

I prayed for Moses Eun Choi on March 1st from 3:30-3:50 pm. Moses has scoliosis. He's had scoliosis for quite a while but had recently been having a lot more issues with it. When I interviewed him he told me he had been going to the chiropractor recently but things hadn't been getting any better. I also asked him how life and ministry were going. He shared with me that ministry had been really stressful recently and that he had been feeling anxious and not good enough for a while. The tentative diagnosis that I made was that his scoliosis had been worse because of the stress. That his feelings of anxiety had caused him to tense or tighten up in his body and that was making his scoliosis worse. He seemed to think that that could be possible, but he wasn't 100% sure that was accurate.

After this, following the model, I asked the Spirit to come and be present with us and to speak. This was the hardest part of the time with Moses. I spent time asking the Spirit to be present and to speak, but as I listened I didn't really hear anything from the Lord. As we were sitting in silence and I wasn't hearing anything from the Lord I was in my head a lot. I was trying to quieten my brain and hear from Him but it was really difficult. I also felt self-conscious that I wasn't going to have anything to say. Because of this, I think that I didn't sit in silence long enough. Because I was awkward I rushed ahead and simply started blessing Moses.

After this, I prayed for healing. Because I hadn't heard much from the Lord I prayed that God would bring Moses peace from His anxiety. I prayed that God would give him spaces of rest and that He would meet him in his anxiety. I also prayed that God would bring healing to Moses' back. Overall it was a good experience. Moses felt blessed by the prayer but he didn't feel healed. He did feel a little less anxious afterward.

I prayed for Shane on May 2nd from 10:00 am - 10:10 am. This was a unique experience because May 2nd was actually the day that I met Shane. Therefore, one of the issues that I had

was that it was a little harder to follow the model super closely, and it was also only a short experience with Shane. Shane came into the church building looking for Foodnet, which is a ministry that provides food for people who need it. Unfortunately, Foodnet wasn't happening that day. However, I asked Shane how I could be praying for him. He stated that he was struggling with his mental health and was considering taking his own life. I gently asked what was going on to cause him to want to do that. He shared that he was struggling to get into an institution that he wanted to be in.

Because this was an unusual situation, I asked the Spirit to be present quickly and to give me the words to say to Shane and what to pray for. I shared the gospel with Shane and then I prayed for healing for his mental health. I also asked God that He would reveal himself to Shane and save him. This was a really cool opportunity to hear Shane's struggles, to share the gospel with him, and to pray for him. I asked him how he felt afterward and he stated that he felt better.

This situation probably could have been better if other people weren't around. But, I felt like I did a good job of listening to Shane and I heard more from the Spirit this time. Overall, God really blessed me with this opportunity to pray for Shane's emotional and spiritual healing.

I prayed for Ben Oltman on May 2nd from 3:20-3:40 pm. When I interviewed Ben he stated that he has a degenerative eye disease. It is rare for someone who is an adult, it typically starts in teenagers. But, he shared that it started happening to him 2 years ago, when he was 29! At that time he was a year or so into pastoral ministry. My tentative diagnosis was that this was simply something he was dealing with and that there wasn't a bigger reason for it.

As I invited the Spirit to be present and as I listened I potentially heard the Spirit say that maybe Ben had some blind spots in his life that he couldn't see or wasn't addressing. I honestly wasn't sure if I was supposed to ask him about this or not, so I simply started to pray for him. I

prayed a blessing over him and I prayed that God would heal his eyes. As I was praying I remembered all the passages where God healed blind people, so I just asked God that he would do the same for Ben. I also prayed that God would reveal any blindspots that Ben might have in his spiritual life. So, I asked for physical healing for Ben and for spiritual healing. Afterward, he shared that he was trying to be sensitive to the Spirit but didn't hear anything specific. He shared that as I was praying for him he felt at peace and relaxed. Overall, I think it went well, but I probably could have spent more time listening to the Spirit.

I prayed for Sarah on May 1st from 9:30 am - 9:45 am. I prayed for Sarah for spiritual healing because of past hurt from church leadership. I also prayed for emotional healing due to depression and anxiety. My initial diagnosis is that the anxiety and depression would lessen as she becomes more spiritually healed.

While listening to the Spirit I sensed that Sarah needed to be reminded just how much God loves and values her. After the prayer time, she commented that that was meaningful to her but it wasn't necessarily spot on. I could have improved the time by asking her if that was accurate before praying for it. I think overall I could do a better job of listening to the person and to God and not allow my assumptions to be involved. But, Sarah said that she left the time feeling loved and cared for. She appreciated the prayers but was still feeling a lot of anger and bitterness toward the people who hurt her. But, overall I think it was a good experience and one I learned a lot from.