



JOHN G. LAKE

APOSTOLIC HEALING CENTER

What to Expect After Prayer Ministry

1. You may feel fatigue for a few days after your session.
2. Many find that the Lord seems to re-order their mind after a prayer session. Many tell of their head feeling empty.
3. You may have a sense of a loss of identity. Some of what you thought was you and your thoughts have left. Allow time for the Lord to give you your true identity.
4. You may not notice any difference for a few days. In fact, you should allow about 2 weeks to notice any real changes.
5. If you have questions call or e-mail us!!! Do not be afraid to ask for more prayers! Sometimes other issues surface after the initial prayer session, such as; yawning, sneezing, sweats, hot flashes, throwing up, headaches and or appearance of infection.
6. Stay involved in a church. Read your Bible regularly. Be in prayer (praise and worship) during this time.
7. The enemy may try to come around and claim he has not left. Demand the enemy to leave! It may be that you might need more prayer. Remember we are in constant spiritual warfare according to Ephesians 6:10.
8. Often the enemy covers issues that would bring you complete freedom. Once the enemy is gone, you will need to process these memories and work through how to have godly thinking patterns.
9. Do not go off any medications without the approval of your doctor. If you feel you no longer need these medications, talk this over with your doctor and gain permission from your doctor to start coming off them.
10. Have a high protein diet for the next 3 days or more.
11. A low Immune system may occur; avoid sugar for a few days.
12. We ask that you book appointments no closer than 2 weeks apart unless otherwise needed.