

Basic Sozo Training

...to save, heal
and deliver...

Handout

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The Freedom Resource is a non-profit organization whose purpose is to serve churches, organizations, and individuals seeking materials, training and support in attaining and spreading God's provision for freedom from sin, wounding and the demonic.

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The
Freedom



Resource

SOZO BASIC TRAINING SCHEDULE

SESSION	TIME	TOPIC	TRAINER
FRIDAY NIGHT			
	7:00-7:15	Worship & Introductions	
1	7:15-8:30	Sozo Framework, DKB, Forgiveness Exercise	
	8:30-8:45	<i>Break</i>	
2	8:45-9:30	The Four Doors One Door Exercise	
SATURDAY MORNING			
	9:00-9:15	Worship & Testimonies	
3	9:15-10:30	The Father Ladder	
	10:30-10:45	<i>Break</i>	
4	10:45-noon	Presenting Jesus	
SATURDAY AFTERNOON			
5	1:30-3:45	Live Sozo Demo & Hands-On Sozo Sessions	
	3:45-4:00	<i>Break</i>	
6	4:00-4:30	Q & A	

CONCEPTS & FRAMEWORK

What Is Sozo?

Sozo is a prayer ministry that seeks to restore individuals to a more intimate relationship with God and to a more fulfilled and fruitful life.

Definition - The term “sozo” is a Greek word used hundreds of times in the New Testament which means salvation, healing, and deliverance.

- **Salvation** - *“That if you confess with your mouth Jesus is Lord and believe in your heart that God raised Him from the dead you shall be saved (sozo).”* --Romans 10:9
- **Healing** - *“But Jesus turning and seeing her said ‘Daughter take courage your faith has made you well (sozo) and at once the woman was made well (sozo).’* --Matthew 9:22
- **Deliverance** - *“And those who had seen it reported to them how the man who was demon-possessed had been made well (sozo).”* --Luke 8:36

Sozo Ministry - is an inner healing and deliverance prayer ministry that partners with Father God to bring truth and freedom to His children. It is not counseling, but a time of interacting with God.

God is after absolute freedom. He desires us to know the truth because it will set us free. God uses Sozo Ministry in a powerful way to remove the deception, sin, and resulting emotional pain that keep us from realizing the abundant life that Jesus died for us to have.

A Sozo Lifestyle - Sozo is also a way of life, a way of walking in the freedom and healing God intended for us to have.

The Sozo Model - is a compilation of tools and techniques from many sources brought together under guiding principles of ministry for the purpose of inner healing and deliverance.

Sozo Training - Everyone can benefit from Sozo training—to use in ministry settings or in everyday life situations. Sozo training will help equip you to walk and minister in the freedom God intended for us.

Page numbers refer to *Freedom Tools* by Andy Reese (Chosen, 2008) available from www.thefreedomresource.org .

Ten Freedom Foundations

Sozo Ministry centers on basic principles, or understandings. Getting these in our hearts is critical. These ten foundations frame our ministry understanding and approach. (pp.33-103)

1. God Is Good, Satan Is Bad

Let's not get confused. This is the most important foundation of all. If God is for us then who can effectively be against us? But, if we believe God is the source of our misery and pain, then we end up confused and hopeless.

2. Your Freedom Is God's Will

Jesus came to "take away sins" and to "destroy the works of the devil." We can be very sure that when we are about doing those two things we are moving directly in line with God's clearly stated will. So, we can know that God will strongly lead and support our efforts--it is His delight.

3. We Have Hidden Enemies

This world is, in a real sense, a war zone in which there are real casualties and real prisoners, real captives, real destruction, and real loss. While Satan and his demons have been soundly and totally defeated, there is still a struggle against his schemes, lies, presence, and works in places of unbelief, sin, sickness, torment, and wounding. It is normally to their advantage to remain hidden and to pull strings behind the scenes.

4. Issues Are Not Random

Each person is created and gifted to reflect, uniquely, something of God to the world. Satan's target is the place in a man or woman, a family, or even a nation that most reflects the glory of God--their destiny calling.

5. There Is Always a Reason

There is always a source and a point in time when something happened that set into motion a course that ends up with an individual in torment, pain, and sin. It may be difficult to uncover, but it is always there. God knows the point in time of the wound, lie, or sin. He knows the reason or cause. God is willing to help us find it.

6. Prisoners and Captives

The ones we help are of two types: captives and prisoners. This distinction is important to freedom. Captives have been captured in war through no fault of their own. They have been held in bondage due to wounding and false beliefs normally incurred when they were young and defenseless. Prisoners are held in prison because they have done something to deserve it.

7. Partners with God

All Sozos are done with the authority of, under the direction of, and with reference to God. We are His partners, junior to be sure, but partners and children. This means that we listen for God and follow His lead. In Sozo we unapologetically stop and ask God what to do. We ask the person to listen on the inside for His answers. We ask, "What are you seeing, sensing or hearing?"

8. A Culture of Honor

We also honor vulnerable hurting people. When someone is vulnerable in our presence, confessing sin, weakness, and the most intimate details of their failings, our response must be one of gentle understanding and true compassion. Sozo ministry is safe and confidential. To speak words that are not grace-imparting grieves the Holy Spirit.

9. Applying God's Solutions

In ministry we encounter different kinds of issues: wounding, entanglements, sin, ungodly beliefs, demons. God has different solutions for different issues. Sin is confessed, wounding is healed, entanglements are renounced, truth is believed, and demons are cast out. We want to use the right tools in the right ways.

10. An Event and a Process

We go from glory to glory. We grow over time. When we are stuck, Sozo can help break us free to move on. Sozo is a lifestyle not a destination--a way of relating, a flow of freedom within the church.

Areas of Healing – WESU+D

In Luke 15 Jesus lays out the four key areas in which we need freedom. When we add the fact that we often need to deal directly with demons we find that every issue we encounter can be placed in one of these categories. They are Wounding, Entanglement, Sin, Ungodly Beliefs – and Demonic Influence. (p.108-112)

- **The Lost Coin (Luke 15:8-10) – Wounding**

The primary ministry approach for a lost coin (wounding) is to remove wound-based lies. It is (1) to help the person to define their pain and the lies they believe, (2) to understand its source and origin, (3) to hear truth most often from Jesus Himself, and to remove the lies, (4) to grant forgiveness where necessary, and (5) to bless the person.

- **The Lost Sheep (Luke 15:4-7) - Entanglement**

The primary ministry approach for a lost sheep (entanglement) is to renounce entanglements. It is to (1) to recognize the nature of the entanglement and its source; (2) to renounce it; (3) to let Jesus bear the consequences; (4) to replace it with a right agreement with God; and (5) to bless the person.

- **The Prodigal Son (Luke 15:11-24) - Sin**

The primary ministry approach for a prodigal son is to repent of sin. It is to (1) to recognize the sin, its source, and to come to senses about what it really is; (2) to confess and repent of it; (3) to receive forgiveness, truth and restoration; and (4) to bless the person.

- **The Older Brother (Luke 15:25-32) - Ungodly Beliefs**

The primary ministry approach for the false and ungodly beliefs of the older brother is to reveal truth. It is (1) to recognize the ungodly beliefs that interfere with relationship with God and the ability to receive from Him and where they may have come from; (2) get revelation about the truth; (3) confess, repent and renounce alignment with lies; (4) declare the truth and the person's alignment with it; and (5) to bless.

- **Demonic Issues**

We don't always see demonic manifestations but we always assume demonic influence has been involved. The primary ministry approach for the demonic is to rebuke and cast out. It is to: (1) find the reasons the demonic is present, the source or origin (2) remove those reasons through confession and renouncing, (3) assert authority over the demonic and cast it out, (4) and to bless the person and fill the empty places with truth and the Holy Spirit.

Steps in Ministry - The Fruit Loop

We have developed a simple five-step process to keep you on track through the twists and turns of ministry. It is called "The Fruit Loop." (This is a fun ministry, you know!) The steps do not have to be done in order: there is freedom and flexibility. Go with God, keeping an eye on the steps more for thoroughness. We are normally looking to identify the *stronghold*, the place inside the person that does not allow Jesus to be both intimate Friend and powerful Lord. (p.112-113)

1. **Fruit** – "What is going on?"
2. **Root** – "Where did it come from, and why?"
3. **Boot** – "Clear out the problems."
4. **Loot** – "Take back what was stolen."
5. **Scout** – "Make life choices and changes."

Techniques – Doing Kingdom Business

We obey the biblical commands when we Do Kingdom Business – to forgive, confess/repent, renounce/declare, break, cast away. We remove the rights of the enemy by lining up our hearts and mouths with God's truth and will for our lives. Doing Kingdom Business is done during the Boot and Loot steps of the Fruit Loop. (p. 113-129).

- **Forgive** (Matt 6:14-15, Matt 7:1-2, 1 Pet 5:7, Jn 14:27)– others and ourselves for the perceived debts owed to us, release the offender from debts and any judgment of motives, and ask God to supply what is needed and missing in exchange. It helps to imagine the offender in front of you. Example statement:

“(Name), I choose to forgive you for (specific offenses). What I needed from you was _____. I cancel the debt and release you from my judgment. God, I ask you to give me what this person should have but did not.”

- **Confess/Repent** (1 Pet 2:24, Jam 5:16) – our wrongdoing and agree with God that it is sin. Then, we repent. We give it to Jesus and receive forgiveness in exchange. Example statement:

“Father God, I confess that I (name sinful thought, word or deed). I acknowledge it as sin. I give it to Jesus and I ask you to forgive me and cleanse me. Holy Spirit, I repent and ask for your power to do God's will in this area.”

- **Renounce** (Jn 6:63-64, Jn 8:32, Jn 10:10) – lies, or ungodly beliefs, that we have believed about ourselves and God. Then, we declare and receive the truth in exchange. Example statement:

“I renounce my belief in or agreement with the lie that _____. I declare the truth that _____.”

- **Break** (Matt 5:36ff, 1 Cor 6:16, Gal 3:13) – the curses, vows, ties, agreements all other entanglements that have worked against us. They can be from ungodly relationships (soul ties), generational iniquities, or spoken or acted out words by self or others (oaths, inner vows, or word curses). We also break agreement with the evil spirits that have harassed us. Then, we receive the blessings God intended for us in exchange. Example statement:

“I break off every inner vow I spoke over myself that (inner vow); I break off every curse that (name person) spoke over me that (name word curse); I break all ungodly spirit, soul, and body ties that have been established between myself and (name person). I receive the blessing from God of _____.”

- **Cast Away** (Eph 1:22-23, Mk 16:15, 17) – evil spirits by commanding them to leave our presence by the authority and name of Jesus after removing reasons for them to be there and breaking agreement with them. Then, fill up with the Holy Spirit in exchange. See Chapter 9 in *Freedom Tools* for much more on this.

“I break agreement with the spirits of _____ and command them to leave me now and go where Jesus sends them, never to return, in Jesus' name. Holy Spirit, will you fill me with your spirit of (name opposite spirit).”

Tools

We have a number of tools that help to speed our ministry and make it more effective:

- **Four Doors** – Good especially for sin issues and demonic harassment. A way to take inventory, looking at the four areas of sin: fear, hatred, sexual sin, and the occult. (p.177-200)
- **The Father Ladder** – Good for unmet needs and ungodly belief issues. Check our view of Father God, Jesus, and the Holy Spirit and where they do not reflect His true character. (p.201-214)
- **Presenting Jesus** – Good especially for wounding issues. Examine the connection between the pain we feel and the lies we believe that keep us bound. (p.215-228)

There are other tools not covered in this training, and more are added as we become experienced in their use and comfortable with their ability to be taught and their biblical/scientific basis, including:

- **Divine Editing** – Potentially good for jarring the mind into new thought pathways
- **The Wall** - A good way to help the person visualize what is keeping separated from God or freedom and how to take that hindrance out of the way
- **Triggering Mechanisms** – A good way to bring Jesus into a past time of trauma to heal the pain of the event even while the event memory is not changed.

THE FOUR DOORS

Concept

This Sozo tool organizes issues into four doors of demonic access. The tool is used to remove the legal rights we have given in our lives to Satan and his kingdom and thereby removing their influence, harassment, and resulting strongholds. It can either serve as a starting point for the Sozo or a systematic way of clearing out sin and demonic access. (p.177-200)

- **Sexual Sin** – Sex outside the marriage covenant.
- **Occult** – Seeking knowledge, power, contact, or relationship from a supernatural source other than God.
- **Hatred** – Starts with taking offense, then there is access for unforgiveness, judgment, resentment, bitterness, anger, rage, and hatred to come in. Often used as a protection from what one fears.
- **Fear** – Fear that needs and wants are not going to get met. Love is the ultimate need. God is love. Ultimate fear is separation from God, or death. Prevalent fears are abandonment and rejection which keep us from love, and trauma which feels like a near-death experience.

Suggested Guidelines

- **Identify** - the fruit or symptoms of an open door. “Lord, search my heart...”
- **Confess and Repent** - of sins associated with that open door. “Father God, I confess that I (name sinful thought, word or deed). I confess it as sin. I ask you to forgive me and cleanse me.”
- **Remove** - the deeper root cause. “Lord Jesus, will you show me where this door got opened?” What is it doing for me? How does it protect me?” Confess sins that were revealed. Then forgive: “I forgive (person’s name) for (what they did to me— not protecting, leading me into this sin, etc.) I now release him/her from my judgment and bless him/her.”
- **Cast Out** - evil spirits and fill up with Holy Spirit. “I break agreement with the spirits of (name them) and command them to leave me now and go where Jesus sends them, never to return, in Jesus’ name. I shut and lock the door to (fear, hatred, sexual sin, the occult) in my life. Holy Spirit, will you fill me with your spirit of (name opposite spirit).”

THE FATHER LADDER

Concept

Our view of God is often based upon our relationships in our early years. This Sozo tool exams the relationship between ourselves and each person of the Godhead. It helps clear up the ungodly beliefs we have about Father God, Jesus, and Holy Spirit that keep us from truly knowing Him and getting our needs met. (p.201-214)

Godhead	Person	Family
Father God	Identity Protection Provision	Father
Jesus	Companionship Communication	Siblings/ Friends
Holy Spirit	Comfort Nurture Instruction	Mother

Developed by Alan Ray

Suggested Guidelines

- **Identify** - the fruit, or symptom, of a need not getting met or an ungodly belief.
- **Find** – any perception of God that does not agree with His heart, word, and character: “When I say the words ‘God the Father’ (Father God, Holy Spirit, Jesus)?” what picture or sense do you get?
- **Check** – relationships in childhood to find the source of the misperception: “What was your (father, mother, siblings/friends) like when you were young?” **Or** – Use the Presenting Jesus tool: “Jesus, when was the first time I felt (unprotected, not provided for, not comforted, etc.)?”
- **Do** - Kingdom Business, as needed: “I forgive (father, mother, siblings/friends) for (need he/she did not meet, etc.) and for teaching me the lie that God will treat me the same way.”
- **Check** – to see if perception is improved: “How do you see or sense (Father God, Holy Spirit, Jesus)?” (If not, loop back to the root again and clear out some more).
- **Connect** - “(Father God, Holy Spirit, Jesus), what do you think of me?”
- **Scout** - Next time person has a need, he can meet God in this connected place.

PRESENTING JESUS

Concept

This Sozo tool roots out lies we believe that cause us to experience emotional pain greater than our circumstances warrant. We invite the Truth in the person of Jesus Christ to speak into places in our hearts where these ungodly beliefs were formed. Once Jesus speaks truth, emotional wounds are healed, and our present circumstances are no longer so painful. (p.215-228)

Suggested Guidelines

- **Identify** – the current painful emotions: “What is happening?” “How does it make you feel?” “What are you believing about this?”
- **Find** – the true source and origin of the pain: “Jesus, when was the first time I felt, thought, or learned this?” “What are you seeing, sensing, or hearing?”
- **Identify** – the lie attached to the pain: “What were you believing?”
- **Receive** – the truth: “Jesus, help me to perceive your presence.” “Jesus, what do you want me to know?” Agree with what he shows you. Allow the associated pain to be poured out.
- **Deal** – with any hindrances. (See suggestions below.)
- **Do** – kingdom business, as needed (forgive, confess, renounce, break, and cast out).

Suggestions for Dealing with Hindrances

- **Connect** – with Jesus by remembering a time you felt well connected to him, spend some time with him there, thank him for it, and then ask him to take you back to the source of pain.
- **Ask** – “Jesus, what is blocking me from knowing that you are here with me?” “Jesus, is there anything in the way of my receiving the truth from you?”
- **Forgive and release** - those who hurt you.
- **Command** - evil spirits to stop until legal ground can be removed: “I command you to step aside and not keep ___ from hearing the truth.”

HANDS-ON SOZO SESSION

Teamwork

A Sozo team is made up of at least a Lead and a Support. An Intern on the team is optional but very helpful.

- **Lead** – Conducts the sozo, doing most of the interacting with the prayer recipient (Sozoe).
- **Support** – Assists the Lead, doing some interacting with the Sozoe as the Lead gives opportunity.
- **Intern** - An intern's job is to learn, serve, and pray.

Suggested Session Guidelines

All sessions are unique, yet we follow some basic guidelines.

- **Team Prayer** – Before inviting the Sozoe to join us, we pray as a team. Leads then instruct their team on how they personally work best.
- **Introductions to Sozoe** – Welcome and introductions are made first, putting Sozoe at ease. Liability forms are explained and signed. Then, the Lead tells the Sozoe about the Sozo process: safe, confidential, not counseling but prayer, legal reporting requirements, closing eyes, reporting not processing, notes and whispering, repeat-after-me prayers, and clearing out past hurts helps heal current pain.
- **Conducting the Sozo** – Remember, the main goal is to connect them better with God. We are not the Savior, Healer, or Deliverer! The Fruit Loop helps us with our framework, but the Holy Spirit is our guide. We are compassionate, uplifting, and honoring at all times.
- **Team Debriefing** – After the Sozoe leaves, the team discusses the Sozo, then “dusts off” in prayer before leaving.

REFERRAL SHEET

The Basic Sozo Structure

FRUIT	ROOT	BOOT	LOOT	SCOOT
<i>What's going on?</i>	<i>Where did it come from and why?</i>	<i>Clear it out.*</i>	<i>Take back what was stolen.</i>	
Wounding	Lies about Self <i>Presenting Jesus</i>	Renounce Lies & Forgive	Receive & Declare Truth	<i>Make life choices and changes.</i> <i>Specific guidance on what they received during the session.</i>
Entanglement	Past Actions Leading to Entanglements <i>Doing Kingdom Business</i>	Break Entanglement	Receive & Declare Blessings	
Sin	Sins <i>Four Doors</i>	Confess & Repent of Sins	Receive & Declare Your Forgiveness	
Ungodly Beliefs	Lies about God <i>Father Ladder</i>	Renounce Lies	Receive & Declare Truth	

* During Boot phase, expel demons as necessary.