



Dear Sozo Applicant:

Thank you for your interest in scheduling a personal Sozo Session. Just in case you are not familiar with Sozo Ministry, here is a brief explanation of Sozo before you complete and return the required Sozo Application and consent forms (see attached).

What is Sozo?

Sozo ministry is a unique inner healing and deliverance ministry aimed to get to the root of things hindering your personal connection with the Father, Son and Holy Spirit. With a healed connection, you can walk in the destiny to which you have been called. The name comes from the Greek word "Sozo" which translated means: "saved, healed, and delivered." This ministry was birthed out of Bethel Church in Redding, California.

Sessions are friendly, private, confidential, gentle, and always honoring. A Sozo session is a time for the Sozo team to sit down with you and, with the help of Holy Spirit, walk you through the process of freedom and wholeness. Led by the Holy Spirit, the ministry team uses simple tools for surfacing the wounds and lies that have kept us from growing and sustaining a relationship with God. Sozo is not a counseling session but a time of interacting with Father, Son and Holy Spirit for wholeness and for pursuing your destiny.

When and Where are the Sozo Sessions?

Here at The Refuge, sessions are held on Thursday evening and Friday afternoon by appointment only. On the day that your Sozo Session is scheduled, we ask that you to arrive 30 minutes prior to your scheduled time. The average session lasts between one and two hours.

Is there a fee?

*No, however there is a suggested donation of \$45.00 per session which can be given at the time of the appointment.*

How do I Schedule my Sozo?

Complete the attached application and consent form and return them to The Refuge office. You can return them in person, by email or regular mail. Once we have received your application and consent forms, we will contact you to set an appointment for your Sozo session.

Thank You,

Christine Monroe  
Sozo Administrator  
The Refuge  
9259 Utica Ave #165  
Rancho Cucamonga, CA 91730

# THE REFUGE SOZO APPLICATION

**Please Print**

Date of Application: \_\_\_\_\_

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Church Attending: \_\_\_\_\_ How Long? \_\_\_\_\_

Are you applying for a session as a requirement for ministry? \_\_\_ No \_\_\_ Yes Which one? \_\_\_\_\_

Who referred you to The Refuge/Sozo Ministry? \_\_\_\_\_

Why are you requesting a prayer session? \_\_\_\_\_

Are you presently or have you in the past, been ministered to by any other ministry? \_\_\_ No \_\_\_ Yes  
Which one? \_\_\_\_\_ When? \_\_\_\_\_ With whom? \_\_\_\_\_

Have you attended any other healing classes or ministries? \_\_\_ No \_\_\_ Yes Enrollment date: \_\_\_\_\_

Are you part of a small group? \_\_\_ No \_\_\_ Yes Small group leader's name: \_\_\_\_\_

\* If you are not a part of a small group, we recommend becoming a part of one for the purpose of building relationships and providing a place for encouragement and edification.

Will you be able to fast and pray before your session? \_\_\_ No \_\_\_ Yes How long will you be able to fast? \_\_\_\_\_

\* If you have any health issues, check with your doctor before fasting. There are different ways to fast. For example, you could fast from all food, certain foods, one meal a day or something other than food like TV or secular music.

Are you under the care of a medical doctor? \_\_\_ No \_\_\_ Yes Medications: \_\_\_\_\_

Are you currently under the care of a counselor or psychiatrist? \_\_\_\_\_

What days and times are you available for a session? Please circle all available times.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
am pm	am pm	am pm	am pm	am pm	am pm	am pm
evening	evening	evening	evening	evening	evening	evening

**Please send this application and the signed Liability Release form to The Refuge, 9259 Utica Ave #165, Rancho Cucamonga CA 91730. As soon as your paperwork is received we will contact you. Thank you.**

## LIABILITY RELEASE FOR THE REFUGE

I, (Name) \_\_\_\_\_ acknowledge that team members from The Refuge have voluntarily agreed to pray for me. I understand that this session is not a professional counseling meeting and that none of the team members are licensed counselors. I understand that these team members are, to the best of their ability, doing what they can to help me achieve more freedom in my life.

I understand that The Refuge is a nonprofit California Corporation that makes no charge for its services. I further state that I have voluntarily sought assistance of my own initiative and that I am under no obligation to accept or reject any of the advice or help that I might receive from the team members of this ministry.

I understand, am aware of, and assume all risks inherent in participating in The Refuge. These risks include, but are not limited to, physical and emotional responses and reactions as a result of this prayer ministry.

I understand that, if I receive ministry from The Refuge, the team is committed to respect the disclosed information, but not to complete confidentiality. The information, as needed, may be shared with other leaders of The Refuge so as to further your total healing process. This may include future meetings with spiritual mentors at The Refuge to set appropriate boundaries for your personal and spiritual growth.

I agree to hold The Refuge and its team members and associates free from any and all liability, loss or damage of any kind that may arise as a result from any assistance I have received or from my involvement with The Refuge.

I have read this disclaimer and release of liability and understand and agree with it and have executed it as my free and voluntary act.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# SOZO AFTERCARE MANUAL

After you have been to your Sozo session, it is necessary to continue the process of healing. You can use the tools that were used in your session for the rest of your life so as not to allow the strongholds to resurface.

We encourage you to journal or tell someone you trust about what happened during your Sozo session. Journaling and sharing helps you remember what actually occurred and the tools that were used. When you remember the pictures or words that the Lord showed you or told you, you can hold on to the truth that you received.

Some of the tools that may have been used during your Sozo are the “father ladder”; the relationship between your earthly family and how you view Father God, Jesus, and the Holy Spirit; the “four doors”; occult, sexual sins, hatred and fear; “presenting Jesus”, “divine editing” and “trigger mechanisms”.

The following are topics that may also help you to stay focused on your freedom: your identity, the Bible, praise and worship, small group participation, fasting, and getting involved in ministry.

## **Your Identity:**

In Ephesians, God shows you who you are in Him and your position in Him. “Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.” (Eph 1:4). “God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.” (Eph1:5); “And when you believed in Christ, he identified you as his own<sup>a</sup> by giving you the Holy Spirit, whom he promised long ago. **14** The Spirit is God’s guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.” (Eph 1:13-14); “For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” (Eph 2:10).

Do not allow the enemy to retake the ground you have attained during your Sozo session. In Ephesians 4:27, Paul writes, “And do not give the devil an opportunity.” In 6:11 He states, “Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil.” Don’t believe the lies that the enemy tells you; do not allow him access to your heart or mind. Compare the negative thoughts and words you may hear and believe to the truth of what God says about you in the Bible and in words of encouragement you receive through prayer. **WHEN YOU GRASP WHO YOU ARE IN CHRIST, NOTHING CAN STAND AGAINST YOU OR STAND IN YOUR WAY.**

## **The Bible:**

“All scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.” II Timothy 3:16-17 (NLT).

You need to become intimate with God by getting intimate with His Word. Andrew Murray wrote, “I pray – I speak to my Father; I read – my Father speaks to me.”

There are several different methods of Bible Study. You could buy a few books at a local Christian bookstore to help you know how to study the Word. Churches also have classes that help you become intimate with the Bible. Try reading the Bible quietly or aloud, and think about and ponder over what God says in His Word.

Psalm 1:1-3 encourages us to meditate on and delight in the law of the Lord. In doing so it says we “will be like trees planted along the riverbank, bearing fruit each season. Their leaves never wither and they prosper in all they do.”

### **Praise and Worship:**

God wants us to worship Him! One of the ways we can worship Him is by singing or playing songs to and about Him: “It is good to give thanks to the Lord, to sing praises to the Most High” (Psalm 92:1); “Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts.” (Colossians 3:16).

We should worship God because we love Him and want to acknowledge how great He is. When we worship God, we let all of heaven and earth know who we love, honor, and obey. We invite all of creation to enter with us into God’s presence (Psalm 27:4-6). Worship creates a tabernacle, a place of refuge from fear, doubt, worry and despair. True worship is a safe place where the enemy cannot enter. Worship is also an awesome offensive weapon for taking back ground previously given over to the enemy.

When we come into God’s presence, we come into the presence of all that He is. In His presence is healing for all types of need: physical, mental, emotional and spiritual! When an evil spirit tormented Saul, it was music from David’s harp that brought deliverance. Saul was refreshed, made well and the evil spirit departed. His physical man, emotions, mental state and spirit were made well. Worshiping God is KEY to obtaining and maintaining freedom!

### **Community:**

Each of us needs to be in relationship and accountable to at least one person that we trust, even if only on a limited basis. It is also crucial that we are connected to a community. Not only do we need people to minister to us, but we also need to minister to others out of our place of healing. The scripture states, “So encourage each other and build each other up” – I Thessalonians 5:11. We encourage you to attend a church and a small group. Share yourself, your life, your dreams and visions with others! If you do not have a home church, please contact a local church to find a small group appropriate for you. If you need assistance finding a local church, please let us know.

### **Fasting:**

Fasting is discussed in the Old and New Testaments as part of daily life. There are examples in the Bible of specific times or situations for fasting: penance, need, prayer, specific days (Nehemiah 9:1,4; Esther 9:31; Psalm 69:10, 109:24; Isaiah 58:3-6; Jeremiah 36:6-9; Daniel 6:18, 9:3; Joel 2:12; Matthew 6:16-18; Luke 2:37; Acts 9:9, 13:2-3). However, since there are various ways to fast, there are no set instructions on how to do so. Fasting is not limited to a 40-day water-only fast. Instead, a type of food, one meal a day, or even an activity can be fasted. Leanne Payne in her book, Broken Image states, “That we might be more fully present to God is the very reason for fasting. By a physical fast, we seek to quiet the demands

of the body, thereby humbling it so that we can hear and be obedient to that word the Lord is speaking to us.” Choose to fast from something that can be replaced by a time or attitude of prayer. God asks us in His Word to pray without ceasing. Fasting is a great way to realize our need for God, and it clears away potential distractions from being in constant prayer, that is, constant conversation with God.

### **Getting Involved in Ministry:**

I Corinthians 12:7 states, “A spiritual gift is given to each of us so we can help each other.” We are all given gifts and callings to ministry for the common good. We are one body but have different functions so that the one body can operate properly. We should each become involved in some form of ministry so as to use our gifts and callings. When we step out, it is fun to watch what God does!

Remember, “Clearly, you are a letter from Christ showing the result of our ministry among you. This “letter” is written not with pen and ink, but with the Spirit of the living God. It is carved not on tablets of stone, but on human hearts.” (II Corinthians 3:3).

### **Important**

During your Sozo session, individuals have been forgiven. Forgiveness is a lifestyle and a commandment.: “And so, as THOSE WHO HAVE BEEN CHOSEN OF GOD, holy and beloved, put on a heart of compassion, kindness, humility, gentleness, and patience; bear with one another, and FORGIVE EACH OTHER, whoever has a complaint against anyone else; JUST AS THE LORD FORGAVE YOU, SO ALSO SHOULD YOU” (Colossians 3:12-13); and “Be kind to one another, tender-hearted, FORGIVING EACH OTHER, JUST AS GOD IN CHRIST ALSO HAS FORGIVEN YOU” (Ephesians 4:32).

Forgiveness releases us from the strongholds that constrict our lives. It does not mean the person being forgiven is excused or that what they did or said was correct. Nor does it release them from any action God may choose to take. Forgiveness is an act that you do for yourself to remove any obstacles between you and God. In Matthew 18:21-35, Peter asked how many times he should forgive his brother. Jesus replied seventy times seven, which infers something to the effect of “too many to count.” Blessings as you walk out this lifestyle of forgiveness!