

Sozo is a Greek word meaning wholeness...

- wholeness in spirit
- wholeness in soul (mind, will, and emotions)
- wholeness in body.

It is complete healing for body, soul, and spirit.

Sozo is a gentle & effective ministry led by the Holy Spirit,
bringing us into greater truth,
& into greater intimacy with Father, Son and Holy Spirit.

“that in all respects we would prosper & be in good health just as our souls prosper.”
3 John 1:1-3

Preparing for your Sozo Session...

1. Pray.

- Pray for Holy Spirit to break areas of unbelief or strongholds in your life.
- Pray for truth to be established in your innermost being.
- Pray for greater intimacy with the Godhead.

2. Fast.

- ask the Lord what He wants you to fast.
 - he may direct you to fast from food or an activity (i.e. watching TV)
- ask the Lord when, and how long, to fast
 - fast 1 meal a day for a week, or fast an entire day, or have a juice fast over several days
 - if fasting from an activity, replace that activity with prayer, meditating on the Word, and soaking in His presence.
- Do not fast on the day of your sozo session
 - you need to be alert and refreshed (not distracted by hunger or feelings of weakness)
- Do not feel guilt or condemnation if you “slip up” in some of your fast... God will honor what you are able to give Him!

3. Relax.

- You can totally trust the Holy Spirit – He is kind, gentle & longs to bring you revelation!

4. Meditate on God’s Word.

- *“He sent forth His Word & healed them...”* Ps. 107:20a

“Whenever anyone turns to the Lord, the veil is taken away.
Now the Lord is the Spirit
and where the Spirit of the Lord is - **there is freedom.**
And we, who with unveiled faces - all reflect the Lord’s glory -
are being **transformed into His likeness**
with ever increasing glory
which comes from the Lord who is the Spirit.
2 Corinthians 3:16-18

**“Surely you desire truth in the inner parts;
You teach me wisdom in the inmost place.”**

Psalm 51:6

And do not be conformed to this world,
but be transformed by the renewing of your mind,
that you may prove what is that
good and acceptable and perfect will of God.

Romans 12:2

Forgiveness is the Key to Freedom

It is very important that you prepare your heart to forgive those who have wronged you.

Many people do not understand what forgiveness is & have a hard time forgiving those who have deeply wounded & hurt them. They often say: “well it isn’t fair”... “it was not right”... “how can I forgive, they do not deserve it”. If these responses express how you feel, you should know that:

- forgiveness does not mean that what they did to you was right
- forgiveness does not mean that they “get off free”
- forgiveness does not mean that you give up all your rights

Unforgiveness:

- does not hurt the one who harmed you, it hurts only you
- binds you in a prison of torment
- often causes you to have bitterness, hatred and anger
- blocks the fullness of God in your life

Extending forgiveness does the following wonderful things:

- you are relieved of the burden you have been carrying
- you are freed from a prison of torment
- it closes a door which allowed the enemy to have access to you
- it allows you to say:
 - “I choose to give grace”
 - “I chose to let this person go into God’s hands”
 - “I am not going to be their judge”
- you get to step out of the way & let God have a direct line to that person

Take few moments to reflect on the following scriptures:

Matthew 6:14-15

“For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, you Father will not forgive your sins.”

Matthew 18:21-35

This is the story of a servant who was forgiven a huge debt he could not pay, but refused to forgive those who owed him.

His master tells him: “ ‘Shouldn’t you have had mercy on your fellow servant just as I had on you?’

In anger his master turned him over to the jailers (tormentors) to be tortured, until he should pay back all he owed.

This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.” (v.33-35)

Luke 6:37

“Do not judge, and you will not be judged. Do not condemn and you will not be condemned. Forgive and you will be forgiven.”

From these scriptures we see that:

- Forgiveness is a command from the Lord
- Forgiveness is a choice, not a feeling
- Because Jesus freely forgave all of our sins, and paid a debt we could not pay, we must also freely forgive
- Forgiveness is vital to deliverance & freedom

For your Sozo session, please come prepared to willingly extend forgiveness... it is the key to your freedom!