

Summary of the 6 Steps

When you feel that kid inside - when she is trying to make you hide or run away - go through the 6 steps of prayer with her. You can do it quickly or over a long time. Here is a summary.

1/ Ask Jesus to surround and protect you and the kids inside with His light; to drive away the darkness and everything in it. Ask Him to bring into the light the kids He wants to talk to.

2/ Tell the kid thank you for helping you all these years (she is just trying to protect you - even if she does it in a bad way - she isn't trying to hurt you but help you - she just doesn't understand). Tell this kid or kids that you are sorry for anything you have said or done to them to hurt them (like getting mad at them for making problems with other people, yelling at people, etc.).

3/ Tell the kid that even though they think they are helping you, she isn't! Maybe what she did helped a long time ago - like hiding. But it doesn't work anymore. A 6-year old kid can hide or go away and play alone, but a 22 year old woman has responsibilities.

For example, if you are at school and have to take a test, hiding doesn't work. So you tell her in #3 that what she is doing to help is not helping anymore.

4/ Tell her you have 3 new advantages or blessings

a/ You have grown up. What used to scare you or overwhelm you as a child is now a part of everyday life. You have survived for 22 years and can handle things as an adult.

b/ You have friends who will help you. You aren't alone anymore.

c/ Best of all, you have Jesus! And He has the power and love to help you.

5/ So, you tell the kid, it's ok for her to let go, to stop. She can rest now, stop hurting, stop protecting. You see, the kid has been working hard to hold onto all the pain and the memories, trying to find a way to protect you. So she is very tired! Tell her she can let you (the adult) and Jesus do the work from now on.

6/ You then ask Jesus to surround and love this little kid and take all of her burdens and pain and memories and carry them for you. After this, be silent for awhile. Give Jesus time and room to work. You may want to pray on behalf of the kid - you and the kid praying together, laying down your burdens and sins at Jesus' feet. And then just relax and let Jesus fill you with peace and healing. Ask Him for a new job, a new purpose for the kid. What was she - what are you - created to be and do?

With the kid now healed and free, both of you speak to the enemies in the darkness and tell them to get away. You don't belong to them! You belong to Jesus! "So go! Now!"

Ask Him to teach you what to do now with your freedom. Ask Him for the courage and grace and willing spirit to follow wherever He leads. And then thank Jesus for all He has done for you.