

## SOZO INSTRUCTIONS

These instructions are intended to help you as you prepare for your SOZO session. They describe the simple process of how your SOZO Prayer appointment will work. We highly recommend that you spend time soaking to intimate worship music in the days before your appointment. This will help to settle your mind and allow the Holy Spirit to begin to minister to you.

### ON THE DAY OF YOUR APPOINTMENT

1. Your main role today is to **RELAX & RECEIVE** from the Holy Spirit.
2. We are going to have you ask Father God, Jesus and the Holy Spirit some questions. We will form the question for you, and you will repeat it after us (out loud).
3. Then you will **REPORT** back what you are sensing, seeing, or hearing in response to the questions you have asked.
  - Whatever the Holy Spirit reveals to you – **REPORT THAT**, even if it doesn't make sense. He will tie it all together later.
  - If you ask a question – and get nothing – that is **100% normal**. When you don't get anything it is God telling us to go another way.
  - If you get **something you have already dealt with before...** report it anyway; usually the Lord is going to reveal something else that came out of that situation.
  - It usually goes better if you **don't analyze** what He is showing you. Let the Lord reveal what He is showing you and why.
4. Please **do not answer in Scripture or cliché phrases**. We want you to hear new things from the Lord.
5. This is a **SAFE place** – information will be kept confidential. We want you to be able to be free and open with the Lord. This is Your time with Him.
6. We will ask you to **keep your eyes close**, as much as possible, so that you can keep focused on the Lord. If you need a break at anytime please let us know.
7. So... in summary: **RELAX, RECEIVE and REPORT**.