

## **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 D

Name: .....

Date Due: ..... Course: .....





## Review Questions Answer Sheet

### LEVEL D: Spiritual Development of the Believer

Name: .....

Date Due: ..... Course: .....

**Refer to workbook notes for answers (including introductions, enrichments and closing thoughts).**



1. Describe spiritual maturity.

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2. Which three areas must come into alignment if we are to mature spiritually?

- i) .....
- ii) .....
- iii) .....

3. What is understood by "Dark Night of the Soul"?

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4. Why is God more interested in our character than in our giftings?

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5. SELF-REFLECTION: Describe a desert experience you have had. Include any scripture references you have found helpful.

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6. SELF-REFLECTION: Reflect on your own journey towards spiritual maturity.

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# Review Questions Answer Sheet

## LEVEL D: Overcoming Fears

Name: .....

Date Due: ..... Course: .....

**Refer to workbook notes for answers (including introductions, enrichments and closing thoughts).**



1. Explain four types of anxiety.

- i) .....
- ii) .....
- iii) .....
- iv) .....

2. Tick to indicate whether the following statements are true or false? True    False

		True	False
A	Inner healing takes away the need for medical attention to physical causes of fear		
B	Anxiety is a warning sense of approaching trouble or danger that saps energy from the body		
C	Anxiety is a friend, like a watchman, & does not become harmful even when it cannot be resolved		
D	The more spontaneous an attack of anxiety is, then the less likely the need for medication is		
E	Phobias are generalised feelings of fear whereas anxieties are directed towards specific things		
F	Response to a crisis (even such an anxious time as a natural disaster or war) relates more to childhood development than the severity of the crisis		
G	Most anxious people are more than usually sensitive to their feelings and emotions		
H	There are only two main types of anxiety: generalised anxiety and panic disorder		
I	Defensiveness is detrimental when it comes to dealing with fears and anxieties		
J	People who are very fearful or anxious may have to deal with a captive spirit		

3. Why is it important to be able to distinguish between medical and emotional reasons for anxieties?

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4. How can we minister effectively to anxiety?

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5. What is the difference between a simple and complex phobia? *Tick the correct box or boxes.*

Tick

A	A simple phobia doesn't necessarily have a bitter root behind it, but a complex one usually does	
B	A simple phobia is a fear of a single thing (such as spiders or flying), but a complex phobia covers a broad range of situations	
C	A simple phobia requires inner healing but a complex phobia responds better to medication	
D	A simple phobia has an emotional cause but a complex phobia has spiritual, emotional and perhaps physical causes	

6. What kind of families produce children who are more likely to suffer from anxiety? *Tick the correct box or boxes.*

Tick

A	Families in which there is a lack of emphasis on appearance or status	
B	Families in which there is alcoholism or child abuse	
C	Families in which there are few rules, boundaries or belief systems	
D	Families in which separation, divorce, loss or death is not explained or handled well	

7. List three healthy defences that need to be restored.

(i) .....

(ii) .....

(iii) .....

8. SELF-REFLECTION: How have anxieties or phobias impacted your own life? (Distinguish between physical and emotional issues).

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# Review Questions Answer Sheet

## LEVEL D: Resurrection Side of Healing

Name: .....

Date Due: ..... Course: .....

**Refer to workbook notes for answers (including introductions, enrichments and closing thoughts).**



1. What are the two aspects of inner healing?
  - i) .....
  - ii) .....
  
2. What is the purpose of each of the two aspects of inner healing?
  - i) .....
  - ii) .....
  
3. Describe three ways that children might suppress rather than resolve bitterness they experience as a result of parental sin?
  - i) .....
  - ii) .....
  - iii) .....
  
4. Explain the difference between “truly honouring” our parents and merely “not dishonouring” them.

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5. Having brought bitter roots and inner vows to the cross regarding our response to parents, how can we actively honour them with a resurrection mentality?

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6. What happens when we apply the cross to generational curses but fail to pray resurrection prayers into our family heritage?

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7. Explain the Hebrew father's blessing and its importance.

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8. SELF-REFLECTION: How can you celebrate your family heritage?

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# Review Questions Answer Sheet

## LEVEL D: Depression

Name: .....

Date Due: ..... Course: .....

**Refer to workbook notes for answers (including introductions, enrichments and closing thoughts).**



1. Define:
  - i) What depression is .....
  - ii) What depression is not .....
  
2. As a prayer minister, how do you recognise depression?  
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3. What do the following scriptures show us about how we should minister to those experiencing depression?  
 Romans 12:15 .....
  
- Proverbs 25:20 .....
  
4. Why should we not be “humble” when ministering to those in depression?  
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5. When is it best to pray into “root causes” that may lead to depression?

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6. Do’s and Don’ts of Depression. *Tick to indicate which is which.*

DO    DON'T

		DO	DON'T
A	Approach the depressed person as one lacking in faith		
B	Encourage a severely depressed person to seek professional medical help		
C	Ask the depressed person to make small decisions such as when next to meet		
D	Try to build faith and understanding by positive teaching		
E	Give or loan self-help books or offer advice about diet, exercises etc		
F	Smile a lot when they are around		
G	Pray for deliverance from a ‘spirit of depression’ or ‘spirit of oppression’		
H	Tell them to ‘cheer up’		
I	Be humble in your ability to help them		
J	Always pray “If it is Your will...” and for longer periods than you would for others		
K	Dig for the roots and causes of depression immediately		
L	Commiserate and weep with those in depression		
M	Sit near the person, without a barrier between, but respecting their personal space		
N	Hand them back to God in closing prayer		
O	Break off relationship if transference occurs		
P	Offer to talk with family and friends to gain support in daily matters		
Q	Identify with them by sharing words that give an accurate picture of the bleakness of their experience		
R	Enlist others to pray for the depressed person, making sure there are no ‘wailers’ in the group		
S	Encourage with affirming words such as “yes, you can” and asking them to begin private devotions		
T	Teach family and friends to cheer the person up by inviting them to parties, out to watch comedy films, attend sporting events		



# Review Questions Answer Sheet

## LEVEL D: False Refuges

Name: .....

Date Due: ..... Course: .....

**Refer to workbook notes for answers (including introductions, enrichments and closing thoughts).**



1. Tick to indicate which BEST describes a false refuge:

Tick

A	A place that provides shelter or protection from danger or distress	<input type="checkbox"/>
B	The Lord is our only refuge and strength	<input type="checkbox"/>
C	A place where we cannot control the desire to have our needs met	<input type="checkbox"/>
D	A refuge where we allow our sinful nature to determine the source of strength and comfort	<input type="checkbox"/>

2. How do false refuges develop?

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3. Which of the following describes what generally happens when a false refuge is first exposed?  
*Tick the correct box or boxes.*

Tick

A	Denial	<input type="checkbox"/>
B	Minimisation and rationalisation	<input type="checkbox"/>
C	Blaming and scapegoating of others	<input type="checkbox"/>
D	Repentance	<input type="checkbox"/>

4. The Bible describes BOTH true and false refuges. Which is each of the following?

		True	False
A	<i>Nahum 3:11</i> You too will become drunk; you will go into hiding and seek refuge from the enemy.		
B	<i>Jeremiah 21:13</i> 'I am against you, Jerusalem, you who live above this valley on the rocky plateau,' declares the Lord—'you who say 'Who can come against us? Who can enter our refuge?'"		
C	<i>Isaiah 28:17</i> I will make justice the measuring line and righteousness the plumb line; hail will sweep away your refuge, the lie, and water will overflow your hiding place.		
D	<i>Proverbs 30:5</i> Every word of God is flawless; he is a shield to those who take refuge in Him		
E	<i>Proverbs 14:26</i> He who fears the LORD has a secure fortress, and for his children it will be a refuge		

4. SELF-REFLECTION: Following are some effects of a false refuge. Explain how you may have experienced any of these.

- It hardens our heart and turns us from God.
- It enables demonic strongholds to keep our minds in darkness about our condition.
- It enables us to feel like we are in control of crises and difficulties.
- It provides the opportunity for the sinful nature to deceive us.

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5. SELF-REFLECTION: Each of the following describes a basic need. Conduct a small spiritual self-examination to choose any needs for which you sense, with the Holy Spirit's prompting, you personally have found a false refuge, then describe what your false refuge actually is. Pray before you begin. Use the worksheet in the Enrichment for this lesson as a guide.

Protection	
Comfort	
Value	
Purpose	
Love	
Power	
Well-being	
Acceptance	
Being known and heard	
Being understood	



# Review Questions Answer Sheet

## LEVEL D: Burnout

Name: .....

Date Due: ..... Course: .....

**Refer to workbook notes for answers (including introductions, enrichments and closing thoughts).**



1. What is the principal quality of burnout that distinguishes it from depression?

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2. Trace the changes in sleep patterns through the stages of burnout.

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3. Trace the changes in one's relationship with God in each stage of burnout.

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4. Describe the emotional downward spiral in the stages of burnout.

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5. What is the most significant attitude a prayer minister can have in ministry to one suffering from stage 3 burnout?

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6. How can we use burnout redemptively rather than destructively?

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7. How would you minister differently to a person in burnout in each of the three stages?

Stage 1: .....  
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Stage 2: .....  
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Stage 3: .....  
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# Review Questions Answer Sheet

## LEVEL D: Spiritual Adultery

Name: .....

Date Due: ..... Course: .....

**Refer to workbook notes for answers (including introductions, enrichments and closing thoughts).**

1. Define spiritual adultery.

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2. What are some of the ways we can we recognise spiritual adultery?

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3. Give some examples of how prayer ministry sessions could be conducive to spiritual adultery?

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4. How should prayer ministers respond when they see spiritual adultery happening in someone they are ministering to?

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5. Give some examples of how spiritual adultery and empathetic defilement can be related?

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6. What is the difference between spiritual adultery and empathetic defilement?

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# Review Questions Answer Sheet

## LEVEL D: Sexual Addictions

Name: .....

Date Due: ..... Course: .....

**Refer to workbook notes for answers (including introductions, enrichments and closing thoughts).**

1. List the four core beliefs of the sex addict's system.

- i) .....
- ii) .....
- iii) .....
- iv) .....

2. Tick to indicate whether the following statements are true or false?

		True	False
A	Physical or spiritual abuse can led to sex addiction as much as sexual or emotional abuse can		
B	A sex addict's self-worth and basic trust were usually damaged in childhood		
C	Sexual addiction is much more likely to occur in families which avoided discussing sex and lack physical or sexual affirmation		
D	A sex addict has learned to rely on sex for comfort from pain, relief from stress and escape from reality		
E	A possible root of sex addiction is performance orientation		
F	A possible root of sex addiction is parental inversion or substitute mate		
G	A possible root of sex addiction is rebellion and inner vows		
H	In men, the prayer minister should search for a root of dishonouring parents, especially a manipulative and controlling father		
I	In women, the prayer minister should search for a fear of losing mate or boyfriend; sexual abuse or absence of relationship with father		
J	It is appropriate to remind the person that forgiveness of others (and self) is a command from God, not a suggestion		

3. What are the three major contributing factors to sexual addictions:

- i) .....
- ii) .....
- iii) .....

4. Why is fantasy called the “deeper sin”?

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5. Outline basic steps in healing for sexual addicts.

- i) .....
- ii) .....
- iii) .....
- iv) .....
- v) .....
- vi) .....

6. Describe the steps required in the dismantling of structures for the sex addict.

- i) .....
- ii) .....
- iii) .....
- iv) .....

7. SELF-REFLECTION: Have you used anger to hide your real feelings? If so, explain how.

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# Review Questions Answer Sheet

## LEVEL D: Spiritual Abuse

Name: .....

Date Due: ..... Course: .....

**Refer to workbook notes for answers (including introductions, enrichments and closing thoughts).**



1. Give three examples of how a personal spirit can be wounded.

- i) .....
- ii) .....
- iii) .....

2. Which of the following is true about abusive spiritual leaders?

		True	False
A	They generally intend to wound or cripple so that their leadership will not be challenged	<input type="checkbox"/>	<input type="checkbox"/>
B	They are self-centred and so focussed on the great thing they are doing "for God" that they don't realise they are wounding others	<input type="checkbox"/>	<input type="checkbox"/>
C	They are not unaware of the effects of their exploitation, but don't see what they do is exploitation	<input type="checkbox"/>	<input type="checkbox"/>
D	They manipulate others by using language of intimacy and trust but in fact do not allow others to know them	<input type="checkbox"/>	<input type="checkbox"/>

3. All of the following describe extreme spiritual abusers EXCEPT...

		Tick
A	Authoritarian, dictatorial, rigidly hierarchical	<input type="checkbox"/>
B	Exploit weaknesses and misuse the Bible and God to control people	<input type="checkbox"/>
C	Lust after position, title and office	<input type="checkbox"/>
D	Hold both themselves and others accountable to authority	<input type="checkbox"/>

4. As prayer ministers, what can we do to help facilitate healing?

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5. SELF-REFLECTION: Describe an experience you may have had where your personal spirit was wounded as a result of spiritually abusive leadership.

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6. SELF-REFLECTION: How do the following concepts interact in your mind? *Use scripture, drawing, poetry or your own words to process this.*

- The soul comprises structures of heart and mind, character and personality through which we encounter and respond to life.
- The spirit is the core of our individual essence, breathed into us by God at conception and without which we have no life.
- The self is a union of the physical body, the intellect and the emotional heart of being.



# Review Questions Answer Sheet

## LEVEL D: Attachments & Transferences

Name: .....

Date Due: ..... Course: .....

**Refer to workbook notes for answers (including introductions, enrichments and closing thoughts).**



1. Define:

A. Attachment: .....

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B. Transference: .....

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C. Counter-transference: .....

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2. List the dangers in the following types of attachments:

A. Covenantal relationship / friendship: .....

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B. Mentoring / learning; .....

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C. Healing: .....

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D. Kinship: .....

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E. Sexual intimacy: .....

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3. Complete this table on 'Transference':

Three Symptoms	Three ways of handling	Three indications of its coming to an end

4. How would you end a relationship where counter-transference is taking place?

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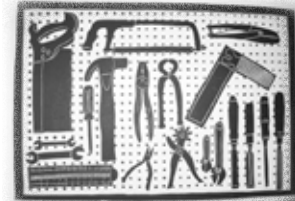
# Review Questions Answer Sheet

## LEVEL D: Ministry Skills

Name: .....

Date Due: ..... Course: .....

**Refer to workbook notes for answers (including introductions, enrichments and closing thoughts).**



1. What was wrong with the approach of Job's friends in trying to "fix" him?

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2. Describe the value of:

A. Open ended questions: .....

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B. Reflecting / paraphrasing: .....

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C. Staying with the problem as it presents itself in the "now": .....

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D. God's timing: .....

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3. List some of the “gifts of the Spirit” that help us to hear the voice of God.

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4. What are some of the suggestions for ministering to others in the closing thoughts of this lesson?

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5. SELF-REFLECTION: From the examples given in this lesson, what areas might you need to pray about in order to better track fruit to root.

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## Review Questions Answer Sheet

### LEVEL D: Corporateness in the Body of Christ

Name: .....

Date Due: ..... Course: .....

**Refer to workbook notes for answers (including introductions, enrichments and closing thoughts).**



1. Define "corporateness" in your own words.

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2. How did we lose our sense of corporateness?

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3. Summarise the four steps describing how we graduate from self-crucifixion to being slain by Christ.

- i) .....
- ii) .....
- iii) .....
- iv) .....

4. SELF-REFLECTION:

A. For you, which is the hardest part about being corporate?

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B. Why?

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C. What course of action would you take to correct this, if any?

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