

THE VISIONARY METHOD
For Christian Practice™

The
VMFCP Press

BOOK OF PRAYERS

Mini-Book

VOLUME 2

Emotional Healing and Anti-Apostasy

Chinasom U Elekwachi

Foreword

The teachings of this book are not old nor new, but are simply of the Truth—the Truth in words that are easily understood.

“¹³ This is the end of the matter. All has been heard. Fear God and keep his commandments; for this is the whole duty of man. ¹⁴ For God will bring every work into judgment, with every hidden thing, whether it is good, or whether it is evil. ~ Ecclesiastes 12:13-14”

In honor of the Most High God,
the Creator of Heaven, Earth and all that's in them.

May this mini-book grant wisdom, understanding and joy to all those who read it, so that in time it may lead them to become Your children. Thanks be to God the Father and the Lord Jesus Christ for Yours is the Kingdom, the Power and the Glory forever. Amen.

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Cover Design: Chinasom Uzodimma Elekwachi

Illustrations: Chinasom Uzodimma Elekwachi

Editor: Chinasom Uzodimma Elekwachi

Publication Date: 9th March 2021 (updated 12th July 2021)

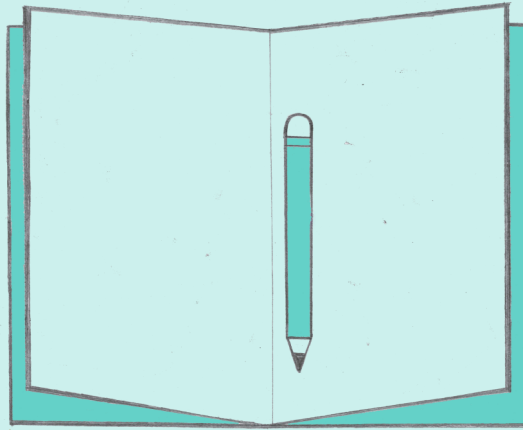
All Scripture quotations are true and faithful copies taken from the World English Bible Version published by Bible Domain Publishing 2016 (Public Domain Work)—ISBN-13:978-1530857654, and ISBN-10 1530857651.

This book is recommended for people aged 18+

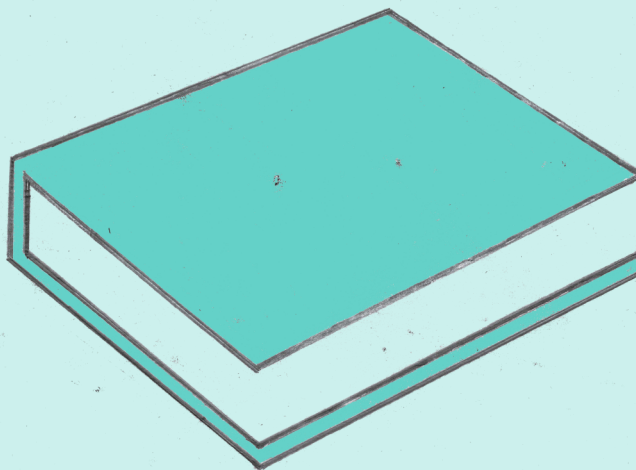
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Welcome to the **LOST IN TRANSLATION** **mini-book! This is what you will need to make the most of this mini-book...**



JOURNAL: Your journal will serve as a medium for you to engage with God. It's main purpose is for responding to this mini-book's questions and/or prompts, but you are also encouraged to use it for more i.e. you may use it as a personal journal as well. For example, you can write down your thoughts (good and bad things), speak to God in prayer about your thoughts, and then write and say a prayer asking for God's help and guidance and/or to give thanks. This can help develop your relationship with God.



THE HOLY BIBLE: This book provides evidence-based Christian instruction, but a Bible is necessary for your own reading, so that you are able to verify what is written (the Truth); Scriptures are needed for the activities; and it's important for Christians to become familiar with the Word of God—hopefully reading the Bible will become for your own further learning and entertainment.

BOOK OF PRAYERS

INTRODUCTION TO THE BOOK OF PRAYERS

The VMFCP's mini-book series, 'Book of Prayers', is provided to help people with prayer by identifying key areas that people may not realize are helpful when committing to living a Christian lifestyle. The prayers included in the 'Book of Prayers' mini-book series are presented in two different versions:

- The personal version of the prayer is for the self.
- The intercession version is for all Christian people.

It is of further note that prayer in combination with fasting is helpful in all matters of the Christian faith, especially when you feel the need for extra help that only the Lord, the Most High God can give. This concept is conveyed by the Scripture Matthew 17:17-21.

- **Matthew 17:17-21** - ¹⁷ Jesus answered, "Faithless and perverse generation! How long will I be with you? How long will I bear with you? Bring him here to me." ¹⁸ Jesus rebuked the demon, and it went out of him, and the boy was cured from that hour. ¹⁹ Then the disciples came to Jesus privately, and said, "Why weren't we able to cast it out?" ²⁰ He said to them, "Because of your unbelief. For most certainly I tell you, if you have faith as a grain of mustard seed, you will tell this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. ²¹ But this kind doesn't go out except by prayer and fasting."

Undergoing a fast should be done according to personal circumstance and suitability, which means that you should take any health or physical conditions into account i.e. pregnancy or diabetes. Regardless, there is a fast suitable to any and everyone. For example, you can commit to a 3 to 9 hour fast (water only); a Daniel fast (Daniel 1:10-15); or you could simply not eat a certain food such as chocolate for a pre-determined period of time i.e. 3 days. When it comes to fasting, it is best if you start small and build from that point onwards,

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as doing so builds greater discipline and strength of will, which is helpful when committing to a Christian lifestyle. Furthermore, fasting is a form of Christian sacrifice, but it is only pleasing or acceptable to the Lord, the Most High God, when it is done sincerely. Furthermore, fasting is a form of Christian sacrifice, but it is only pleasing or acceptable to the Lord, the Most High God, when it is done sincerely. Otherwise both the prayer and fasting are rendered completely pointless, as made clear by the Scripture Isaiah 1:10-17...

- *Isaiah 1: 10–17 - ¹⁰ Hear Yahweh’s word, you rulers of Sodom! Listen to the law of our God, you people of Gomorrah!¹¹ “What are the multitude of your sacrifices to me?”, says Yahweh. “I have had enough of the burnt offerings of rams and the fat of fed animals. I don’t delight in the blood of bulls, or of lambs, or of male goats.¹² When you come to appear before me, who has required this at your hand, to trample my courts?¹³ Bring no more vain offerings. Incense is an abomination to me. New moons, Sabbaths, and convocations: I can’t stand evil assemblies. ¹⁴ My soul hates your New Moons and your appointed feasts. They are a burden to me. I am weary of bearing them.¹⁵ When you spread out your hands, I will hide my eyes from you. Yes, when you make many prayers, I will not hear. Your hands are full of blood. ¹⁶ Wash yourselves. Make yourself clean. Put away the evil of your doings from before my eyes. Cease to do evil.¹⁷ Learn to do well. Seek justice. Relieve the oppressed. Defend the fatherless. Plead for the widow.”*

To help people who are genuinely committed to living a Christian lifestyle, the second prayer is for ‘Emotional Healing & Anti-Apostasy’. The prayers of this book were written to (1) improve discipline linked to emotional based sins that are tied to behaviour and actions (breaking the yoke of disobedience) (2) encouraging change that leads to receiving the Holy Spirit and (3) strengthening the resolve of those who are committed to living a Christian lifestyle i.e. in the prayers “children” refers to everyone who will eventually become Christian.

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Lastly, it is of note that all The VMFCP content, whether a teaching or prayer are words written by me, Chinasom Uzodimma Elekwachi, and so, for those who are discouraged with the prospect of salvation, let it be known that my spirit is with you if (1) you truly believe in the Lord Jesus Christ and (2) you are committed to change (repentance). Therefore, as the Lord is with me through the gift of His Holy Spirit, so is the Lord also with you in spirit, and so, if you are sincere and genuine in your efforts then know that the Lord hears your prayers, for it is written:

- **Matthew 18:20** - *For where two or three are gathered together in my name, there I am in the middle of them.*

If you are sceptical about the concept of Christian intercession then take comfort in the fact that even Apostle Paul said the same thing: *For though I am absent in the flesh, yet I am with you in the spirit, rejoicing and seeing your order, and the steadfastness of your faith in Christ.~ Colossians 2:5.* To elaborate, intercession is the act of Christians praying for other Christians, whether they have already received the Holy Spirit or will receive it sometime later in the future (1 Timothy 2:1 and Ephesians 6:18). Hence, the prayers of this book were written to encourage faith, hope and love, and is an intercessory gift from me to every child of the Lord, the Most High God, whether they are faithful or repentant. Furthermore, my hope is that you also choose to intercede for other Christians, so that the Lord, the Most High God may also reward you for taking other people into consideration when you pray and/or fast i.e. it is a good idea to pray both versions of the prayer.

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IMPORTANT NOTE

It is helpful to use Scriptures when praying, especially when you feel like you are genuinely able to relate to certain circumstances. For example, people may struggle with a lack of discipline and/or emotional maturity, and so, for those who are trying, but are struggling with emotional discipline the last resort is stricter fasting and Scriptural prayers—as there are problems that only the Lord, the Most High God, can help with, and He does that through the use of His Word.

Therefore, it is helpful to pair your own prayers with Scriptures, as it “boosts” the spiritual effectiveness when they are prayed in sincerity. This means that if you genuinely want to change but are struggling, then prayer and fasting can be helpful. In such cases fasting will need to be stricter, such as a 7-day fast according to personal circumstance. However, if you do not want to change, which indicates that you have no issue with practicing an emotional sin such as ‘despise’ (defined in ‘Calling: Special Edition’ pg. 67), then prayer and fasting will have no effect, as the Lord, the Most High God, does not grant His help to those who have no remorse or genuine intent to stop sinning.

The fasting and prayer of the unrepentant would only displease and anger the Lord, the Most High God, and that is because praying and fasting in this way counts as falsehood i.e. prayer without sincerity and repentance (change). The same concept applies to donating money or material items (alms) to charities or churches, and assuming that it covers your sins, or makes you “good”. Therefore, it must be made clear that any shallow acts of goodness or sacrifice that anyone is able to do, does not “make up” for sin, especially sins that lead to ‘death’ (1 John 5:16, Gospel of Thomas 14, Revelation 22:15).

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Regardless, it is fine to donate to charities or churches, but the giving should be sincere, which means that the motivation behind the giving is for a good and positive reason(s). For example, choosing to donate money or food to a church or charity that feeds the poor or homeless because you felt bad for another person's circumstances and wanted to help them in some way.

The use of Scriptures when praying simply requires (1) saying a prayer, and (2) selecting and praying the Scriptures that "support" the reason(s) for your prayer. There are Scriptural recommendations below, which have been selected for their perceived relevance in such times. Some of the Scriptures are also suited to 'The Prayer of Repentance & Spiritual Fortification'. More so, you are encouraged to find Scriptures that suits the needs of your own personal prayers. It is also recommended that you continually pray the prayer of 'Repentance & Spiritual fortification', but using Scriptures to further "support" your prayers.

'The Prayer of Emotional Healing & Anti-Apostasy' is well paired with the Scriptures: Psalm 23; Psalm 139:23-24; Psalm 146:8*; Isaiah 29:18-20, 29:24*; Psalm 51: 1-12*; Isaiah 35:5-8*; Romans 12:2*; 2 Timothy 1:7*. **These Scriptures are also good to pair with the Prayer of Repentance & Spiritual Fortification.*

For clarities sake, apostasy is simply disrespect and rebellion against God, and God's commandments, which is rejecting the Truth and not committing to living a Christian lifestyle. Hence, an anti-apostasy prayer aims to break the yoke of disobedience that is influenced by The Mark of The Beast (TMOTB) and other demonic forces (Ephesians 2:2, Revelation 12:4, where the fallen stars indicates an increase in the activity and influence of evil spirits, which are most likely negatively affecting people during these times).

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JOURNALING ACTIVITY

- (1) Identify the emotional based sins that you struggle with the most, and write an example of how, and try to work out why. By identifying why, it is more likely to change your reasoning, and most people change when they realise that there is a better perspective, way or choice of action.
- (2) Based on (1) complete an RER activity for the emotional based sins that you struggle with, or simply begin to make the changes you think necessary. Emotional based sins are usually associated with behavior and actions.

TIP: When people are jealous they tend to treat other people poorly, which may result in the following scenarios: you may see someone with a new car or nice outfit, and say negative things about them because you are jealous. Jealous behavior may be directed towards the person you are jealous of, or directed towards other people i.e. actively participating in “jealous gossip” with other jealous (and bitter) people. If so, confess your sin in prayer, and ask God to help cleanse your mind, heart and spirit of the sin, and genuinely commit to doing better next time. Conclusively, the resolution is to begin thinking before you speak; not actively participating in negative or malicious conversations; and/or removing yourself from certain conversations.

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THE PRAYER OF EMOTIONAL HEALING & ANTI-APOSTASY

PERSONAL VERSION

Blessed is the Lord, the Most High God – I thank You for your goodness, grace, love and mercy. In the Name of the Lord, the Most High God, I pray that I am healed of pride, anger, bitterness, lust, covetousness, greed, hatred, deviousness, jealousy, envy, [insert any other emotional sins], and may You break the yoke of disobedience, so that I am able to walk in the way of Holiness. I also pray that You keep me from being led astray by the spirit of error, and let it be that You guard and renew my mind, heart, soul and spirit. Blessed be the Lord, the Most High God, now, always and forevermore! For Yours is the kingdom, the power and the glory forever! In Jesus' Name I pray and give thanks. Amen.

INTERCESSION VERSION

Blessed is the Lord, the Most High God – I thank You for your goodness, grace, love and mercy. In the Name of the Lord, the Most High God, I pray that your children are healed of pride, anger, bitterness, lust, covetousness, greed, hatred, deviousness, jealousy, envy, [insert any other emotional sins], and may You break the yoke of disobedience, so that all Your children are able to walk in the way of Holiness. I also pray that You keep all Your children from being led astray by the spirit of error, and let it be that You guard and renew their minds, hearts, souls and spirits. Blessed be the Lord, the Most High God, now, always and forevermore! For Yours is the kingdom, the power and the glory forever! In Jesus' Name I pray and give thanks. Amen.



ABOUT THE AUTHOR

The author, Chinasom Uzodimma Elekwachi, has a background in scientific research and experience in teaching and education, which are skills, experiences and knowledge that have contributed greatly to the creation of this book. This book contains Bible study commentary from the author's personal faith journals, which have been remodelled and stylized for the purpose of Christian education. The wisdom of this book is the result of many years of Biblical study, research and Christian practice (lifestyle)—all of which was given by the grace of God, so that many may come into His salvation.

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