

Preparing for Your Unbound Prayer Session

The purpose of an Unbound Prayer Session is to assist you in making a response to Jesus Christ who offers to every person the possibility of growing ever more deeply in spiritual freedom. A trained prayer team will lead you in making acts of faith, repentance, forgiveness, and renunciation around the area of your life where you are feeling stuck or bound. The main work of your session is done by the Holy Spirit and you. Your prayer team is there to guide you in responding to what the Holy Spirit is doing in your heart.

How to prepare for your session:

1. Prayerfully read the first-half of the book *Unbound: A Practical Guide to Deliverance*, by Neal Lozano, or attend an Unbound Conference, taking note of the things that “come up” for you, especially areas of your life where you are feeling bound and/or sensing the need for greater freedom.
2. Come to your session prepared to answer one of these kinds of questions: “Where in your life are you feeling stuck?”, “What is coming up for you since reading Unbound/attending the Conference?”; “What do you want Jesus to do for you in this session?”

What your session will look like:

Every Unbound prayer session has one prayer leader and one or two intercessors who will be praying silently for you during the session. The first part of your session is an interview in which you will share with the prayer leader the area of your life where you feel you need greater freedom. Your prayer leader is there to listen to your story. Your prayer leader will also ask you questions related to what you share in order to understand enough of your story to lead you through the Five Keys of Unbound.

After your interview, your prayer leader will review with you the way he/she is going to lead you to pray to ensure that the prayers you say resonate with you. Then your prayer leader will lead you through the Five Keys. Based on the story you shared, you will be led to make acts of repentance and faith (First Key), acts of forgiveness (Second Key), and acts of renunciation (Third Key). For example, “In the name of Jesus, I forgive my mother for...” or “In the name of Jesus, I renounce the spirit of pride, stubbornness, anger, etc...” Then, a simple word of command will be given (Fourth Key) and finally, your prayer team will pray the Father’s Blessing over you (Fifth Key).

A full Unbound session usually takes about 60-90 minutes.