



**SUNODÍA**  
PRAYER COUNSELING

## Micah Curriculum

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The Micah Curriculum is a way of training prayer counselors developed by Sunodía Founder and Director Jessie Mejias that is based on Micah 6:8:

*He has showed you, O man, what is good. And what does the Lord require of you but to **do justly**, and to **love kindness and mercy**, and to humble yourself and **walk humbly** with your God? (Amplified Bible. Emphasis mine)*

This was given to Jessie by the Lord on September 25, 2003 while she was attending the American Association of Christian Counselors (AACC) World conference at Opryland Hotel in Nashville, Tennessee.

This is what He told her:

*“I want you to train your counselors to:  
Walk Humbly  
Do Justice  
And Love Mercy*

*The training model I have given you is the journey I have brought you through. I humbled you at work and in other areas of your life so that you would get into right relationship with me and your fellow human beings. Then I took you through various trainings until you learned skills and gained understanding.*

*But above all I taught you compassion with every new experience. So that compassion would be the encasement for the treasures that are held within...*

*Your counselors are not to try to straighten people out too soon. Just give them the Word, use discernment, and show love. I WILL DO THE REST.”*

## Overview

The goal of this curriculum is for each student to learn how to integrate counseling skills, inner healing, developmental psychology/theology, and deliverance.

Scriptural Injunction	What is the focus?	What is the result?
Walk Humbly	CHARACTER	Right relationship with God and man/knowning yourself
<p><i>Students are provided with a clear view of Christ-centered Inner Healing and its foundations in Scripture, in a safe setting for healing, building relationships, learning and ministry.</i></p> <p><b>Recommended Coursework:</b> Elijah House School of Ministry Course 201; Elijah House School of Ministry Course 202; Prayers that Heal the Heart</p>		
Do Justice	COMPETENCE	Do no harm, be ethical, [use] wise techniques and discernment
<p><i>Students learn about basic counseling skills and ethics, family systems and group dynamics through class discussion and group interaction.</i></p> <p><b>Recommended Coursework:</b> Sunodía Course 402—Basic Counseling Skills and Principles and Course 403—Leading Small Groups</p>		
Love Mercy	COMPASSION	All interventions are wrapped in empathy and true caring
<p><i>Students are provided with opportunities to continue to learn, to practice ministry, and to grow in intimacy with God, allowing His love to flow through them to their clients.</i></p> <p><b>Recommended Coursework:</b> Sunodía Course 404—Prayer Counseling Workshop</p>		

Character, competence and compassion will be emphasized throughout this curriculum. Prayer counselors will learn about God, themselves, and others. They will learn to give clients the Word, use discernment and show love, then allow God to do the rest.

## Schedule for training

The curriculum will consist of the following four courses, which may be taken in any order:

- Course 401 Prayers that Heal the Heart
  - This course introduces participants to seven specific prayers that, when applied properly, will heal heart wounds.
  - Each session will last two hours and consist of the following:
    - Instruction—1 hour
    - Student practice of each prayer presented—1 hour
- Course 402 Micah Curriculum—Basic Counseling Skills and Principles
  - This course introduces participants to basic counseling skills, such as reflective listening, empathy, and confidentiality, and to selected counseling issues, including family systems and ethics.
  - Each session will last two hours and consist of the following:
    - Spiritual Direction—½ hour; each student will take turns leading the devotional. The focus of each devotional should be *growing in our relationship with God*. Students may present on a topic of their choice or on one of the spiritual disciplines (see below for suggestions). Devotional should last 10 to 15 minutes and the student may share a scripture study, an article, a visual, an audio, or a game that is designed to help the class grasp the topic.
    - Instruction—45 minutes
    - Student genogram presentations—45 minutes
- Course 403 Micah Curriculum—Leading Small Groups
  - This course prepares participants to become small group facilitators as they experience group dynamics in a safe setting.
  - Each session will last two hours and consist of the following:
    - Instruction—45 minutes
    - Process Group—1 hour 10 minutes
    - Individual Journaling—5 minutes
- Course 404 Micah Curriculum—Prayer Counseling Workshop
  - This course prepares participants to become prayer counselors as they practice using various ministry tools in class.
  - Each session will last two hours and consist of the following:
    - Instruction—45 minutes
    - Prayer counseling practicum—1 hour 15 minutes

*Please note that Elijah House Courses 201 and 202 are **not** part of the Micah Curriculum and may be taken directly from Elijah House Ministries ([elijahhouse.org](http://elijahhouse.org)), Sunodía Prayer Counseling, or any other Elijah House approved facilitator.*

## Suggestions for Devotional Topics for Course 402

- Solitude & Silence
- Listening & Guidance
- Prayer & Intercession
- Study & Meditation
- Repentance & Confession
- Yielding & Submission
- Fasting
- Worship
- Fellowship
- Simplicity
- Service
- Witness

Other topics may be selected.

### Assignments (Optional\*)

#### Course 401 Prayers that Heal the Heart

- Each student will pray **completely** through one heart issue.

#### Course 402 Micah Curriculum—Basic Counseling Skills and Principles

- Each student will prepare a genogram that will be presented to the class.
- Each student will hand in a short paper for **each** of the recommended books for this course. In this paper, the student will summarize three (3) things that stood out for them in the book and why they will be important for them as a prayer counselor. Each paper should be at least one page long (typed).

#### Course 403 Micah Curriculum—Leading Small Groups

- Each student will hand in a short paper for **each** of the recommended books for this course. In this paper, the student will summarize three (3) things that stood out for them in the book and why they will be important for them as a prayer counselor. Each paper should be at least one page long (typed).
- Each student will hand in a 3 to 5 page paper (typed) summarizing what they have learned about themselves from the genogram, the readings, the handouts, the class time, and the group time. Students are free to use their journals as source material.

#### Course 404 Micah Curriculum—Prayer Counseling Workshop

- During the practicum, students will take turns leading and receiving ministry.

*\*These assignments are for students who would like to be certified as prayer counselors for Sunodía Prayer Counseling.*

## Recommended Reading

### Course 401: Prayers that Heal the Heart

- *Prayers that Heal the Heart*

### Course 402: Basic Counseling Skills and Principles

- *How to Be a People Helper*
- *The Life Model: Living from the Heart Jesus Gave You*

### Course 403: Leading Small Groups

- *How to Lead Small Groups*
- *Making Small Groups Work*
- *The Blessing*

### Course 404: Prayer Counseling Workshop

- *4 Keys to Hearing God's Voice*
- *Deliverance & Inner Healing*
- *God's Power to Change*
- *Growing Pains*
- *Healing Victims of Sexual Abuse*
- *Letting Go of Your Past*
- *Prayer Counseling: Ministry to the Heart*
- *Restoring the Christian Family*
- *Transforming the Inner Man*
- *Why Good People Mess Up*

## Prayer Counselor Certification

Sunodía Prayer Counseling will provide students who complete all four courses and all assignments with a certificate of completion. *Sunodía does not guarantee that this training will qualify students to be prayer counselors for other ministries or local churches.*

To be considered to serve as prayer counselors **for Sunodía Prayer Counseling**, students must have completed all four Sunodía courses (Prayers that Heal the Heart, Basic Counseling Skills, Leading Small Groups, and the Prayer Counseling Workshop) **and** Elijah House Courses 201 and 202. *The Director must still approve those wishing to minister at Sunodía.*

Please note that Sunodía students who complete the Micah Curriculum **are not licensed counselors** and must not characterize themselves as such.