

SOZO

Sozo is a Greek word meaning saved, healed, delivered and made whole.

King's Arms offers individual prayer sessions in the form of a Sozo. This can be applied for by using [this online application form](#), and the team will contact you with more information and offer you an appointment.

What is Sozo?

Sozo is an inner healing and deliverance ministry that originated from Bethel Church in Redding, California. By dealing with (not dwelling on) hindrances from the past, people experience a deeper connection, awareness of and intimacy with their heavenly Father, Jesus and Holy Spirit. They experience freedom when:

- Wounds are healed
- Strongholds are broken
- Truth replaces lies

Sozo is not counselling or directive in any way. The main focus is for the individual to communicate and hear from God for themselves, even when that has not been their previous experience. It does not create or encourage dependency, rather it empowers the individual to walk free and powerful.

How does it work?

The session is normally conducted by two people, and lasts about 1.5 - 2 hours.

The 'First' takes the lead and the 'Second' usually remains silent. The role of the Second is to pray quietly and they may occasionally pass a note to the First with anything they feel God may be saying.

The Second will also write down all the truth and good news that the Guest hears from God. This is given to the Guest at the end of the session, as a reminder of all God has said and done. The problems and issues are not recorded – these are now behind them. All other notes are destroyed at the end of each session.

As the Sozo progresses, the Sozo team, with the guidance of the Holy Spirit, will walk the Guest through the process of recognising lies and wounds that have affected them, while giving them space to listen to God themselves and hear truth from the Father, Jesus and the Holy Spirit. Forgiveness is an essential part of Sozo and God will reveal to

them who they need to forgive, and give them the grace and power to do it. This will bring healing, break strongholds and develop a closer intimacy with God.

How much does it cost?

Sozo appointments are free, but we do invite people to make a voluntary donation of £20 towards the ministry if they wish. However, we do not want anyone to miss out through financial hardship so this is completely voluntary.

Some feedback from guests

- A powerful experience, in connection with the Trinity to rid me of things that detract from living out the calling on my life fully. While powerful, the experience was enjoyable and full of God's peace.
- Releasing, easy to do. Surprised how easily I heard God. Affirming. I felt comfortable and safe and loved.
- Amazing. Turning point in my life, a place where God could bring His light and show me His truth. A place where He showed me His perspective on my life.
- I felt that there were significant blockages in accepting God's grace and love that have been put into the light and I could deal with it through forgiveness and renouncing lies I believed for years.
- Freedom from shame. I now feel a depth of peace and release from an oppressive shame that I've had for 15+ years! I feel like I don't need to hide (even though I didn't know why I was needing to hide!) I feel free, precious, strong, whole, delighted to be a woman (which I'm not sure I've ever felt before!). I feel I have a new respect for God's creation-revelation of the value He places on femininity. I feel dignified and renewed! Thank you!