

Sozo Aftercare

After your Sozo session, we recommend that you are intentional about continuing the process of walking in the healing you received. You have a connection with Father God, Jesus, and Holy Spirit, and you have the ability to continue walking in greater truth!

- **You can use Sozo tools in everyday life by:**

- Recognizing lies you are believing, either by your own observation or by asking God.
- Asking God if there is someone you need to forgive and forgiving them.
- Renouncing or coming out of agreement with the lies.
- Asking God to reveal His truth, and
- Declaring His truth over your life.
- If you sense that doors have re-opened to allow the enemy the right to harass you, ask God to help you close the doors and forgive those who helped open them.
- If you feel unprotected because of trauma, ask God to show you where He was when those things took place.

- **Forgiveness is Key!**

- When you find places where you have wounds or believe lies because of harm done to you by others, make a deliberate choice to forgive rather than allowing those things to affect your connection with Father God, Jesus, or Holy Spirit.
- Forgiving those who have harmed you doesn't let them off the hook. Instead, it frees you from the responsibility of keeping them accountable! Forgiveness doesn't mean you ignore their wrongdoing, and it doesn't require you to partner with any of their poor choices.
- Repentance from your own behaviors and forgiving yourself is also vital. Ask God to reveal anything you've chosen or partnered with that isn't in His will, then give those areas back to Him. He wants the best for you in *every* area of your life!

- **We strongly recommend soaking and journaling as an ongoing practice.**

- As you soak in God's presence, He will continue to reveal Himself to you. If He took you to a peaceful place during your Sozo, you can always ask Him to take you back to that place.
- Journaling what happened during Sozo may help you go deeper into God's revelation and purpose for you. Write down the good things He reveals to you and allow Him to show you what you haven't been able to see before. Don't be surprised at what He says, and don't dismiss His voice by not trusting that you can hear Him. You can!

If you find that you need additional help walking in the freedom you have received, we are also able to offer Sozo Aftercare sessions. Sozo Aftercare is meant to help you find strategies to replace the unhealthy tools you have laid aside, learning instead to trust God more and use His guidance to move forward.

Sozo Aftercare has a suggested donation of \$100. Sessions will last from 45 minutes to an hour, and may be scheduled weekly, bi-weekly, or monthly, depending on your current needs and minister availability.

If you want to schedule Sozo Aftercare, please send an email to:

Sozo@summitchurchnews.org

or leave a message at: (469) 441-7342