

# SELF-GUIDED COURSE



WELLSPRINGS OF FREEDOM INTERNATIONAL

*People of Prayer Series*

## PARENTS WHO PRAY

A COURSE FOR PARENTS GROWING IN PRAYER

### Class Two Reflection Exercises: Dealing With Your Own Hang-Ups Pastor David Kelly

This exercise is designed to help you personally apply the foundational truths from Class Two: "Dealing With Your Own Hang-Ups" of the "Parents Who Pray" course.

#### 1. Lie vs. Truth Worksheet

Identify the lies the enemy may be telling you and replace them with God's truth.

- List 3 specific worries or fears you've had about your children recently.
  - Next to each one, write what lie the enemy might be whispering.
  - Then write a truth from Scripture that counters each lie.
- (Optional: Speak the truths out loud as a declaration.)

#### 2. Rewrite the Prayer

Practice shifting your prayers from fear to faith.

- Choose a prayer you've prayed recently that may include fear, shame, or control.
  - Identify where those elements appear.
  - Rewrite the prayer using language of love, trust, and surrender.
- (Optional: Share both versions in a group or with a trusted friend.)

#### 3. Personal Story Mapping

Trace how your past may be shaping your parenting.

- Write about a meaningful or painful past experience.
- Reflect:
  - What emotions come up?
  - How does this affect how I view my children?
  - What healing might I still need?

## 4. 'Catch the Echo' Challenge

Watch how your kids reflect your emotions and prayers.

- Pay attention for one day to how you pray and speak in front of your kids.
- Look for signs they are echoing your tone or emotions.
- Journal one moment that stood out and what you learned from it.

## 5. Guided Prayer and Listening Time

Invite the Holy Spirit to bring healing through truth.

Quietly ask:

- "Holy Spirit, is there a lie I've been believing about my child?"
- "Where did that lie come from?"
- "What truth do You want me to know?"
- "How should I pray from that truth?"

Write down what you sense.

## 6. Truth-Telling Testimony

Reinforce healing by sharing it.

- Choose one lie you've rejected and one truth you've embraced.
- Write a short testimony or paragraph.
- Keep it visible this week (e.g., mirror, fridge, Bible).