



January / February 2020

ListenLovePray

Newsletter vol. 4, issue 1

New Beginnings Start When We Give Jesus Our Past

Our hope and prayer for 2020 is for you and your family to experience Jesus and His healing love. In this brand-new year, LLP is offering new ways (and continuing many time-tested ways) to help everyone have a life full of God-Awesome. Jesus came to show us the way! He has been born into our world. God has entered into our human understanding. Let your spirit be transformed by Jesus' presence and promise as you read through this edition!



LLP at Frederick Rescue Mission (above)

LLP table at Healing Prayer Workshop Level 4 (left)

A Message from the Executive Director

What if your 2020 resolution list looked like this?

Banish fear and anxiety. **Find healing** from trauma. **Hear God's voice**. Restore broken relationships. **Feel peace**. Resolve long term hang-ups. Wake up with **hope**. Discover joy again. **Know Jesus** more.

2020 is going to be a great year. The articles in this edition will kick start a deep desire for powerful and lasting change in your life. Read how to be set free from fear by the light of Jesus. Learn new insights for the healing of relationships. Add to your knowledge of the effects of trauma and the need for healing. Find out about the signs of demonic interference and

how the power and authority of Jesus can eradicate them.

We at Listen Love Pray Foundation are excited about the future and confident that the love of Jesus heals and delivers people today.

If you have never attended a healing prayer service, put that on your list of new things to experience! They run every 1st, 2nd and 3rd Tuesdays. In the event you want to be free from lingering hurts, hang-ups, or habits, join our women's Celebrate Recovery step study on January 8th. Perhaps this is your year to learn how to pray for healing! We launch our uniquely designed HP1 class on January 9th.

If there is a stirring in your heart, don't hesitate! Stand up, put an event on your calendar, and join us to experience the love and joy of Jesus. Hope to see you soon!

Lucinda Nelson, Executive Director, LLP



LLP Teachers Enjoy Making the New Healing Prayer Level 1 Workbook

Many laughs were had in front of the green screen as presenters worked hard with our newest staff member, Andrew Brice, LLP's videographer, to record lessons for the new LLP Healing Prayer Level 1 workbook. Please pray for the class, the materials, and the teachers. And please join us for the launch of this class!



Andrew Brice, LLP Videographer is hard at work



2020 Holds Exciting New LLP Offerings!

Women's Celebrate Recovery Step Study

Wednesdays at 9:30–11:00 am
Begins January 8

This 4-month study is where people see real, lasting changes start to happen. Everyone receives a workbook with structured questions that help to unravel the sources of hurts, habits and hang-ups. Numerous scriptures in each lesson provide the foundation for transformation of heart, mind and soul. The group meets at New Beginning Nazarene Church, Mt. Airy, MD.

Contact Lucinda Nelson at lucinda@listenlovepray.org to register.

Healing Prayer Level 1

Thursdays at 7:00–8:00 pm
January 9 – February 13

We believe that in order to pray powerfully for others, it is essential to understand Jesus' healing ministry and our commission as His disciples to do the same. HP1 is a time to learn as well as experience personal ministry. We build upon a biblical foundation and include lessons on Holy Spirit power, healing our image of God, 4 types of healing and how to "listen, love and pray" for healing. The group meets at New Beginning Nazarene Church, Mt. Airy, MD.

Contact Lucinda Nelson at lucinda@listenlovepray.org to register.

Gentle Moves Fitness

Mondays at 5:30–6:30pm
January 13 – March 30

Although this group is not an "official" ministry of LLP, people have been asking whether it still exists, so we thought to include it in the newsletter. Join Lucinda as she offers a space for folks to enjoy Christian music in combination with an hour-long gentle movement workout. The group meets at New Beginning Nazarene Church, Mt. Airy, MD.

No fees. No registration. No stress. Mats, blocks, blankets, weights are all provided.

Prayer Minister's Deliverance Seminar

An event of Church 3.0's healing ministry

Saturday, January 11
at 10:00am–1:00pm

Don Dickerman teaches about deliverance. Author of several excellent books including, "[When Pigs Move In: How to Sweep Clean the Demonic Influences Impacting Your Life and the Lives of Others](#)" and "[Keep the Pigs Out: How to Slam the Door Shut on Satan and His Demons and Keep Your Spiritual House Clean.](#)" Don teaches how to get the pigs out of your life and keep them out. The seminar is at Church 3.0 in Westminster MD.

Contact Carol Pennington at csp0316@gmail.com or 301-606-8643 for more information or to register.

Deliverance Ministry Night

An event by Church 3.0's healing ministry

Saturday, January 11 at 4:00 pm

Don Dickerman offers deliverance ministry to attendees. In the power of the Holy Spirit, Don helps to clean out the temples of God's people.

Contact Carol Pennington at csp0316@gmail.com or 301-606-8643 for more information or to register.

Special Healing Service for Prayer Ministers

Friday, January 24 at 7:00 pm

Following where the Holy Spirit leads, LLP will offer a special time for Jesus to build foundations; transform hearts, minds and souls; and bring his lasting healing. The event is at New Beginning Nazarene Church, Mt. Airy, MD.

Contact Lucinda Nelson at lucinda@listenlovepray.org to register.

Beacon House Ministry

Sunday, January 26 at 6:00 pm

Every 4th and 5th Sunday we have the honor to minister to 26 men living in recovery at Beacon House, Frederick Rescue Mission. After each visit, we leave the Mission, feeling inspired by the residents and floating in the love of Jesus.

If you have felt a tug to join this team, please contact Judy Winfield at judylistenlovepray@gmail.com



Chris Wells and Emily Molina at HP4

Healing Prayer Services Tuesdays at 7:00 pm

First Tuesday
Calvary UMC
Mt. Airy, MD

No childcare available

Second Tuesday
w/ communion
New Beginning NC
Mt. Airy, MD

Childcare available upon request

Third Tuesday
New Beginning NC
Mt. Airy, MD

Childcare available upon request

Healing Prayer Level 4 Workshop Highlights

Trauma *will* hit you in our fallen world, whether it's something that makes headlines, like a disaster or terrorist attack, or something more personal, like abuse, a loved one's death, or an accident, no matter what kind of trauma you suffer or how it affects you, there *is* hope in Jesus Christ. He knows what trauma is like; He suffered it while dying on the cross. Jesus cares about what you're going through, and He'll help you heal. —from: H. Norman Wright, Matt Woodley, & Julie Woodley, *Surviving the Storms of Life: Finding Hope and Healing When Life Goes Wrong*, 2008

Understanding Trauma

Ken Nelson

Nigel Mumford has a book titled *After the Trauma the Battle Begins*. As that title indicates, the effects of trauma are not isolated to the traumatic event, but they continue until they are addressed.

When I was a teenager, I threw a javelin that impaled my friend. I felt numb, like I was going to pass out. The effects of that trauma lasted long after my friend's physical wounds healed. For



Nancy and Ken preparing for their talks

decades, every time I saw a significant amount of blood, I would feel faint and then pass out. My experience lines up with what CHM says, **“trauma is anything that happens to us, or something we witness that is unpredictable, out of our control, and threatens our sense of safety or the safety of those we love.”**

Often, trauma experienced early in life leaves wounds that last into adulthood. As I read through descriptions of trauma and its effects, my mind went to my son Scott's struggles. After his death earlier this year, we

found out that he had been sexually abused as a child. In retrospect, I could see his struggles with drugs and alcohol were an attempt to numb the pain of a hurt that was so deep, he couldn't tell us about it. And unfortunately, his attempts to self-medicate turned into addictions and life-long struggles.

The fact that traumatic life experiences often precede substance abuse and mental illness is not surprising. Unfortunately, trauma is also one of the ways that demonic oppression can start in a person's life. When I first learned about this, I was shocked at the unfairness. Not only does the person experience the trauma, but it can open a door for the enemy to further damage the injured person. Satan uses these wounds to foster self-hatred and resentment. He whispers, “no one loves you.” And sadly, many victims of abuse believe the lie. So much so, that some take their own lives.

Trauma left unhealed has devastating effects that accumulate over a lifetime. This all seems very bleak, but there is *good news*, Jesus can and does heal the effects of trauma. He removes the pain and the shame. He does restore life. For Ken's full talk, click here. [Click here to view Ken's talk.](#)

Praying for Healing of Trauma

Nancy Wilson

The experience of trauma, whether it is the absence of good things or the presence of bad things impacts us physically, spiritually and emotionally. It can affect our beliefs going forward, the way we respond to others in relationships, and the way we respond to God. Sometimes we might even blame God or be mad that He allowed this to happen.

Jesus knows trauma:

When He was very young, He and His parents fled to Egypt so He would not be killed with the other baby boys. His cousin John was beheaded. He was scorned, mocked, ridiculed, spat on. He suffered betrayal, separation, trials, beating, and death.

God never intended for us to experience pain or even discomfort without returning to a state of peace, HIS PEACE.

And everything I've taught you is so that the peace which is in me will be in you and will give you great confidence as you rest in me. For in this unbelieving world you will experience trouble and sorrows, but you must be courageous, for I have conquered the world! —John 16:33 (TPT)

A prayer ministers' job is to bring God into the trauma. His peace comes to the trauma, His love is communicated. Trauma threatens the safety of the recipient, so love is key. Listen lovingly to their story, this may be the first time they have ever told it. It may be that the recipient is reluctant to share because they were told NOT to ever tell anyone. The recipient may fear that you will not believe them or that their “trauma” is not valid enough to be “trauma”. Listen to the person as Jesus would listen. Compassionately and lovingly, giving them and their story validity.

Lord, we pray your peace and love soothe our traumas so that we can pass on your peace and love to others. As we grow in you, increase our capacity to love, Amen. [Click here to view Nancy's talk.](#)



From left: Tim, Nancy, Heather, and Edi at HP4

Discerning the Lies of the Enemy

Tandi Tucker Toni

To foster growth in this New Year, eliminate sources of decay. Examine the root cause of decay, the enemy and his lies.

Look through this [list of 23 common lies](#) that the enemy tries to use to control us. Use the scripture and God's truth to find your freedom in Christ and Grow! Maybe look at one each day to start your new year. Meditate on God's truth to combat each lie.

Jesus gave us His example of how to defeat the enemy when he was tempted in the wilderness (Matthew: 4:1-11).

Your best weapon to fight the enemy is [The Word of God. Spiritual Warfare Combats the Lies of The Enemy so you can Live Victoriously!](#)

	Lie	Battle	Truth
1.	You can't trust God; Do it Yourself	Spirit of Self-sufficiency vs. Spirit of Surrender/Trust	(Ephesians 6:10-12) Be strong in the Lord
2.	God is not good	Spirit of Lies vs. Spirit of Truth	(1 Chronicles 16:34) Give thanks to the Lord, for He is good! For His mercy endures forever.
3.	Satan isn't real	Spirit of Lies vs. Spirit of Truth	(Matthew 4:10) Jesus said to him, "Away from me, Satan!"
4.	Sin is no big deal	Spirit of Sin/Compromise vs. Spirit of Righteousness/Excellence in Christ	(Galatians 5:13) God has called us to live a life of freedom in the Holy Spirit, not a life of sin.
5.	You can't change or It's too Hard	Spirit of Complacency/Stubbornness vs. Spirit of Growth/Rebirth	(John 3:5-8) Spirit gives birth to spirit; (1 Peter 2:2) Grow up in your salvation
6.	You must earn Grace	Spirit of Striving vs. Spirit of Grace/Faith/Truth/Salvation	(Romans 11:6) then it cannot be based on works; if it were, grace would no longer be grace.
7.	My life is chaos and my mind is spinning; I can't think	Spirit of Busyness/Stress vs. Spirit of Peace	(Luke 10:38-42) Mary has found the one thing, at the feet of Jesus; (John 14:27) Jesus the Prince of Peace said "My peace I give to you"
8.	Your past defines you; You will never overcome it	Spirit of Failure vs. Spirit of Identity in Christ/Truth	(Galatians 2:20) My old self was crucified in Christ and His new life pours into mine!
9.	You are unlovable	Spirit of Unworthiness vs. Spirit of Worth	(John 3:16) God so loved the world, He gave His only son. For me.
10.	You are worthless	Spirit of Unworthiness vs. Spirit of Value in Christ	(Luke 12:7) the hairs of your head are all counted. Do not be afraid; you are of more value than many sparrows.
11.	You are alone	Spirit of Loneliness vs. Spirit of Oneness with God/Jesus/Holy Spirit	(Deuteronomy 31:6/Joshua 1:5) God will never leave or forsake you; (1 Corinthians 10:13) He will provide a way out
12.	You are a victim	Victim Spirit vs. Spirit of Victory in Jesus	(1 Corinthians 15:57) Thank you God, I have Victory in Jesus
13.	You are weak	Spirit of Weakness vs. Spirit of Strength in Christ	(Isaiah 12:2) The Lord, the Lord himself, is my strength and my might
14.	You are ugly	Spirit of Sadness/Unworthiness vs. Spirit of Beauty/Value/Worth	(Psalm 45:11) King Jesus is enthralled by your beauty.
15.	You are unimportant	Spirit of Unworthiness vs. Spirit of Value/Worth/Purpose	(Deuteronomy 7:6) I am God's treasure; (Jeremiah 29:11) "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."
16.	You are a failure	Spirit of Failure vs. Spirit of Victory in Jesus	(1 John 5:4) whatever is born of God conquers the world. And this is the victory that conquers the world, our faith; (Romans 8:37) I am more than a conqueror.
17.	You are rejected	Spirit of Rejection vs. Spirit of Acceptance/Adoption	(Ephesians 1:5) It was always His perfect plan to adopt us.
18.	If I could only have or be ..., I would be happy	Spirit of Worldly Love vs. Spirit of Love for God	(1 John 2:15-17) Don't love the world it is passing away, those who love God live forever
19.	You are too far gone	Spirit of Hopelessness vs. Spirit of Truth/Victory	(John 8:32) The Truth will set you FREE!
20.	I will never be healed	Spirit of hopelessness vs. Spirit of Truth	(Isaiah 53:5) By His stripes, I AM healed.
21.	I can't do it	Spirit of Doubt vs. Spirit of Courage	(Joshua 1:9) I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.
22.	I am too afraid	Spirit of Fear/Doubt vs. Spirit of Faith	(Deuteronomy 3:22) Do not fear, the Lord your God himself fights for you; (Isaiah 41:10) Do not fear, God is with you; He will strengthen you and help you; He will uphold you with His righteous right hand.
23.	You are powerless	Spirit of Doubt vs. Spirit of Power	(John 14:12) Truly, the person who follows me in faith, believing in me, will do even greater miracles than these because I go to be with my Father!; (James 4:7) Trust in God, follow Him; Stand up to the devil, resist him and he will flee from you; (1 John 4:4) Greater is He in you than he in the world; (Isaiah 54:17) No weapon formed against you will prosper.

Heavenly Father, Almighty God, Holy One, thank you that you came to destroy the works of the enemy. You did not abandon us but left us with powerful weapons for the battle. Thank you for the precious gift of the Spirit of Truth that lives in us. Fill us Lord, so overflowing with your Spirit of Truth that suddenly your Word will come alive in us, our minds will be enlightened, our ears

will be opened, our hearts will be softened/surrendered to your Love, instruction and direction, so that each one here will be renewed, healed, sanctified, forever changed, made like Jesus and empowered to do your work as instructed. In the Powerful name of Jesus, we pray. Amen. [Click here to view Tandi's talk.](#)

Healing Prayer Level 4 Workshop Highlights (continued)

Healing from Fear

Roxie Watson

Only Jesus can transform our minds and hearts and truly set us free from fear. I know firsthand that I NEED Jesus, and I know what His love can do for you. There is Hope, and He has a name - Jesus!

Oh, how kind our Lord was, for he showed me how to trust him and become full of the love of Christ Jesus. —1 Timothy 1:14

We know that God has made all things, and He is all good, so the original intent or purpose of fear was good. It was for our own protection. As we live in a fallen world, fear can begin to control our lives and isolate us from others. We become afraid to trust, afraid to love, afraid to step out and be vulnerable. We need healing from fear because it can prevent us from living out God's perfect plan for our lives. Trust is the opposite of fear, and I have come to believe that learning to trust God is a process. Our magnificent Creator made us with brains and emotions that can be healed and transformed. [Click here to view Roxie's talk.](#)



Lori Clark (left) and Roxie Watson

Healing of Relationships

Edi McHenry

If it can be done, as much as is possible on your part (not others), live in peace with all men. —Romans 12:18

Once I stopped asking God to fix the other person and allowed Him to heal my own wounds, there was a SHIFT. My prayer became: [Bless them and change me.](#)

Edi McHenry incorporated her powerful personal testimony into the lesson on healing of relationships. She focused on 4 main areas: our own will, our own grumbling, the hazard of holding onto offense, and the importance of being willing to forgive. [Click here to view Edi's talk.](#)



Edi McHenry

Deliverance in a Healing Prayer Session

Lucinda Nelson

Lauren Daigle's song, *Rescue*, speaks to this topic of deliverance. She sings, *I (God) hear you whisper underneath your breath. I hear you whisper you have nothing left. I will send out an army to find you in the middle of darkest night, it's true, I will rescue you.*

All believers are part of God's army. We are a powerful force that finds people in the middle of their darkness, and helps clear the way to the Deliverer, Jesus Christ. Getting demons out of the way during a HP appointment truly makes a miraculous difference and healing can proceed.

We have discovered certain things in our humanity can block healing like unforgiveness, excessive fear, or feeling worthless. These can lead to more blocks through demonic interference; it's not fair, but it's true; Satan is never fair, and *that* is true.

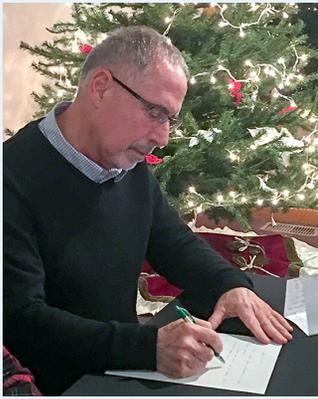
As you yield freely and fully to the dynamic life and power of the Holy Spirit, you will abandon the cravings of your self-life. —Galatians 5:16 (TPT)

Problems that come from our "self" require repentance and restoration. Problems that come from Satan require a casting out of the demons. A common blocking spirit is one of unworthiness, rejection or condemnation. Sometimes people report another blocking spirit that seems to bring on their anxiety or depression. Finally, forgiveness, if we do not forgive, a doorway is open for possible demonic blocking. Jesus taught we are to forgive, even going so far as to say, *forgive everything against anyone (Mark 11:25)*. When demons are involved in unforgiveness, they are working to prevent us from following Jesus and being set free. [Click here to view Lucinda's talk.](#)



From left: Patricia Perticone, Nancy Wilson, Karen Poetzsch, and Sara Dorrance

Blessing Bag Packing Party



From top left:
Jim; Caroline; Dolores
Donna; Judy and
Dolores; James
Amy, James, Caroline;
Tim and Karen
Tandi



LP had the pleasure to pack 46 blessing bags to distribute to Recovery Houses. Each included a hand-written note.

Testimony

The Revelation of "I Choose"

The [Healing Prayer Level 4] sessions on Saturday ended with a time of personal reflection: *Where does God want to work in me right now?*

The topics that we learned about during the workshop were listed on a sheet of paper. Holy Spirit immediately brought to mind an incident of trauma that I experienced in childhood, and a habitual sin of eating sugar that could be tied to fear. The prayer minister came to pray for me. I instantly felt Holy Spirit's presence rising in me and all around me. The prayer minister asked if I felt that the 2 issues were tied together. I was open to the idea that fear could have entered me during the trauma.

"The enemy uses fear to control us" – Roxie's words came into my mind. So, yes, I do think the enemy started to use my basic need for food against me and used it to control me. A life-long habit was formed. The prayer minister followed Holy Spirit's lead. I experienced a "Saul encounter" – I was knocked off my horse... a horse made up of fear, doubt, sugar and habitual sin. When I was laying on the ground Jesus was there, He took my hand and said come with me.

The minister prayed lots of words during the prayer. These 2 words were amplified as they were spoken. YOU CHOOSE. The words penetrated my soul in a powerful way. I CHOOSE: Self-care and Self-respect. I choose to no longer allow habits learned in childhood guide the way I eat.

Recently I read a book that described the principle of exchange as a "deep spiritual experience". I scoffed when I read it – that's not right, that's not biblical. Well, I believe that during my prayer session that Jesus exchanged my living in the past with him holding my hand and living with him now. Thank you, Jesus, for your tender compassion.

—Judy Winfield



ListenLovePray Events

January

- Jan 7 Healing Prayer Service**
Calvary UMC • 7:00 pm
- Jan 8/15/22/29 Women's Celebrate Recovery Step Study**
9:30–11:00 am • weekly for 4 months
- Jan 9/16/23/30 Healing Prayer Level 1**
New Beginning • 7:00–8:00 pm
- Jan 11 Prayer Minister's Deliverance Seminar by Don Dickerman**
Church 3.0 • 10:00 am–1:00 pm
- Jan 11 Deliverance Ministry Night**
Church 3.0 • 4:00 pm
- Jan 13/20/27 Gentle Moves Fitness**
New Beginning • 5:30–6:30 pm
Weekly through March 30
- Jan 14 Healing Prayer Service with communion**
New Beginning • 7:00 pm
- Jan 21 Healing Prayer Service**
New Beginning • 7:00 pm
- Jan 24 Special Healing Event**
New Beginning • 7:00 pm
- Jan 26 Beacon House (FRM) Ministry**
Lessons and Prayers • 6:00 pm

February

- Feb 3/10/17/24 Gentle Moves Fitness**
New Beginning • 5:30–6:30 pm
Weekly through March 30
- Feb 4 Healing Prayer Service**
Calvary UMC • 7:00 pm
- Feb 5/12/19/26 Women's Celebrate Recovery Step Study**
9:30–11:00 am • weekly for 4 months
- Feb 6/13 Healing Prayer Level 1**
New Beginning • 7:00–8:00 pm
- Feb 11 Healing Prayer Service with communion**
New Beginning • 7:00 pm
- Feb 15 CrossedBridges: The Church and Substance Use Disorder**
Lucinda's talk "Roadmap to Recovery"
Damascus Road Community Church
8:00 am–12:00 pm • [Click here to register](#)
- Feb 18 Healing Prayer Service**
New Beginning • 7:00 pm
- Feb 22 Prayer BLITZ**
New Beginning
Private prayer appointments • 8:30 am
- Feb 23 Beacon House (FRM) Ministry**
Lessons and Prayers • 6:00 pm

LLP Meeting Locations

New Beginning Church

12350 Jesse Smith Rd
Mount Airy, MD 21771
www.newbeginningnazarenechurch.org

Calvary United Methodist Church

403 South Main Street
Mount Airy, MD 21771
www.calvary-mtairy.org

Beacon House

Frederick Rescue Mission
419 W. South Street
Frederick, MD 21701
www.therescuemission.org

Keep in Prayer

- CrossedBridges event: Providing an effective plan to embrace those struggling with substance use disorder, including opioids.
- My Father's House
- 20 women and children in Faith House
- 70 men in *The Ranch* and Frederick Rescue Mission
- LLP Foundation

ListenLovePray Foundation

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Website: www.listenlovepray.org

LLP Foundation is a 501 (c) 3 non-profit entity.

Your generous donations of time, effort, and money empower the healing transformations that Jesus does here through LLP. To donate, visit our website. All donations are tax-exempt.

Lord, continue to bless the spirits, minds and hands of our loving donors. Keep LLP ever faithful to your call and your word. May each soul touched by LLP feel the healing love of Jesus. Amen.



LLP works in recovery centers, churches, and the community. Jesus still heals and delivers people today!