



FREQUENTLY ASKED QUESTIONS

Is sozo a type of counseling?

Sozo is not counselling or giving advice, rather it is about equipping and empowering the guest to hear from Heaven for themselves. The team will invite the guest to ask questions of Father God, Jesus and Holy Spirit. This revelation, and the prayers that accompany it, will bring healing of wounds that people have carried, sometimes for many years. In the same way, the guest hears biblical truth about themselves, their relationships and their heavenly Father.

Sozo empowers the guest, through personal revelation, to identify any wounds and lies still at work in them, many of which they may be completely unaware of. The guest's primary interaction is not with the team member, but with God Himself.

I don't really want someone else to know all my 'junk'.

Sozo is completely confidential** as we do not keep notes about your session and, seeing so many people, we find that team members really don't remember the detail of individual Sozo sessions.

** There are exceptions to confidentiality, team members will tell the ministry lead if you talk about;

- Current known or probable abuse of a child or vulnerable adult.
- A plan or intention to imminently harm themselves or others.



But God doesn't speak to me?

We all hear God all the time, but often we don't know it. A Sozo environment is set up to reduce the background noise down to zero. As you are one of His beloved children, it is your biblical right to hear and know His voice.

That may not always be in words, you may sense Him, feel Him, see Him, hear Him – different people hear God in all sorts of different ways. He may remind you of an event, a person or give you a memory of some sort. When that happens you always get to ask God “Why did you give me that?”

I don't want to forgive?

Straight after the Lord's prayer in Matthew 6 there are these verses:

“If you forgive others the wrongs they have done to you, your Father in Heaven will also forgive you.”

Forgiving someone who has hurt you may not alter their lives one bit, but spiritually, it makes a massive difference in yours. God isn't asking you to do any more than forgive. What forgiveness does is open the door of the cage YOU are in. Some say unforgiveness is like drinking poison and expecting the other person to die. It's why God is so serious about forgiveness. He loves us and wants us free. Leave the other people to him.

How should I prepare?

No preparation is needed for a sozo session.



What happens during and after?

One of the team will lead you in asking a question of God, which you are free to re-phrase. You then tell the team member what you see, hear, sense, feel – whatever comes to mind. We find this also helps you clarify what you heard. Questions might be directed to Father God, or Jesus, or the Holy Spirit, whoever you want to talk to.

All the good stuff said gets written down and given to you at the end of the Sozo. You get to keep those words to meditate and reflect on in your own prayer times. It is usually a very powerful experience to hear back those words which have been spoken just to you.

We destroy all notes except the ones we give you to take away.

Ok, truth is I'm too scared.

It is worth remembering Joel 2: 13: "God is kind and full of mercy; he is patient and keeps his promise; he is always ready to forgive and not to punish."

Or Luke 1: 78: "Our God is merciful and tender."

Or Ephesians 2: 4: "God's mercy is so abundant, and his love for us is so great."

That is the spirit in which your Sozo is conducted. The team members are there to support you without judgement.