

Practice of Prayer

Integrating Restoration Therapy, Decision Making,
and Mashah Ministry with Faith-based Clients



Scan me!

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Learning Objective #1:

- **Recognize destructive behavior and belief patterns caused by pain**
- **Apply strategies from Restoration Therapy, attachment theory, and emotional regulation to help individuals break these cycles and restore a healthy identity and sense of safety**

Learning Objective #2:

- **Examine the influence of evil from the Judeo-Christian worldview on decision-making and learn a “no harm” deliverance process to address spiritual struggles safely while ensuring clients’ emotional and mental well-being during the healing process.**

Learning Objective #3:

- **Assess the integration of Christian theology and Restoration Therapy through the RelateStrong and Mashah Ministry models, gaining practical tools to empower individuals to understand their pain, improve relationships, and foster healing with willing Christian clients.**

The Foundational Elements of Restoration Therapy and RelateStrong

“The Restoration Therapy and RelateStrong psychoeducational model integrates sound psychological concepts with solid theological principles and teaches current therapeutic practices, including self-regulation, attachment, and mindfulness. The Restoration Therapy model is taught in academic institutions around the country.”

LOVE

Answers “Who am I?”

- I'm unique/special
- I'm accepted/I belong
- I am worthy/valuable

TRUST

Answers “Am I Safe?”

- People and things in my life are predictable
- There is openness and honesty in all my relationships
- There is a balance of give and take

Sources of Pain

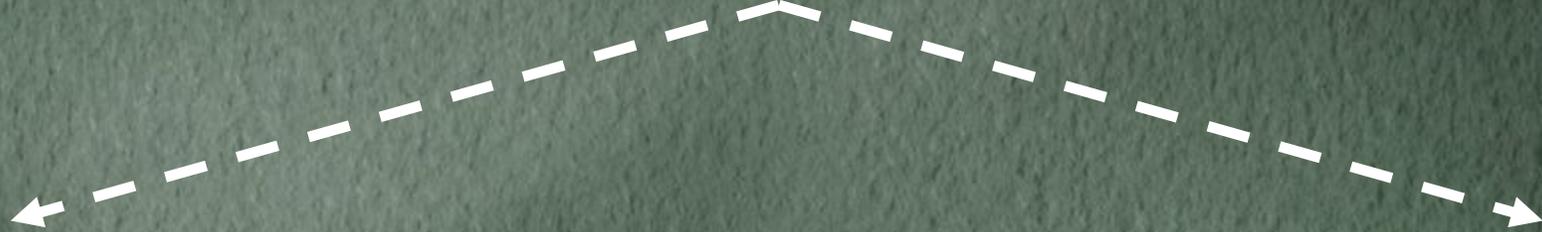
- Family of Origin
- Other people
- Life Experiences



Pain



Activates Reactive Coping



UNLOVED

UNSAFE

Blame

Shame

Control

Escape

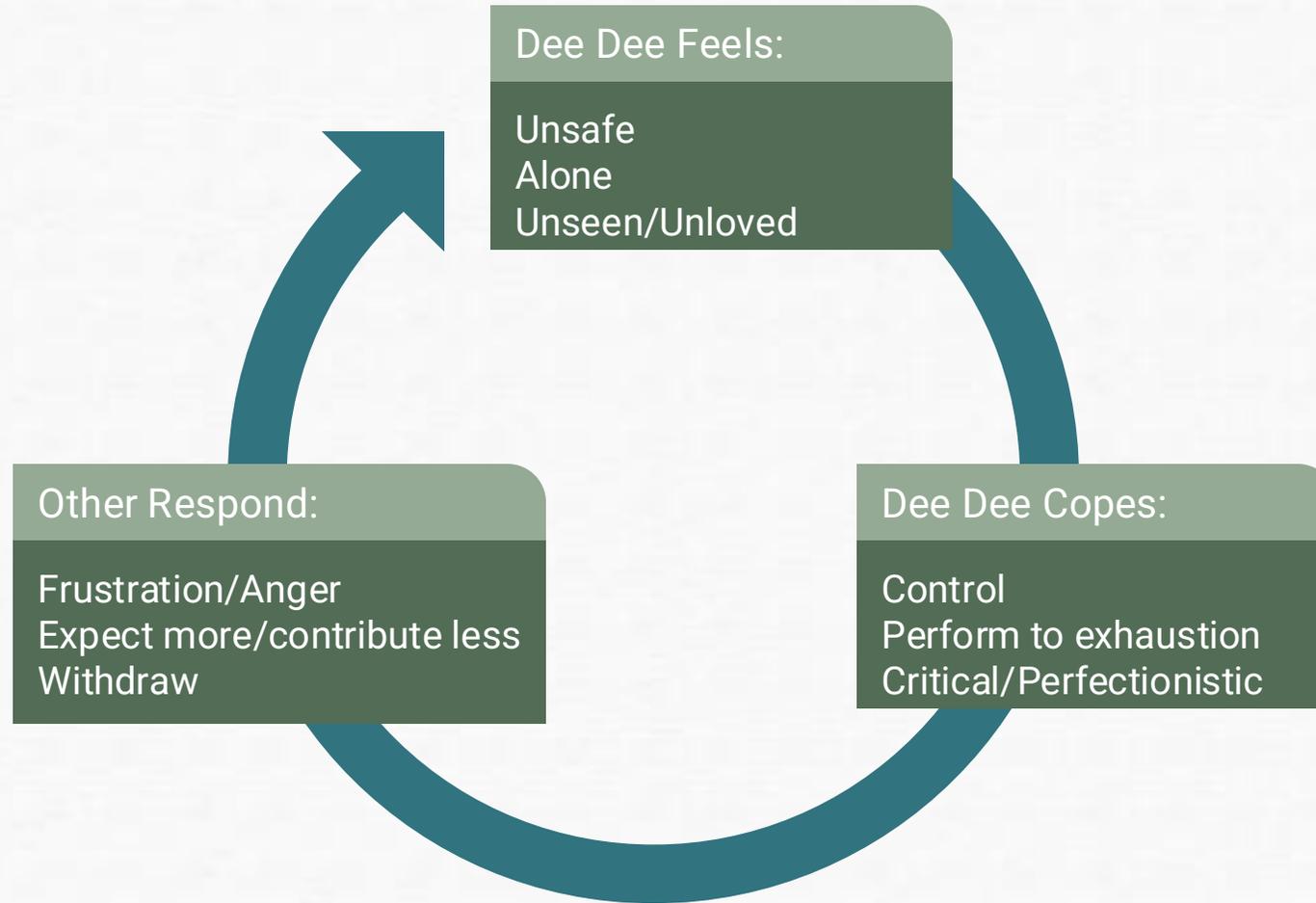
Angry, Sarcastic,
Aggressive, Arrogant,
Grudge-holding

Depressed, Insecure,
Anxious, Inconsolable,
Needy

Perfectionistic,
Performative, Defensive,
Critical

Withdraw, Numbed,
Avoidant, Prone to
addiction, Impulsive,

Pain Cycle



Emotional Regulation:

The capacity to feel a whole range of emotions and remain present, grounded in values, and non-reactive.

BELIEF /bə'lēf/

- 1. A state or habit of mind in which trust or confidence is placed in some person or thing**
- 2. Something that is accepted, considered to be true, or held as an opinion: something believed**
- 3. Conviction of the truth of some statement or the reality of some being or phenomenon especially when based on examination of evidence.**

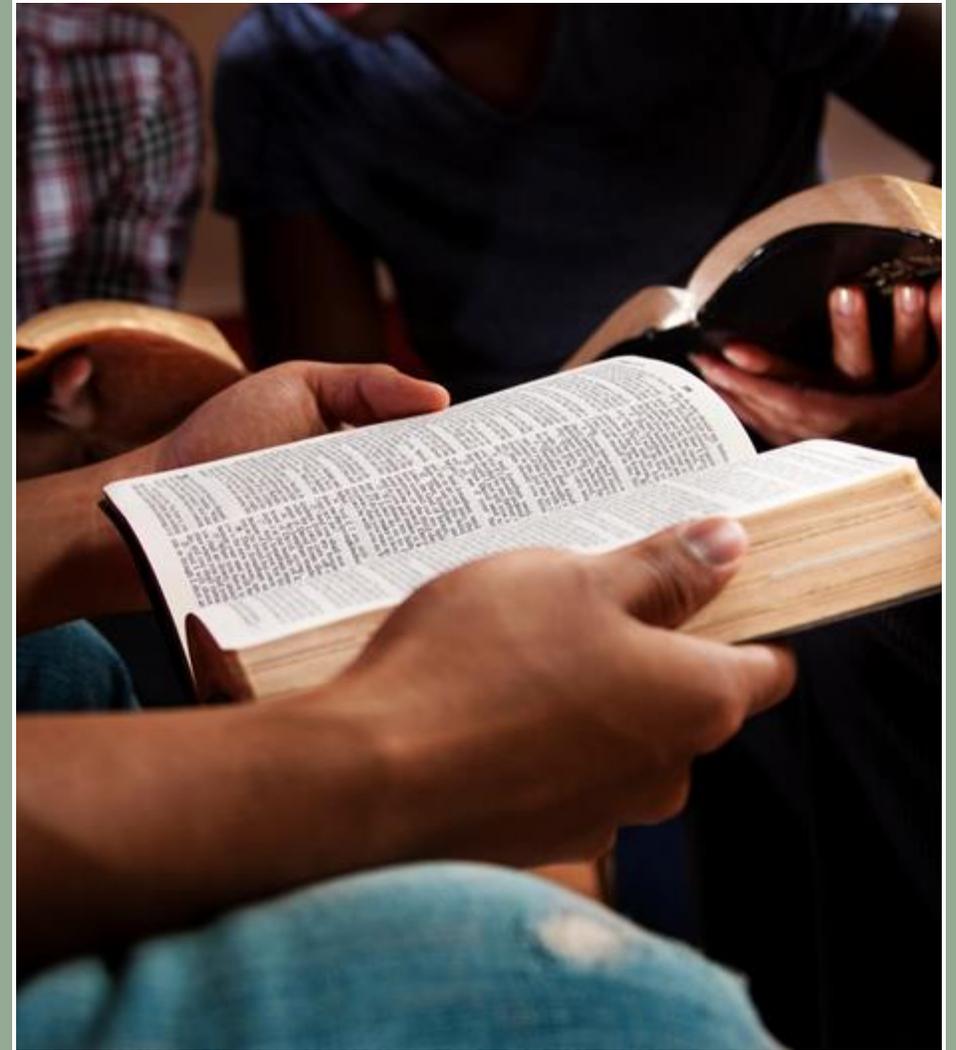
Merriam Webster Dictionary

Barna Biblical Worldview Essentials

- 1. An orthodox, biblical understanding of God.**
 - This involves recognizing God as the eternal, omniscient, omnipotent, and just Creator, and understanding His character and nature.**
- 2. All human beings are sinful by nature.**
- 3. Knowing Jesus Christ is the only means to salvation:**
- 4. The entire Bible is the inspired word of God and true, reliable, and relevant.**
- 5. Absolute moral truth exists.**
 - This asserts that there are objective moral standards that are not subject to individual interpretation or cultural relativism.**
- 6. The ultimate purpose of human life is to have a relationship with God, to love Him, and to serve Him through obedience and worship.**
- 7. Success on earth is best understood as consistent obedience to God, not by worldly achievements or possessions, but by faithfulness to God's commands and living in accordance with His will.**

Sources of Truth

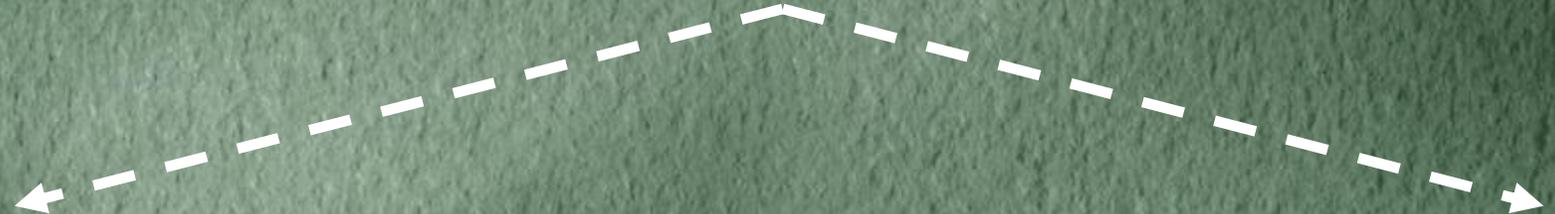
- God, Scripture/Worldview
- Others
- OURSELVES



Grounded in Truth



Gives us PEACE



LOVED

SAFE



Nurture Others

Nurture Self

Balanced

Connected

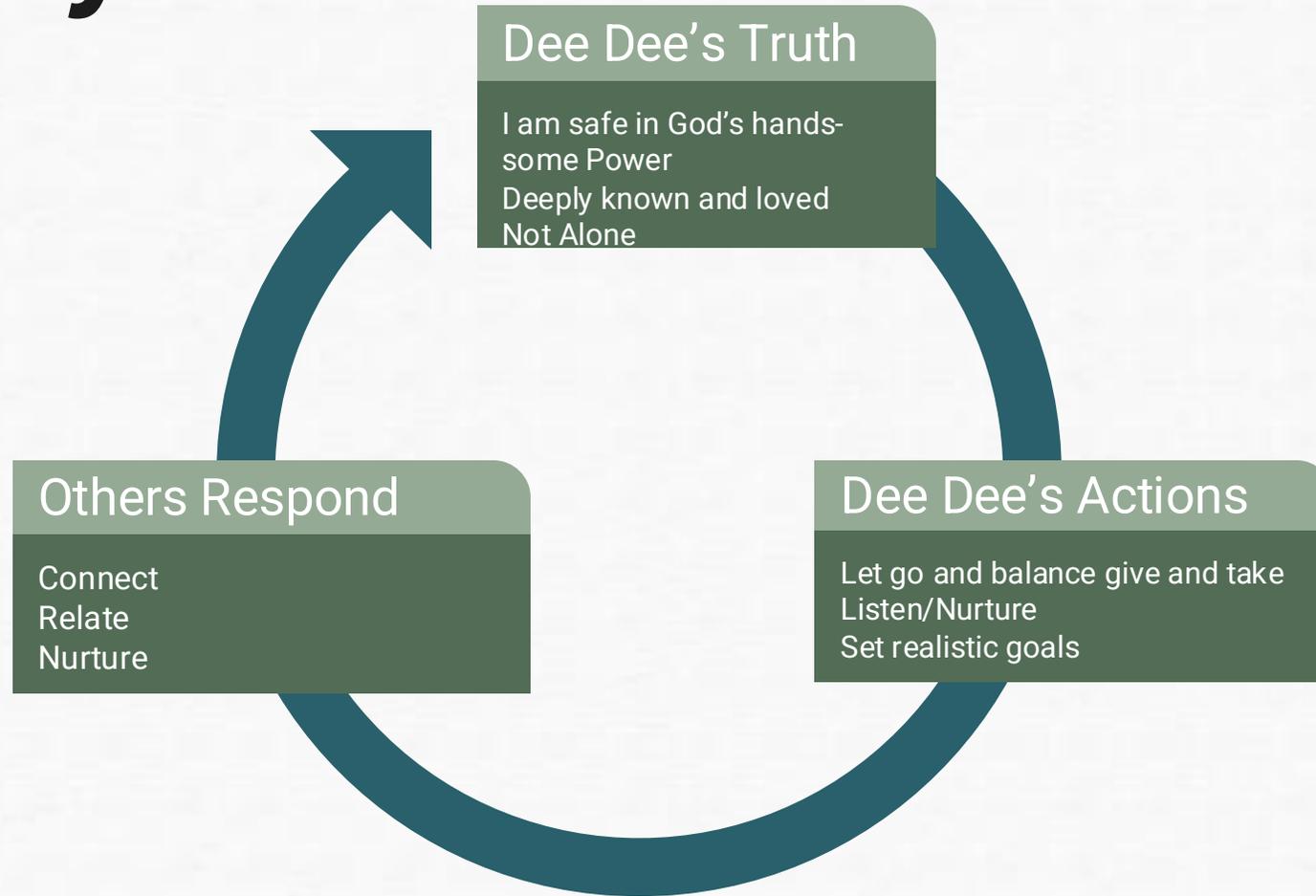
Encouraging, Accepting,
Gentle, Patient, Able to Listen.

Positive, Settled,
Respectful, Hopeful

Open, Vulnerable,
Accepting, Relaxed, Able
to Let Things Go.

Meaningfully
Connected, Engaged

Peace Cycle



Moving from Pain into Peace

You can apply leverage to disrupt the Pain Cycle and teach yourself the new pattern, or Peace Cycle. The KEY is Attention, Practice and Repetition!

The FOUR STEPS are:

- Say What You Feel.
- Say What You Normally Do.
- Say the Truth. (Defend the truth until you accept it!)
- Say What You Will Do Differently (and DO IT).

Based on contemporary neurological research; Easy to learn; Effective in teaching new feelings and reactions; Practical everyday method to “put on the new self.”

GOOD BELIEFS vs GODLY BELIEFS

- **Does it align with Scripture?**
- **Good vs Godly**
 - **Mary and Martha – Luke 10:41-42**
 - **Mary caught WHO was in the room and set everything else aside. In that moment she chose the godly belief system fueled by listening to the Lord.**
- **Cultural vs Godly**

BAD/Ungodly beliefs vs Good/Godly beliefs

Bad beliefs fuel dysfunction and opens the door to the demonic in our lives.

A client will only make illogical decisions when using illogical data.

– *Karl Benzio, MD*



AACC Code of Ethics

Christian counselors obtain close or special consent for more difficult and potentially controversial practices. These include, but are not limited to: (1) deliverance and spiritual warfare activities; (2) cult deprogramming work; (3) recovering memories and the treatment of past abuse or trauma; (4) the use of hypnosis and any kind of induction of altered states; (5) authorizing (by medical doctors) medications, electro-convulsive therapy, or patient restraints; (6) the use of aversive, involuntary, or experimental therapies; and (7) engaging clients who are struggling with same sex attraction, crisis pregnancy/abortion decision-making and/or end-of-life issues.







Combining Models for Maximum Impact

- Identifying destructive belief systems using RT/RelateStrong
- Identifying destructive belief systems using Mashah
- Identifying peace using RT/RelateStrong
- Identifying and receiving Truth and action steps using Mashah

Take away tools

- Journaling the Word....
- Pain and Peace Cycle
- Four Steps
- Verse Mapping
- Biblical Meditation
- Learn more through attending trainings - Mashah/RT/RS
- Lordship and Binding Prayers

Connect with us

Booth 1000



relate
strong

Lordship Prayer

True Lord Jesus, your Word says that on the cross You became the sacrifice for my sins. It is through You that I can receive forgiveness and freedom. Therefore, I declare that You are my Lord and Savior, my God, and my King, and I desire to give You complete control over every area of my life. Help me to receive (know) Your deep love and compassion for me. I choose to trust You every step of the way.

Binding Prayer

By the power and authority of the true Lord Jesus Christ, I bind all demonic powers from affecting this session. Therefore, I command that every demonic entity remain silent and completely bound. If you disobey this order, I will command you to depart me immediately and go straight to the true Lord Jesus Christ and await His verdict, knowing you may never return.