



Below we have included a list of frequently asked questions — read through these to get a better idea of what prayer times look and feel like, who is leading, and other details you may wonder about! If you have other questions, feel free to email us at freedomprayer@trellisnw.org.

WHAT IS FREEDOM PRAYER?

Freedom Prayer is simply the name of a specific ministry at Trellis Church that aims to help people find freedom from barriers that may keep them from experiencing joy and peace in Christ.

HOW DOES SCRIPTURE APPLY TO AND WORK WITH FREEDOM PRAYER?

The promises and principles found in God's Word are the basis for all effective prayer ministry. If we don't find it in the Bible, we don't do it. This strong biblical grounding gives the Holy Spirit room to do what only he can do. We seek to be humble before the Lord and to honor the people who come for ministry. We also maintain a strong system of accountability and confidentiality.

WHAT DOES A PRAYER TIME "LOOK" LIKE?

During a prayer time, you will meet with 2-3 prayer team members. One team member will primarily lead the prayer time with help from the other two members. This team will have been praying on your behalf prior your scheduled prayer time, and they will be seeking the Lord's leading during the actual prayer time as well. The prayer time will center on Scripture and trusting the Holy Spirit to lead through applicable areas such as forgiveness, repentance, identifying and removing lies and/or ungodly beliefs, confession of sin, and receiving God's truth and His heart towards you. There will also be a time of blessing during the prayer session. Both you and the team will be active participants in the prayer time as we seek the Lord's heart together.

ARE THERE QUALIFICATIONS TO RECEIVE A PRAYER TIME?

Prayer is open to anyone who desires to meet for prayer whether you are member of Trellis Church or not. There are no specific qualifications necessary; but for a person to gain freedom, he or she must be honest and desire to be free, and willing to submit to God's word.

WHAT IF I AM UNDER THE CARE OF A PSYCHIATRIST, PSYCHOLOGIST, OR COUNSELOR?

We recommend that you consult with the person(s) whom you are under the care of before scheduling a prayer time. While likely a prayer time will enhance your progress towards freedom, we respect and partner with practitioners and would advise that they are aware of areas covered in the prayer time. While we are a prayer ministry, we are not trained or authorized in licensed counseling or medical practice. We recommend that you continue in whatever treatment you are currently receiving and consult your doctor about your therapy and/or medications.

IS MY PRAYER TIME CONFIDENTIAL?

Yes, everything that is said and done is held in the strictest of confidentiality. However, if there appears to be personal danger to you or to someone else that is discussed during the prayer time, the prayer team may be obligated to share information for your safety or the safety of others.

WHAT TYPE OF FOLLOW UP OCCURS AFTER MY PRAYER TIME?

At the end of your session, you will receive any and all notes taken during the prayer time. We do not keep any records after the session is over. A Freedom Prayer session is not a one and done type of thing though. While prayer sessions can be powerful times of personal ministry, continued freedom requires the help of other believers. Our goal is to help you establish those relationships if you do not have them and you are welcome to schedule another prayer time to continue walking in freedom.

IS THERE A FEE FOR FREEDOM PRAYER?

No, each session is free.

