



Dear Friends,

Thank you for your interest in scheduling an individual “Unbound” prayer session.

We ask that you read the following, prior to the session.

**If you have read the book *Unbound*, attended a conference, or listened to CDs/DVD**

Your understanding of the importance of each of the 5 Keys has prepared you to receive and take hold of the freedom God has for you through this very special process. The next step is to request an appointment for an Unbound prayer session using the form on our website: [www.AbbaFatherInstitute.org/unbound\\_request](http://www.AbbaFatherInstitute.org/unbound_request)

We ask that you prepare for your Unbound prayer session in the following ways:

1. Read/review at least the first seven chapters of the book [Unbound: A Practical Guide to Deliverance](#), by Neal Lozano - along with the questions on page 240.
2. When you do, ask the Holy Spirit to speak to you.
3. Prayerfully list the areas that arise as you read.
4. Find a trustworthy friend, pastor or counselor that may accompany you to your appointment (optional).
5. Come to the session at your scheduled time.
6. You will meet with a prayer team for about 60 - 90 minutes. The time will be spent listening and praying with you to experience release and more freedom.

You will be taught how to use the Five Keys described in *Unbound*. Experiencing freedom from spiritual bondages, which are hidden in darkness requires a willingness to be honest, a commitment to trust in the Lord, and a deep desire to be free. At the same time we assure you of the confidentiality and discretion of ministers praying with you.

We think learning to use the Five Keys in your life following your prayer session will be crucial to your continued healing.

**If you have no knowledge about Unbound**

Perhaps you were encouraged to receive prayer by someone you know who has studied Unbound and experienced prayer, but you have not yet read the book *Unbound*, or attended a conference or used any other form of media to prepare yourself for Unbound prayer. If so, then your next steps would be:

1. Learn about Unbound and the 5 Keys prior to your prayer session. The book [Unbound: A Practical Guide to Deliverance](#), by Neal Lozano can be ordered directly from the website of ‘Heart of the Father Ministries’ (by Neal and Janet Lozano) where you can also order CDs and DVDs ([link](#)).
2. If your need for prayer is immediate, we can refer you to other ministries in the San Diego Diocese that can provide you with healing prayer now so that you

don't have to wait for prayer ministry. This gives you time to learn about the 5 Keys of Unbound prayer that are essential to your healing and freedom.

3. Once you have gained knowledge about Unbound and the 5 Keys, request an appointment for prayer using the online form on our website: [www.AbbaFatherInstitute.org/unbound\\_request](http://www.AbbaFatherInstitute.org/unbound_request)

As you prepare for your personal prayer session, we will be praying that God bless you with the knowledge and insights you will need in order to experience His love and freedom greater than ever before. The steps we ask people to take, to gain knowledge about Unbound prayer before their prayer session, will assure the best possible outcome.

We are not equipped to offer ongoing support to those we minister to. This ministry is most fruitful in the lives of people who are part of a church body and have spiritual support through mature friendships, family, counseling, or pastoral care. This is not meant to take the place of professional counseling or medical treatment. You will not be asked to stop such treatments. The prayer team is trained to help you break the power of spiritual influences, which can be obstacles to healing and blessings.

It is our mission at Abba Father Institute to help everyone find freedom in Christ and to experience the unfathomable love of God our Father; therefore, there is no fee for a personal prayer session. If you are inspired to make a donation, we will use it to continue to offer this ministry to anyone who needs prayer.

God bless you,  
*The Team of Abba Father Institute and Unbound San Diego*