YOUNG CHILDREN (ages 2-7): The young child knows what is, but does not know it is and irreversible. The child uses, the idea that they magically caused it. The child needs to be told that they are

OLDER CHILDREN (ages 7-11): The older child knows death is and But since he or she is not yet an thinker, the child will look for reasons for the death; if unable to find one, they may blame someone, most often Older children need to be told that some things

TEENAGERS: Teenagers perceive death like do, but he or she may feel for having pulled away from a parental figure prior to that person’s death. The teenager needs to be told that his or her was not



Review Questions Answer Sheet

LEVEL C: Generational Sin

Name:

Date Due: Course:

1. Fill in the blanks:

Generational sin is categorised as sin which has effects and consequences for in a family. It can be manifest in two different ways:

- as the children's propensity towards the sin.
- as the reaping of continued and other repercussions against the



2. Scripture speaks continually of generational sin. Select one of the scriptures provided in the notes and write it out:

.....
.....
.....

3. Fill in the blanks:

Curses can pass down family lines and descend upon individuals for two reasons:

- present gives fertile for the curses to take effect.
- we are one (corporate) with our We inherit a nature and that is cause enough for curses to alight.

Often we question the fairness of reaping the consequences of an ancestor's sin. God originally designed life to build upon His laws are impartial, so when sin entered, the laws of sowing and, which God designed for, began to reap We know that, on the Cross, took our upon Himself—all sin, past, present and—nonetheless, our healing is not automatic; it still requires repentance, and forgiveness. Like repentance for personal sin, becoming free from generational sin is a

4. True or false? Symptoms of generational sin involving the occult include:

T	F

- Tendency of descendants to inherit mystical giftings and spiritual leanings.
- Family feuds, separations and divorces.
- Unaccountable financial blessing.
- Recurring ailments and diseases which resist diagnosis and treatment.
- Family curses such as descendants failing to come into fullness of destiny.

5. The steps in prayer ministry for generational sin are similar to the steps in all prayer ministry. Fill in the blanks **briefly** from the notes:

Steps in Prayer Ministry	Process
RECOGNITION, which has three facets.	1. Develop a Family 2. Use a 3. Ask the
The need for REPENTANCE.	1. The Bible says righteous people do not inherit the sins of their ancestors, but it also says 2. Repent for 3. Repent for
The need for CONFESSION.	1. Confess the of the situation. 2. Acknowledge
The need for FORGIVENESS.	1. Lead them to 2. Affirm that
FURTHER PRAYER.	1. Place the 2. Pray about 3. Pray for release 4. For occult involvement, pray 5. Ask God to cast away..... and to close 6. Pray that God will bless.....



Review Questions Answer Sheet

LEVEL C: Cutting Free

Name:

Date Due: Course:

1. 'To everything there is a season': it is appropriate at times to be cut free from the past. For which of the following must we be cut free or else allow others to cut themselves free from us?

Y	N

- Ministry
- Salvation
- Marriage
- Family
- Parents
- Children
- Giftings
- Spouse



2. The Pharisees set a trap for Jesus by telling him that his mother and his brothers were outside. They wanted to see if he had a true call from God, one which involved leaving family and possessions behind. In each of the following, briefly explain the significance of what the person says or does in relation to a true call from God.

	Incident	Significance
A	Elisha says to Elijah: Let me first kiss my mother and father.	
B	Jesus says to Matthew: Come follow me.	
C	Jesus rebukes Peter three times after the resurrection.	
D	Elisha burns his plough and sacrifices his oxen.	

For questions 3 to 6, choose the correct answer/s and place it in the answer box below (there may be more than one correct answer in each question):

3. *The following are true about SALVATION...*

- A. When someone is born anew, he or she must cut from the old ways of living and thinking.
- B. When someone is born anew, Jesus automatically cuts the person free from old ways of living and thinking.
- C. When someone is born anew and persists in old practices, then no harm results from a lack of cutting free of the past.
- D. When someone is born anew and persists in old practices, then increased harm results from a lack of cutting free of the past.

4. *The following are true about MARRIAGE...*

- A. It is not possible to cleave to a spouse unless there has first been a cutting free (or 'leaving') of father and mother.
- B. It is not possible to cleave to a spouse unless loyalties and belongings as well as emotional and spiritual ties to parents are cut.
- C. It is not possible to become one with a spouse unless both leaving and cleaving have already taken place.
- D. It is not possible to become one with a spouse until either one or the other of leaving or cleaving has taken place.

5. *The following are true about MARRIAGE...*

- A. It is appropriate for the husband to help his parents as the Holy Spirit prompts.
- B. It is appropriate for the husband to act more as a son when his mother comes to visit than as the head of the house.
- C. It is appropriate for either husband or wife to honour their parents by consulting them first, rather than their spouse.
- D. It is appropriate for husband or wife to renounce and cut free from their mother's continuing carnal influence.

6. *The following are true about CHILDREN...*

- A. Parents need to renounce the compulsive need to control their adult children's lives.
- B. Parents can attempt to control their children's lives by giving unasked-for advice.
- C. Parents can attempt to control their children's lives by giving gifts with strings attached.
- D. Parents have the right to discipline their children's children in any circumstance.

ANSWER BOX

QUESTION	A	B	C	D
3				
4				
5				
6				



Review Questions Answer Sheet

LEVEL C: Care and Feeding of the Personal Spirit

Name:

Date Due: Course:

1. Complete the following:

Reference	Scripture
Proverbs 17:22	
Hebrews 12:8	

2. Lack of nurture is damaging to the spirit and to the degree that spiritual and emotional 'food' is lacking, the spirit withers from starvation. The wounded spirit is the primary cause for the spiritual sickness in the world today. Fill in the blanks regarding healing for the wounded spirit.

To heal the wounded spirit, first **RECOGNITION** is required. Explore until wounds are seen and Lead the person being prayed with to express **FORGIVENESS** for Many of them will not or admit; thus **CONFESSION** and healing must be achieved by and aloud with another. Relationship in which appropriate is given is needed. **AFFECTION** is vital, so encourage the person to build with others. **ASSIGNMENTS** may be necessary. Encourage,,, Ask, ".....?" **WORSHIP** is essential: recommend and fellowship with the **SACRAMENTS** involve us in the corporate life of the church and re-connect us with others. Communion is a from our Lord. Each day the person should **CHOOSE** in prayer and action.

3. What are the three basic functions and primary needs of our spirit?
- A.
 - B.
 - C.

4. **PERSONAL REFLECTION:** Complete the following survey regarding the care and feeding of your own spirit. When finished, look to see if you can find a pattern of strengths and weaknesses so you know what to address in your own life in relation to things that can be done to build strength of spirit if it was not built in as a child.

	Never	Rarely	Occasion-ally	Regular-ly	Frequent-ly	Always or daily
I spend time in church worship						
I spend time in home devotions						
I send up flash prayers						
I spend time in intercessory prayer						
I give thanks at mealtimes						
I spend time in prayer before bed						
I pray as part of conversation						
I praise God in all situations						
I invite God into all situations						
I pray blessings on others						
I hug those I love						
I tell those I love that I value them						
I expose my spirit to beauty						
I expose my spirit to music						
I expose my spirit to art						
I expose my spirit to life in 'the senses'						
I read poetry						
I read stories of heroes and saints						
I read stories that build strength of will						
I read stories that build hope						
I take opportunities for adventure						
I go on trips						
I have regular family gatherings						
I go to reunions						
I strengthen ties with my family						
I help revive family roots and identity						
I encourage laughter						
I make meals a celebration						
I initiate conversations about feelings						
I initiate conversations about identity						
I play together with my family						
I work together with my family						
I accept discipline						
I give discipline						
I teach truth and justice						
I teach peace						
I teach healing						
I model affection with actions						
I model affection with words						
I model self-sacrifice						
I have appropriate boundaries						

5. **OPTIONAL PERSONAL REFLECTION:** Many model prayers are given throughout the workbook. These are ideas, not formulae. Choose a topic that particularly interests you and, with prayer, care and the Holy Spirit's oversight, re-write it to suit circumstances in your own life. Be simple. Be short. Be creative. But don't over-spiritualise.