



Verbatim Case Study: Rejection and Abandonment

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The Theophostic^{®1} prayer ministry time described here took 1 hour and 40 minutes and was a demonstration in front of a group. There were a number of places where Charlotte's notes recorded a short summary of what I did or said, but not a verbatim transcript. We have tried to reconstruct my actual comments as best we could (don't place too much significance on the exact words included in this account). There were long pauses (usually 30-40 seconds, sometimes several minutes) between many of the interchanges. Dave would appear to be thinking and/or paying attention to internal thoughts, images, feelings. During many of these pauses his face was displaying intense emotion (anger, pain, fear, sadness), but at times he would just sit quietly for several minutes with an intent expression on his face. At times the interaction seemed to be moving very slowly because of the frequent pauses; however, looking at the prayer time as a whole it is clear that the Lord's healing work was moving steadily during the entire session. The verbatim account is lengthy, but hopefully this will give the reader a sense of what an actual Theophostic[®] session looks like. In our experience, this is a fairly typical session for someone dealing with a deep wound where there are guardian lies and demonic infection hindering the healing process.

Both of Dave's parents were absent and/or rejecting in deeply hurtful ways, and he has carried a deep wound of rejection and abandonment as a result. He reports that prior to this session "even the slightest rejection triggered intense reactions, intense anger. It could be the littlest thing, from anybody -- my boss, my wife, and I would totally over-react."

Karl: *Opened ministry time with brief prayer²*: Lord, we thank you for your love. We claim the truth in faith, that you are with us and that you are preparing the way in the spiritual realm for healing, forgiveness, deliverance, and freedom. Lord Jesus, we ask that you would guide our work here today. We ask that you would guide each thought, image, memory, and emotion that comes into Dave's mind and heart.

Karl: Is there something you wanted to work on?

Dave: This is just a little thing. The plan had been for Susan to have the donuts and coffee ready for guests. I got home and the donuts and coffee weren't ready. This really ticked me off. I was frustrated that she hadn't gotten them ready like we had planned, but I could also tell that my angry reaction was way out of proportion to the situation.

¹Theophostic Prayer Ministry is a trademark of Dr. Ed Smith and Alathia Ministries, Inc., of Campbellsville, Kentucky.

²Since this demonstration we have found "Opening Prayer for the Facilitator" to be so consistently helpful that we include it in our opening prayer for every Theophostic[®] session. Downloadable copies of those essays are available on our website, www.kclehman.com.

Karl: Focus on that. Picture coming home, the donuts and coffee aren't ready, you're really angry. Pay attention to any thoughts, images, memories, feelings that come into your mind.

Dave: I'm carrying the whole load; somebody dropped the ball. *Pause.*

Dave: ...feeling like the situation is overwhelming, I'm carrying the whole load. *Pause.*

Dave: *Appears angry, face red, jaws clenching.* There's not a lot in my mind, but I am angry... My jaw is clenched. *Pause.*

Dave: Man, my jaw is really clenched.

Dave: The thought that comes is my dad not being there. I'm in the house -- 10-12 years old. Dad's not there, once again. *Pause.*

Dave: It's not a specific incident -- this was a chronic pattern.

Long pause. Eventually Dave starts crying quietly, tears running down his cheeks.

Dave: Sadness just came over me. *Pause.*

Dave: Another memory just came to me. It's the same house -- not Dad, but Mom. She used to decide to go -- she would just leave -- gave no explanation. We'd say "Where're ya' goin,' Ma?" And she'd say, "I'm goin' crazy, but you can't go." She needed to get out of the house. I don't blame her with five kids, but she just left us there to fend for ourselves. *Pause.*

Dave: I'm remembering another situation with Susan -- she took off for the day to the museum. It's the same feeling: "I'm going to get stuck with all the work." I have the feeling "I'm being lied to -- they're not going to do the work; I'll get stuck with it."

Long pause, Dave leaning forward with different expressions moving across his face.

Dave: I'm just afraid to go to that place where my dad wasn't there for me. *Pause.*

Dave: *Voice choked with intense emotion, appears to be and sounds like he is on the edge of tears:* It's not just broken promises, but he wouldn't be there for me for anything, ever. It looks so dark -- if I go there it would, could be... explosive.

Karl and many people in the room are also crying.

Karl: Sometimes there are fears... guardian lies that get in the way... that prevent a person from continuing the healing process. A person might think "This is too painful" or "I will go crazy if I go to this memory" or "It's not worth the pain. It won't work -- I will just be disappointed." *Brief pause.*

Karl: Is it okay for us to look at any guardian lies that might be in the way? Are you okay with looking at the fear of going to this place and tryin' to work with any guardian lies that are

contributing to the fear?

Dave: Yeah. I'm okay with that.

Karl: Try to focus on and think about "What's going to happen if I go there?"

Dave: I'm just gonna fall apart -- get squooshed out -- it's too overwhelming, too big -- in front of all these people. It's hard. I've been there before in prayer times at my old church, and touched that place of deep pain... where I wanted him to be there for me, to acknowledge my existence.

Dave: *Starts crying, his face becomes red, and then he doubles over like he is in intense pain, with deep, gut-wrenching sobs. He starts rocking back and forth clutching his chest, alternating sobs and wailing, "This hurts so bad," "Ow, ow, ow," and "This is so painful... this is so painful."*

Karl: I'm gonna offer suggestions regarding what the core lies might be. If they don't fit, just let 'em drop. If I say something that really hurts -- really feels true, let me know. *Pause.*

Karl: "I'm not good enough?" *Brief pause.* "I'm not special enough for him to spend time with me?" *Brief pause.* "Nobody loves me?" *Brief pause.* "I'm not wanted?" *Brief pause.* "I'm not important enough, good enough, special enough for Dad to stay?" *Pause. Dave continues sobbing.*

Karl: In the name of the true Lord Jesus Christ, we command that any spirits of rejection, abandonment, loneliness... all spirits of rejection, abandonment, loneliness and any other spirits that might be blocking or interfering with this healing work in any way -- we command that you be bound now, under the name and authority of the true Lord Jesus Christ. You may not hinder the Lord's healing work in Dave's life in any way.

Dave: *Still sobbing:* I deserve to be rejected.

Karl: *Trying to clarify, confirm core lie:* How true does that feel? How true does "I deserve to be rejected" feel?

Dave's intense emotion subsides somewhat, and he looks up at Karl.

Dave: I'm worried about what people are thinking. I hate to say it, but I'm just telling you what's in my mind. *Looks around at the group.*

Comments from the group: "We're crying with you," and "We love you, Dave." Nearly everyone in the group was, in fact, crying.

Karl: Some people have thoughts or feelings that it's not okay to express emotion in front of others. Sometimes -- especially for men -- we learn...we are taught...that it's bad or shameful or unsafe to cry. I can remember being two or three years old and getting the message from other kids that it's bad, shameful, sissy behavior for a boy to cry. I wonder if there might be guardian lies that are making it hard to work in front of the group.

Dave: No, it's not the crying -- I'm not afraid of crying. That's not what's bothering me. I'm worrying about what they are thinking about me. I loathe being judged. I am afraid they are judging me.

Karl: Before people tell Dave what they are thinking, I want to see if Dave can focus on this feeling as a target. If this doesn't work people can let Dave know whether they are judging him, but I would like to leave the feelings intense for right now so that Dave can follow them more easily. Dave, can you focus on that feeling of being judged? On the fear of being judged?

Dave: I hate it, it's humiliating, shaming. *Pause.*

Dave: I don't feel anything, but I see my Dad pointing his finger.

Karl: What's he doing? What is your Dad saying?

Dave: I don't know what he's saying, but he's embarrassing me in front of all the people. *Pause.*

Dave: I'm 15 to 18 years old, at his work. *Pause.*

Dave: Incompetent. That's the feeling. He's calling me incompetent. *Pause.*

Dave: Dad said "If the water's too hot, then get out." It was a rejection of me... 'cause I was as good or better than anyone else there. I went in the bathroom and cried. I was 17. This memory's been haunting me for a while.

I am remembering another time of him saying I wasn't good enough. But the thing is that I was the one keeping the others in line, but he would yell at me, not them. I can't understand why he rejects me -- he's been that way his whole life.

Karl: Is this connected to "I deserve to be rejected?"

Dave: There's a lot of memories there. It was deep.

Dave: I remember being 7-8 years old and peeing my pants in fear of Dad. I was so scared of Dad, I would pee my pants when he would come in the room and raise his voice at me... There are lots of memories in this category. I don't even know how to begin.

Karl: This is a neat thing about Theophostic® . When a person has a big pile of painful memories... when a person has a whole box of memories of the same kind of wound... sometimes -- a lot of the time -- the person only has to go to a few of the memories in order to get healing. The Lord picks out a few representative memories and all the similar memories are healed at the same time along with these representative memories. *Brief prayer:* Lord, we ask that you would pick out representative memories. We ask that you would guide Dave to the memories he needs to see, the memories he needs to go through to heal these wounds.

Dave: Now I'm kind of worried about taking everyone's time.

Karl: You can focus on that, if that's stronger than the sense of rejection.

Dave: *Pause.* That's OK, I just had to say that, but I think I can stay with this. *Pause.*

Dave: The strongest feeling right now is anger. When I feel rejected I get so stinkin' angry -- I just see black....

Dave: This feels the same way. I don't want to go to that anger. I don't want to touch that place of rejection, vulnerability.

Karl: Sometimes an emotional wound can have a spiritual infection that makes it worse. By itself -- like,... there is a real wound -- it may be hard, but by itself it is something you can go to. A demonic spirit can infect the wound and make it seem bigger -- make it feel bigger than it is. The demonic spirit can try to keep you away by making the wound feel not just big, but utterly impossible to go to. I want to pray briefly to expose any spiritual infection. Tell me whatever thoughts, images, emotions, physical sensations come as I pray. Then I'll pray to bind anything that is exposed and I'll ask again about any thoughts, images, emotions, or physical sensations that you experience. Is that okay?

Dave: Yeah, that's fine... but I feel like this is so deep and complicated... I want to apologize to the group.

Karl: Actually, I think you're providing a wonderful teaching opportunity. This demonstration is providing examples of most of the principles in the book. *Brief spontaneous prayer:* Thank you, Lord, for all the teachable moments. *Dave acquiesces.*

Karl: OK, I'll just pray... in the name of Jesus Christ, we command any demonic spirits that are opposing or hindering this healing work in Dave's life in any way -- you must reveal clearly and unambiguously exactly what the true Lord Jesus Christ requires immediately. We specifically command any spirits of rejection, abandonment, (*and several others -- didn't get in the notes*) to reveal and speak clearly exactly what the true Lord Jesus Christ requires. Any defiance of these commands is not a defiance of me, but of the Lord Jesus Christ. If you choose to defy, then you must go and deal with Jesus Christ directly. Comply or defy, now, in the name of Jesus.³

During this prayer Dave begins grimacing and wincing as if in pain. He hunches over, turns away from Karl, and puts both hands up on the right side of his face as if shielding his head and fending off Karl. Dave does not say anything, but continues in this position for some time, wincing and with his eyes tightly shut.

Karl: In the name of the true Lord Jesus Christ, we command that all demonic spirits of rejection, abandonment, anger, hatred, bitterness, unforgiveness, and desire for revenge be bound in and under the authority of Jesus now. We command that all demonic spirits trying to hinder the Lord's work in Dave's life -- you must be bound now. We command that all demonic strongholds of rejection, abandonment, anger, hatred, bitterness, unforgiveness, and desire for revenge be torn down and destroyed in the name of the true Lord Jesus Christ now.

³My voice gets somewhat stern when praying spiritual warfare prayer -- like a school teacher speaking to a juvenile delinquent -- but I don't raise my voice or engage in any dramatics.

Dave: *With smile, facial expression, and voice tone that seem slightly odd, inappropriate:* You can't get rid of it because you don't know the root.

Karl: In the name of the true Lord Jesus Christ, we command all demonic spirits opposing the Lord's work in Dave's life -- we command you to reveal the roots. Comply or defy now. If you defy, then go and deal directly with the true Lord Jesus Christ.

Dave: *Immediately, crying:* I just feel so rejected.

Karl: Jesus, would you please go with Dave to the deepest root of this rejection. Please expose the roots of the rejection in his life. *Pause. Dave continues crying.*

Karl: We command again that any spirits hindering or blocking this work in any way, you must be bound in the name of the True Lord Jesus Christ now. You must comply with his commands through us in prayer immediately or go and deal with Jesus Christ directly as defiant and disobedient spirits.

Dave: Shame -- shame!

Karl: We command that all spirits of shame be bound in and under the authority of the true Lord Jesus Christ now.

Dave: My mind feels real sassy, like I want to say things I wouldn't normally want to say, like *(in a mocking voice)* "Nah, nah, nah, nah, nah -- you can't get me," and "You don't know what you're doing, Karl," and "This isn't going to work."

Karl: We command all demonic spirits present to confess and reveal clearly and unambiguously exactly what the true Lord Jesus Christ requires. Lord Jesus, we ask you to enforce compliance and to deal with any rebellious and defiant spirits as you see fit.

Dave: Somebody inside says he wants to embarrass you. *Pause.*

Dave: When I felt that intense rejection, I could see the Lord at a distance with His arms open. I couldn't see His face, but it might be the real Jesus -- I don't usually see images.

Karl: Usually demonic opposition complies very quickly with our authority in prayer -- it is unusual to get so much -- for them to put up so much resistance. There is always a reason whenever demonic opposition continues with so much resistance and defiance. Sometimes...

Dave: *Interrupting,* I can feel resistance... I can feel the battle going on inside.

Karl: Sometimes a person's ambivalence will shield the enemy. One of the most common causes of a demonic spirit being able to put up so much resistance is that a part of the person's mind is giving them a place to hide -- is shielding them in some way.

Karl: Can you look right at me for a minute? *Making direct eye contact with Dave:* I want to talk to any parts of Dave's mind that are letting the demonic spirits block this work... any parts of Dave's mind that may be agreeing with not going to the roots, any parts that know

about not going there.

Dave: *Pause.* The bottom line is that I'm 45 years old and have lived with rejection all my life. I have learned to live around it. I have organized my life around this rejection -- how to deal with it and still function -- for 45 years. In my mind I can't understand that I could be free tonight.

Dave: *Phone rings, Susan leaves the room and then returns. Dave looks distracted.* I need to check something. My daughter's out with some friends and should be back by now... *To Susan:* Are they back yet?

Susan: No.

Dave: *To Karl:* Sorry... what can I say? I'm a worried parent of a teenager.

Karl: No problem. *To the group:* Let's take a minute to pray for Jeannie: Lord, we place Jeannie in your hands. We ask you to be with her now and to take care of her wherever she is. We ask you to bring her home safely⁴.

Dave: OK, let's see. *Pause*

Dave: I'm not sure I know God's love in that way -- to be free.

Note: we missed something in our notes at this point. There was no clear response from internal parts, no clear resolution of demonic interference, but Dave made some comment indicating that he was now willing to go to the anger.

Karl: It makes sense for a little boy to be angry when his parents do this -- it's normal to be angry when someone hurts us. That's okay, that's normal. But if it stays a long time and turns into bitterness...if it turns into resentment, unforgiveness, hatred -- it can get in the way. If someone lets anger turn into lingering bitterness...that's one of the most common things that block Theophostic[®] healing. Is it okay if we go through the bitterness worksheet? (*see Ministry Aids*).

Dave: Yeah, okay.

Karl: Here's what I wanna do. First we find and stir up any bitterness. Then we go through the bitterness prayer -- confessing bitterness as sin and asking for the Lord's forgiveness and release. Then we go back to the memories and try to stir up the bitterness again. If we can't find any -- 'thank you Jesus.' If there's still bitterness, then we ask the Lord to come and take it.

⁴*Karl felt prompted to pause and invite the group to pray for Jeannie. It is important to remember that we are ministering to real people, not "cases." Listen to the Lord's guidance and love the person. Dave perceived that this was an important part of the ministry time and commented spontaneously after the session: "Karl's prayer for my daughter spoke volumes to me. I thought 'Okay, they really are affirming me, they really do care for me. I can do this'."*

Dave: Right now I'm really worried about whether they're affirming me or judging me.

Dave then describes he and Susan doing Theophostic® with a couple they recently visited in another state. The wife experienced a straightforward process where she quickly went through a number of memories and experienced deep healing in each. With the husband it was tangled like this session -- lots of memories, guardian lies, interference.

Dave: I was expecting this tonight to be like it was with the wife, nice and quick, but no! And I'm still worrying about being judged and being incompetent, while takin' too much time.

Karl: Well, then stay with those feelings.

Dave: *Pause, Dave concentrating, eyes closed.* Now I'm feeling the anger. *His teeth are clenched.*

Karl: Try to stir up the bitterness towards your Mom and Dad. Think about how your Dad was never there... Remember how your Mom would just walk out and leave you to fend for yourselves...

Karl: I'm gonna go through the bitterness prayer, I want you to follow me. *Says first line:* "Lord Jesus, my parents deeply hurt me when they rejected and abandoned me."

Dave: *Long pause. Teeth clenched, face turning red, breathing heavily. Dave attempts to repeat the first line of the bitterness prayer, but seems unable to speak.*

Karl: We command in the name of the true Lord Jesus Christ that any spirits of sinful anger, bitterness, resentment, unforgiveness, hatred, and desire for revenge must be bound now. You may not hinder the Lord's healing work in Dave's life in any way. *Brief pause*

Karl: Dave, if the Lord would come right now and relieve you of the bitterness, would you let Him?

Dave: Yes, but I just remembered that much of my anger was at Mom. She didn't give a shit. She just checked out. That's who I needed. She refused to be there to comfort -- didn't have any idea how to comfort. She would just check out -- go into her room and close the door... she checked out for days. I know the pain she was in, but didn't anybody see that I was in pain? I had nobody to go to. *Begins crying.*

Karl: It makes sense that the little boy was angry.

Dave: *Doubles over, holding his chest, with sobs that shake his whole body:* Why did you leave? Just tell me what I did wrong. Please! Please just tell me! I'll do anything! Just tell me what I did wrong and I'll fix it. *Repeats this several times as he continues doubled over, clutching his chest, and sobbing.*

Dave: *Continues sobbing:* I deserved to be rejected.

Karl: *Trying to help Dave focus the lie and stir up the darkness:* Focus on that: "I deserved to be rejected."

Dave continues intense sobbing.

Karl: Lord Jesus, please come with your truth for Dave. As soon as it is right to do so, please come with whatever truth you have for Dave.

Dave: *Continues sobbing for 1-2 more minutes and then suddenly exclaims: I deserved to be rejected. It's my fault. That's the lie: If I had done better, if I had been a better boy they wouldn't have abandoned me.*

Note: Dave's crying changed from weeping in bitter pain to sobs of relief at this point. Others also perceived this clearly even though Karl missed it. Karl continues trying to help Dave focus the lie and stir up the darkness.

Karl: I deserved to be rejected... It's my fault... If I had been better they wouldn't have abandoned me. *Repeats these lies several times.*

Dave: *Shakes his head, laughs briefly, then turns to Karl and smiles: It ain't there, Karl. It's gone -- it just ain't there. You're wasting your time. Pause.*

Dave: It was the Lord, he was holding me. I was a baby. He was holding me just like I hold my little daughter -- so much love. *Gets choked up, has difficulty speaking. Pause.*

Dave: As soon as I spoke the lie, "I deserved to be rejected, it's my fault, if I had done better, if I had been a better boy they wouldn't have abandoned me," that's when the Lord showed up. I can still see that picture. Jesus was standing 5-10 feet in front of me, facing me, standing up. He was holding a baby in His arms, cradling the baby -- just like I hold my daughter when I'm just loving on her... so much love. And I knew that was me. I knew that the meaning was "I have been holding you and caring for you since you have been a little baby." He had been caring for me like that my whole life... He didn't just pick me up when I was 12. And I knew that this was true. At that moment all the pain just left. *Gestures with his hands, Whoosh -- it just flowed out of me in a moment.*

Dave reports that during this prayer time he went to some of the most painful memories in his life of both his mother and father being absent and/or unavailable. When I spoke with Dave several days later to ask if we could share his story with our e-mail list and intercessors he commented: "In the past, I wouldn't go to those memories because they were so raw, so painful. I went to that place in my mind last night and there was no painful emotion at all. It's gone -- it's just gone!"