

Stanwich Church Inner Healing Prayer Ministry FAQs

What is Inner Healing Prayer?

Inner Healing Prayer is for anyone who feels stuck in their relationship with God due to past wounds or lies that they've believed. It is a safe space to help one draw closer to God and experience His truth, healing and love through prayer.

What Inner Healing Prayer is NOT

Inner Healing prayer is not counseling. We are not clinically trained professionals who can fix or heal any condition. Our prayer team consists of lay people who simply want you to encounter God's Presence and love. The goal of each prayer session is to point people to Jesus and look to Him as their source of healing, freedom, and salvation.

What happens during an inner healing prayer session?

You will meet with a team consisting of two people (pastors and/or lay people) who have experience with healing prayer. The session will begin with one of the prayer ministers inviting the Holy Spirit to lead and guide the prayer time. Afterwards, you will be asked to share your area of concern. The prayer team may ask additional questions based on what you share. During this time, the prayer team will be listening to your story while listening to the Holy Spirit for guidance. Each prayer session lasts between 1-1.5 hours. Everything you share during a prayer session is confidential except for 1) any clearly stated intent to harm oneself or another person or 2) any act of child or elderly abuse or neglect which we are required by law to report. After your prayer session is over, you may receive an email with scriptures and words that were highlighted during your session along with suggestions for next steps.

How do I request an appointment?

Please email gina@stanwichchurch.org to request an appointment for inner healing prayer. Please include a completed [questionnaire](#) along with your days/times of availability. Once a prayer team becomes available, you will receive confirmation of your prayer appointment.