



## Steps to Freedom



*where the hurting and the Healer connect...*

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## **MISSION STATEMENT**

Setting captives free to live as who they were created to be in Christ.

## **VISION**

Bringing the hurting to the Healer.

*Luke 4:18- "The Spirit of the Lord is upon me, for He has anointed me to preach the Gospel to the poor; He has sent me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those that are oppressed.*

*Jesus Christ*



## Ministry Philosophy

The mission of Set Free Ministries is to be a resource to the Body of Christ-The Church-in bringing victory, healing and wholeness through prayer, truth, and the promises in Christ to those experiencing spiritual oppression and emotional brokenness.

Jesus Christ began his ministry in a Synagogue. As he read from the book of Isaiah 61:1-2 his words touched his listeners.....

“The Spirit of the Lord is upon me, because the Lord has appointed me to preach good news to the poor; He has sent me to heal the brokenhearted to proclaim liberty for captives, to recover sight for the blind, and set at liberty those who are oppressed to proclaim the acceptable year of the Lord.”

As Jesus sat down, all the eyes of everyone were fixed on him and then he made this bold statement: “Today this scripture is fulfilled in your hearing.” Luke 4:21

Jesus was openly declaring that what the prophets of the Lord long foretold of a Messiah who would come and set captives free was now in the flesh....dwelling among them. Jesus fulfilled this prophecy to its fullest measure in just 3 years of ministry, death and resurrection.

This mission of Jesus Christ did not end with his death nor his resurrection. This mission was transferred and given to those who would believe in his name. In fact Jesus stated that “His Body” would do even greater things in his name.

Most assuredly, I say to you He who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to the Father and whatever you ask in my name, that I will do.

Jesus Christ is still in the ministry of setting captives free and healing the broken hearted. He has given this great commission to those who believe in his name.

Jesus Christ is the head, we the church are His Body, His hands, His feet to do what he did and follow in his steps. Set Free Ministries is dedicated to that end of walking in his steps.

We strive to ‘stay the course’ of Jesus Christ’s stated mission of Luke 4:18-19 by making ourselves available to the poor, hurting, broken and lost.

We have found the following ministry principle to be foundational. When faith and action are united, God does some powerful and effective healing with the broken hearted and God is still in the ministry of setting captives free.

## Set Free Ministry Foundations

### Foundation # 1: PRAYER

“The prayers of the righteous are powerful and effective.” James 5:16

It has been said:

“When we get to work it is we who work, but when we pray it is God who gets to work.”

“With men this is impossible, but with God all things are possible.” Mark 10:27

God can do through prayer what man cannot do. When engaging in spiritual war, the weapon of prayer is mighty, for pulling down of strongholds. Prayer is a direct line to the God of the universe.

God challenges us in Psalms 50:15, “Call upon Me in your day of trouble, I will deliver you and you shall glorify Me.”

## **Foundation # 2: GOD'S WORD**

"All scripture is God breathed and is useful for teaching, rebuking, correcting and training in righteousness." 2 Timothy 3:16

"For the Word of God is living and active, sharper than any double edge sword. It penetrates even to dividing soul and spirit, joints and marrow: It judges the thoughts and attitudes of the heart." Hebrews 4:12

Set Free Ministries believes the only standard for all truth comes only from God's Holy Scriptures. The Holy Bible is the only standard for righteousness and truth and is absolute. When one walks according to God's work, it is a path that leads to peace.

For this purpose we engage and counsel all who come to Set Free Ministries with the Holy Bible. God expects His people to rightly handle His word and use it.

We have found that 99% of the people that request ministry at SFM/USA claim to be Christian and usually attend a church on a regular basis yet their lives are in shambles because of unresolved sin issues in their lives.

Jesus spoke of such things in Matthew 7, "The house that is built on the Rock are those who hear God's word and "DO IT". The House built on sand are those who hear God's word and do "NOT DO IT". Jesus said such were foolish men who built on shifting sands.

At Set Free Ministries, we encourage all who come for ministry to discover who they are in Jesus Christ by renewing their minds according to His marvelous truths.

***"Then you will know the truth and the truth shall set you free."*** John 8:32

At Set Free Ministries, we encourage all to 'walk the talk' and obey the commands of Jesus as He instructed His disciples to do the night before He was to be crucified. Jesus' last words are powerful:

"If anyone loves me he will obey my teachings. My father will love him, and we will come to him and make our home with him." John 14:23

The promises found in this verse are life changing. When we obey the teachings of Jesus, God Himself claims our very hearts as His home. This is true intimacy with God.

## **Foundation # 3: 2 X 2 MINISTRY TEAMS: Mark 6:7 and Luke 10:1**

Jesus set a good example in scripture when He instructed believers to do ministry 2x2. He gave them authority and power to bring the Gospel of truth to the broken and lost. He did not want them to fight alone. We have adopted that ministry model.

## **Foundation # 4: SPIRITUAL GIFTS OF THE HOLY SPIRIT**

In 1 Corinthians 12, God reveals many spiritual gifts that will come as a result of the Holy Spirit being poured out upon His Bride, the church. This passage speaks of many gifts of the Spirit but one Lord. We encourage the use of such gifts and believe these gifts have not changed since they come from the Holy Spirit who does not change.

We have also been witnesses to many of spiritual gifts mentioned in 1 Corinthians 12 and the results lead to repentance from sin and Jesus Christ being glorified.

In conclusion, at Set Free Ministries, we believe the chief end of man is to glorify God and enjoy Him forever. God desires that all come to the saving knowledge of Jesus Christ as Lord and then walk in His ways. God desires and requires a holy and separate people who will be faithful followers and disciples of His Son, Jesus Christ....the Word who became flesh and dwelt among us.

# The ABC's of Salvation

## The Problem:

We must **A**dmit we are sinners. Everyone has done things that displeases a Holy God. No one can live up to God's standards. He says no sin can enter heaven. Something must be done to get rid of our sin.

Romans 3:10 There is no one righteous, not even one.

Romans 3:23 All have sinned and fall short of the glory of God.

## God's Solution:

We must **B**elieve Jesus died on the cross for us. God loves us and wants us to become His children. He loves you so much that he sent His Son, Jesus, to shed His blood to save you from your sins. He took your place on the cross, and suffered the punishment you deserve. You must believe that He died for you, was buried, and rose again on the third day. Do you believe this?

Romans 5:8 But God demonstrates his own love for us in this; while we were still sinners, Christ died for us.

Romans 6:23 For the wages of sin is death, but the gift of God is eternal life in Jesus Christ our Lord.

Romans 10:17 Consequently, faith comes from hearing the message, and the message is heard through the word of Christ.

I Peter 2:24 Who Himself (Jesus) bore our sins in His own body on the tree (cross), that we, having died to sins, might live for righteousness.

Acts 16:31 Believe on the Lord Jesus Christ, and you will be saved.

## Our Part:

We must **C**onfess our sinfulness to God, and turn from it. We must call upon Jesus to save us, and trust in Him as our savior from sin. This must be sincerely from your heart and expressed out loud.

Luke 18:13 God be merciful to me a sinner.

Romans 10:9 That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.

Romans 10:10 For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.

Romans 10:13 For everyone who calls on the name of the Lord will be saved.

## Prayer for Salvation

**Dear Heavenly Father,**

**I come to you asking for the forgiveness of my sins. I confess with my mouth and believe with my heart that Jesus is Your Son. I believe that Jesus died on the cross so that I will be forgiven and have eternal life in the Kingdom of Heaven. I believe that Jesus rose from the dead. I ask You right now to come into my life and be my Lord and Savior. I repent of my sins and choose to worship You all the days of my life. I confess with my mouth that I am born again through the work of the Holy Spirit and cleansed by the blood of Jesus. In Jesus' Name, Amen.**

Now that you believe in Jesus and have placed your faith and trust in Him, God has forgiven you. You, along with all others who sincerely believe in Jesus, will spend eternity in heaven with Him.

**See Addendum 8, page 107; Addendum ABC's, page 43-48 - "How to Know God Personally".**



# **ADDENDUM ABC's**

## **HOW TO KNOW GOD PERSONALLY**

Each person can know God personally and intimately, as farfetched as it may appear. God very much wants to establish a personal, loving relationship with you and to prove he does, He has already put all the necessary things in place and sent out the invitation to you. He patiently waits for you to accept that invitation. Through faith in His Son, Jesus Christ you can experience the joy of forgiveness of your sins and the assurance of eternal life.

There is a big wall between God and you called "ignorance of who God is" and really knowing what God has done for you. As you read the following you can begin a life-changing intimacy and personal relationship with God.

There are 4 ways which will help you in discovering who God is and experience the abundant life He has promised.

### **1. God created you, loves you and wants you to know him personally and intimately.**

**God's Love** is expressed in John 3:16

*For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.*

**God's Plan** is found in John 17:3

*Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.*

### **2. Because we are separated from God by our sinful nature, actions and attitude, we cannot know Him intimately or experience His goodness and Love.**

**Mankind is Sinful**

*All have sinned and fall short of the glory of God – Romans 3:23*

God created mankind to have fellowship with him. Man in stubborn self-will chose to go his own independent way and thereby broke fellowship with God. This active rebellion or passive indifference is what the Bible calls sin.

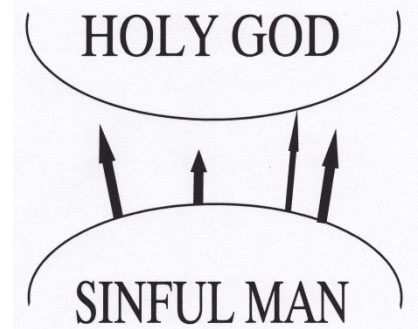
**Man separates himself from God.**

*But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear. – Isaiah 59:2*

*For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*

*-Romans 6:23a*

This drawing shows how we are separated from God by our sin, even though we try to reach God by ourselves.. A great chasm is between God and us. All that we try to do to bridge that gap by our own efforts, such as living a good life, tithing, philosophy or religion inevitably fails to reach God and establish a personal relationship with God.



**3. Jesus Christ is God's ONLY provision for man's sin. Through Him alone we can know God personally and experience God's love.**

**He died for us** on the Cross so we won't have to die eternally.

*But God demonstrates His own love for us in this: While we were still sinners, Christ died for us. – Romans 5:8*

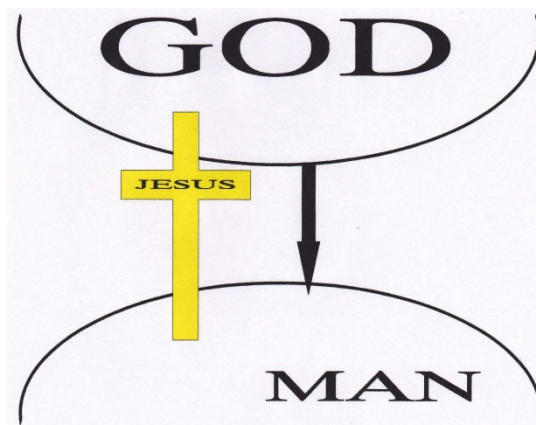
**Jesus rose from the dead** and is alive, ruling and reigning in Heaven.

*For what I received I passed on to you as of first importance, that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Cephas, and then to the Twelve. After that, he appeared to more than five hundred of the brothers and sisters at the same time, most of whom are still living, though some have fallen asleep.- 1 Corinthians 15:3-6.*

**Jesus is the ONLY way to God.**

*Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.– John 14:6*

This drawing shows God has bridged the chasm separating us from Him by sending His Son, Jesus Christ, to die on the cross in our place to pay the penalty for our sins.



These three truths above we may know intellectually but that is not enough...

# 4.

## **We Must Receive Christ.**

*Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— John 1:12*

## **We Receive Christ through Faith.**

*For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.— Ephesians 2:8-9.*

## **When We Receive Christ, We Experience a New Birth.**

Read John 3:1-8 in your Bible.

## **We Receive Christ By Personal Invitation.**

*Jesus says: “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.” – Revelation 3:20*

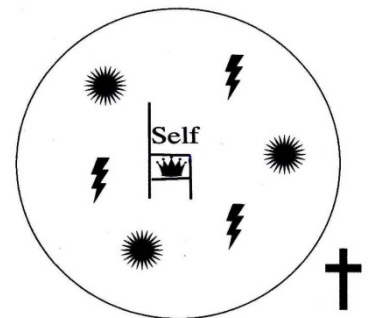
Repentance involves turning from self to God and receiving Christ and trusting Him to come into our lives to forgive us of our sins and to make us what He wants us to be. To agree intellectually that Jesus Christ is the Son of God and that He died for us on the cross is not enough. Nor is it enough to have an emotional experience. We receive Jesus Christ by faith, as an act of our will.

***The following drawings represent two kinds of lives:***

### **THE SELF DIRECTED LIFE**

Self is on the throne. Interests are directed by self, resulting in discord, frustration.

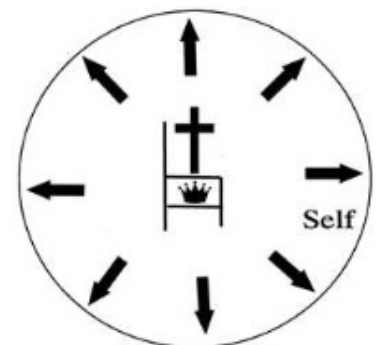
Christ is outside of life.



### **THE CHRIST CENTERED LIFE**

CHRIST is on the throne - self is yielding to Christ

Interests are directed by CHRIST, resulting in harmony with God's plan.



Which drawing best represents your life?

Which drawing would you like to have represent your life?

## THE FOLLOWING EXPLAINS HOW YOU CAN RECEIVE CHRIST:

### ***Right now, you can receive Jesus Christ by Faith through Prayer.***

(Prayer is simply talking with God.)

God is not so concerned with your words as he is with the attitude of your heart. He knows your heart. The following is a suggested prayer:

***“Lord Jesus, I want to know you intimately. Thank You for dying for my sins on the cross. I hereby open my heart and life to You as my Savior and Lord. Thank You for forgiving me of my sins and giving me eternal life. I hereby step off the throne of my life and want You be in charge of every part of my life and make me the person you want me to be.”***

Has the desire of your heart been expressed in this prayer? If so, pray this prayer right now and Jesus will keep His promise to be your Savior and Lord.

### **How to Know That Christ Is in Your Life**

Jesus promised in Revelation 3:20 that He will be in you and be your Savior and Lord, indeed your friend whom you can know personally. Jesus always keeps His promises. Your authority that God has answered your prayer is right in the Bible. In 1 John 5:11-13 it says: *And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.*

### **The Bible promises Eternal Life to All Who Receive Jesus Christ.**

You know that Jesus is your Savior and Lord by the promises in the Bible. Read John 14:6; 23. In the Gospel of John, chapter 6:40 we read Jesus' own beautiful words: *“For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”* And in Hebrews 13:5 He promises never to leave us or forsake us.

### **Do Not Depend on Feelings**

Not our feelings, but the promise of God's Word, the Bible, is our authority. The Christian lives by faith (trust) in the trustworthiness of God himself and His Word. The following drawing shows the relationship among **fact** (God and His Word), **faith** (our trust in God and His Word), and **feelings** (the result of our faith and obedience) – John 14:21.



The train will run with or without the caboose. But it would be useless to attempt to pull the train by the caboose. In the same way, we as Christians do not depend on feelings or emotions, but we place our faith (trust) in the trustworthiness of God and the promise of His Word.

## **So, what now...**

Many things happened when, as an act of your will, you received Christ by faith, including:

- Christ came into your life (Revelations 3:20 and Colossians 1:27).
- Your sins were forgiven (Colossians 1:14).
- You became a child of God (John 1:12).
- You received eternal life (John 5:24).
- You began a new life for which God created you (John 10:10; 2 Corinthians 5:17 and 1 Thessalonians 5:18).

## **Suggestions for Christian Growth**

Spiritual growth results from trusting Jesus Christ.

*The righteous man shall live by faith* – Galatians 3:11. Practice the following:

**G** – Go to God in prayer daily (John 15:7).

**R** – Read God's Word daily (Acts 17:11). Begin with the Gospel of John.

**O** – Obey God moment by moment (John 14:21).

**W** – Witness for Christ by your life and words (Matthew 4:19; John 15:8).

**T** – Trust God for every detail of your life (1 Peter 5:7).

**H** – Holy Spirit – Allow Him to control and empower your daily life and witness (Galatians 5:16, 17; Acts 15:16).

## **Accountability and Fellowship**

Find your accountability partner, someone who will hold you accountable in your Christian walk on a weekly basis.

Hebrews 10:25 encourages us to continue to meet together. A bright fire has many logs burning together and giving heat and light, but take a log out of the fire and that one log will stop giving light and heat. Find a church where Christ is honored and the Word is preached boldly. Start right away and make plans to attend regularly.



# Spiritual Freedom in Christ

**Galatians 5:1 says, “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”** If you have received Christ as your Savior and Lord, He has already set you free through His victory over sin and death on the cross. The question is: are you living victoriously in Christ’s freedom or are you still living in slavery?

How can you tell if you are living free in Christ? **Freedom in Christ is having the desire and power to know, love, worship and obey God. It is the joyful liberty of knowing God’s truth and walking according to God’s truth in the power of the Holy Spirit.** It is not a perfect life, for that is impossible this side of heaven. **But it is a growing, abundant life in Christ (See John 10:10)**

If you are not experiencing that kind of freedom, it may be because you have not stood firm in the faith or lived according to who you are in Christ. Somehow you have allowed a yoke of slavery to put you back in bondage.

**It is your responsibility however, to do whatever is needed to walk in your freedom in Christ.** If you are a Christian already, your eternal life is not at stake; you are safe and secure in Christ. But your daily victory is at stake if you choose not to walk according to the truth. No matter how tough things might be for you spiritually right now, we’ve got great news for you! You are not a helpless victim caught in a tug-of-war match between two nearly equal but opposite superpowers—God and Satan. **Only God is all-powerful, always present and all-knowing.** Satan was defeated by Christ the Victor at the cross, so don’t believe the lie that your situation is hope-less or that you are helpless against the devil’s attacks. **Satan knows you have authority over him in Christ, but he doesn’t want you to know it. He is a liar and the only way he can have power over you is if you believe his lies. The battle is for your mind.** During this session you may experience nagging thoughts such as, *This isn’t going to work or God doesn’t love me*, etc. Don’t believe the devil’s lies. If you believe Satan’s deceptions, you will really struggle with making it through the Steps to Freedom in Christ. Since you are working through this with trusted friends, tell us any thoughts you are having that are in opposition to what you are trying to do.

**Remember, the only power Satan has over you is the power of the lie. Expose the lie by getting it out in the open; then choose the truth and the power of that lie is broken.** In that way you will be able to maintain control during this session.

*You must cooperate with the person who is trying to help you by sharing what is going on inside your mind.* Also, if you experience any physical discomfort such as headache, nausea, tightness in the throat, excessive sleepiness, etc., don’t be alarmed. Just tell the person you are with so that he/she can pray for you. Don’t let the devil set the agenda during this time; let the Holy Spirit lead.

**As believers in Christ, we can pray with authority to stop any interference by Satan.** Remember that God is **always** present with you.

Following is a prayer and declaration to get you going. Read all prayers and declarations **aloud**.

## OPENING PRAYER

Dear Heavenly Father,

I know that You are right here in this room with us and that You are present in my life right now.

You are the only all-knowing, all-powerful, and ever-present God. I am completely dependent upon You because without Jesus Christ I can do nothing. I choose to stand in the truth of Your Word and I refuse to believe the devil's lies.

I thank you that the risen Lord Jesus has all authority in heaven and on earth. Father, thank You that because I am in Christ I share His authority in order to make disciples and set captives free.

I ask You to protect my mind and body during this time.

Please fill me with the Holy Spirit so that He can guide me into all truth. I choose to submit to His guidance alone during this time. Please reveal to my mind everything that You want me to deal with today. I ask for and trust in Your wisdom. I pray all this in faith, in the Name of Jesus. Amen.

## DECLARATION

In the name and authority of the Lord Jesus Christ I command Satan and all evil spirits to release their hold on me in order that I can be free to know and choose to do the will of God.

As a child of God, raised up and seated with Christ in the heavenly places, I declare that every enemy of the Lord Jesus Christ be bound. Satan and all his evil workers cannot inflict any pain or in any way prevent God's will from being done today in my life because I belong to my Savior, the Lord Jesus Christ.

Before going through the Steps to Freedom, review the events of your life to discern the specific areas that might need to be addressed.

Now you are ready to start going through the Steps to freedom in Christ. The following seven steps will help you experience freedom from your past. You will address the areas in which Satan commonly takes advantage of believers and where strongholds are often built.

Remember that the Lord Jesus Christ has already purchased your freedom over sin and Satan on the cross. Experiencing that freedom will be the result of what **you** choose to believe, confess, renounce and forgive. No one can do that for you, not even God. The battle for your mind will only be won as you personally choose the truth.

During each Step, it is very important that you submit to God inwardly while resisting the devil outwardly. Do this by praying each prayer and making each declaration aloud. The prayers and declarations are all in bold type to remind you to do that.

You will be taking a very thorough inventory of your life in order to make a rock-solid commitment to the truth. If your problems stem from another source not covered in these steps, you will have lost nothing by going through them. If you are open and honest during this time, you will greatly benefit by becoming right with God and close to Him once again.

May the Lord greatly touch your life during this time. He alone can and will give you the grace to make it through. Lean on His strength and wisdom, not on your own. It is crucial that you work through all seven steps.

**Remember, the freedom that Christ purchased for all believers on the cross is meant for you.**

# Step 1

## Counterfeit vs Real

The first step toward experiencing your freedom in Christ is to renounce- verbally reject- all past or present involvement with occult practices, cult teachings and rituals, as well as non-Christian religions.

You must renounce any activity or group that denies Jesus Christ as Lord, or offers guidance through any source other than the absolute authority of the Bible. Any group that requires dark, secret initiations, ceremonies, covenants, vows, promises or pacts should also be renounced. God does not take lightly false guidance. "As for the person who turns to mediums and to spiritists...I will also set My face against that person and will cut him off from among his people" (Leviticus 20:6) Since you do not want the Lord to cut you off, ask Him to guide you by praying the following prayer aloud:

**Dear Heavenly Father,**

**I ask You to bring to my mind anything and everything that I have done knowingly or unknowingly that involves occult, cult or non-Christian teachings or practices. I want to experience Your freedom by renouncing all counterfeit teachings and practices and all false guidance. In Jesus' name, I pray. Amen.**

Even if you took part in something and thought it was just a game or a joke, you need to renounce it. Satan will try to take advantage of anything he can in our lives, so it is always wise to be as thorough as possible. Even if you were just standing by and watching others do it, you need to renounce your passive involvement. ***You may not have even realized at the time that what was going on was evil.*** Still, go ahead and renounce it. Be especially aware of your need to renounce non-Christian folk religious practices if you have grown up in another culture.

If something comes to your mind and you are not sure what to do about it, trust that the Spirit of God is answering the prayer you just prayed, and go ahead and renounce it.

Note the Non-Christian Spiritual Checklist. This inventory covers many of the more common occult, cult and non-Christian religious groups and practices. It is not a complete list, however. Feel free to add others with which you were personally involved.

Following the checklist is a short prayer of confession and renunciation. **Pray it aloud**, filling in the blanks with the groups, teachings or practices that the Holy Spirit has prompted you to renounce.

## Non- Christian Spiritual Experience Inventory

### OCCULT INVOLVEMENT

Check each area in which you have participated, both in the past and present. If your parents or family were involved, write their names by the specific area.

- Acupuncture
- Amulets/Charms/Omens
- Amulets (Roman Catholic)
- Ancestor worship
- Astral projection (out of body experience)
- Astrology/horoscopes (read or follow)
- Automatic writing
- Black or white magic
- Blood pact
- Bloody Mary
- Clairvoyance (seeing the unseen)
- Crystal ball/crystal gazing/crystals
- Demonic tongues
- Dungeons and Dragons
- Fantasy role playing
- Fortune telling/charms, Rabbits foot, etc.
- Games involving Occult Power
- Harry potter
- Hearing voices in your mind
- Horror films
- Hypnosis (by self or another person)
- Imaginary playmate
- Levitation/Lifting (body/table)
- Magic spells
- Magic 8 ball
- Magic rituals
- Medium, Spiritist (healing), Channeler
- Mental control of others
- Mental suggestions
- Mind control
- Mind swapping
- Mystical meditation
- Nagging thoughts within
- New Age medicine
- Occult books or literature
- Occult games involving violence
- Occult music (glorifies Satan)
- Ouija board
- Parapsychology
- Palm reading/tea leaves
- Pokemon
- Psychic reading/consulting
- Reikki/touch therapy/massage
- Satanic books, tapes, website, worship
- Sexual Spirits
- Séance/Superstitions
- Sorcery
- Speaking in a trance
- Spirit worship
- Tarot cards
- Telepathy (mind reading)
- Trance (out of body experience)
- Using spells or curses
- Water witching/dowsing
- Yoga
- Other

### OCCULT PHENOMENA

- Hearing unusual sounds or voices
- Seeing a ghost or large dark image
- Seeing objects move
- Supernatural knowledge or strength
- Personality change
- Extra sensory perception
- Feeling presence of evil
- Having objects disappear
- Demonic nightmares

### EXPOSURE TO FALSE TEACHING

- Bahaism
- Buddhism (including Zen)
- Cabala/kabala
- Children of God
- Christian Science
- I Ching (Chinese philosophy)
- Church of the Living Word
- Eastern religion
- Echkanbar
- EST
- Father Divine
- Fetishism (object of worship)
- Hare Krishna
- Herbert W. Armstrong
- Hinduism
- Indian Occult rituals
- Dance with spirits
- Sweat lodge purification
- Earth worship
- Guardian spirits
- Spirit travel
- Inner Peace Movement
- Islam, Muslim, Black Muslim
- Jehovah Witnesses (watchtower)
- Martial arts (karate)
- Masons
- Mormonism
- Native American Spirit Worship
- New Age Seminar
- Rosicrucianism
- Roy Masters
- Science of the mind
- Scientology
- Transcendental Meditation TM
- Unitarianism/Universalism
- Unification Church
- Unitarianism
- Unity
- Voodoo
- Way international
- Witchcraft/Wicca

### DRUG USE

- Alcohol Abuse
- Cocaine
- LSD
- STP
- Heroin
- Amphetamine (uppers)
- Nembutal (downers)
- Marijuana
- Hashish
- PCP
- Glue sniffing
- Ecstasy
- Peyote
- Other street dr

Lord Jesus,

I confess that I have participated in \_\_\_\_\_ and renounce them as counterfeits. I resolve with reliance on the Holy Spirit to turn away from them. Thank You for your forgiveness. In Jesus' name I pray. Amen

If you have been involved in Satanic rituals or heavy occult activity (or you suspect it because of blocked memories, severe and recurring nightmares or sexual bondage or dysfunction), you need to say aloud the Special Renunciations for Satanic Ritual Involvement below. **Read across the page, renouncing the first item in the column under “Kingdom of Darkness” and then announcing the first truth in the column under “Kingdom of Light”.** Continue down the page in this manner.

<b>Kingdom of Darkness</b>	<b>Kingdom of Light</b>
I renounce ever signing my name over to Satan or having my name signed over to Satan.	I announce that my name is now written in the Lamb's Book of Life.
I renounce any ritual where I was wed to Satan.	I announce that I am a part of the Bride of Christ.
I renounce any and all covenants, agreements or promises that I made to Satan.	I announce that I am under the new covenant of grace in Christ.
I renounce all satanic assignments for my life, including duties, marriage and children.	I announce and commit myself to know and do only the will of God and I accept only His guidance for my life.
I renounce all spirit guides assigned to me.	I announce and accept only the leading of the Holy Spirit.
I renounce ever giving of my blood in the service of Satan.	I trust only in the shed blood of my Lord Jesus Christ.
I renounce ever eating of flesh or drinking of blood for satanic worship.	By faith I take Holy Communion which represents the body and the blood of the Lord Jesus.
I renounce all guardians and Satanist parents who were assigned to me.	I announce that God is my heavenly Father and the Holy Spirit is my guardian by whom I am sealed.
I renounce any baptism whereby I am identified with Satan.	I announce that I have been baptized into Christ Jesus and my identity is now in Him.
I renounce any and all sacrifices made on my behalf by which Satan may claim ownership of me.	I announce that only the sacrifice of Christ has any claim on me. I belong to Him. I have been purchased by the blood of the Lamb.

In addition to the lists above, all other satanic rituals, covenants, promises and assignments must be specifically renounced as the Lord brings them to your mind. Some people who have been subjected to Satanic Ritual Abuse (SRA) develop multiple personalities (alters) in order to cope with their pain. If this is true in your case, you need someone who understands spiritual conflict to help you work through this problem.

See ADDENDUM 1a, 1b, 1c, and 1d, 1e.

# ADDENDUM 1a

## RENOUNCING FREEMASONRY

### I renounce the teaching of Freemasonry that...

Its Deity, the "Great Architect of the Universe," can be worshipped by all men, whether they be Buddhists, Christian, Muslims, or Hindus, without controversy.

Refuses to acknowledge the unique Godhood of Jesus Christ or that He died for our sins and rose from the dead.

Denies the unique and inerrant character of the Holy Bible as the Word of God by saying that it is no different than any other holy book.

Declares that man can be saved by his own labors without faith in Jesus' sacrifice on the cross.

Blasphemes the name of God by associating it with pagan fertility gods such as Baal.

Requires that men swear oaths on a Bible in the name of God involving mutilation and murder of human beings.

Links its members in solemn, spiritual bondage to one another, irrespective of members' religious beliefs.

Insists on keeping its supposedly valuable truths bound under the most serious of secret oaths and available only to a very few.

Demands that its members call its leaders titles like "Worshipful Master," and kneel before them.

### I announce and accept the Truth from Scripture that...

Only through Jesus Christ can God be worshipped (John 14:6; I Timothy 2:5; I John 2:22-23).

Jesus Christ is truly God Almighty who came in the flesh, died for our sins and rose from the dead (John 1:1-14; Col. 2:9; I Cor. 15:4).

The Bible is truly the inspired Word of God (2 Timothy 3:16; Matt. 5:18; I Peter 1:25; Psalm 119:89; 12:6-7; 19:7-8)

A person can be saved only by grace, through faith in Christ (Romans 10:9; Ephesians 2:8-9).

Affirms the absolute holiness, separateness, and majesty of God's name (Exodus 20:2-7; Deut. 6:4-5; Psalm 8:1, 29:2).

Forbids the taking of oaths, taking God's name in vain and committing murder (Matt. 5:34-37; James 5:12; Exodus 20:7, 13).

That forbids me from being unequally yoked with unbelievers (2 Cor. 6:14-17; Rev. 18:1-4).

Does not allow for such secrecy (Matt. 10:26-27; John 18:20; Acts 26:26).

Commands me to call no one master save Jesus and to worship none save God (Matt. 6:24; 23:8-10; Acts 10:25-26; Rev. 22:8-9)

**Therefore, I \_\_\_\_\_, as a humble servant of Jesus Christ take a firm stand against the cult of Freemasonry. In the name and by the authority of my Lord Jesus Christ, I break and renounce any vows, oaths, covenants and curses that I have made or others have made for me and my family. I hear and now choose the Living God to love and serve. (I Kings 18:21)**

## ADDENDUM 1b

### Idolatry/Counterfeit vs. Real

*"Little children, guard yourselves from idols"* is the warning the apostle John gave us in 1 John 5:21 NASB. An idol is a false god- any object of worship other than the one true God. Idolatry is the ultimate sin. Since we were created to worship the true and living God, putting anyone or anything in first place but the Lord God is a heinous sin against Him and puts us in a dangerous position. The Father seeks those who will worship Him in spirit and in truth (John 4:23).

Who or what is most important to us becomes that whom we worship. Our thoughts, love, devotion, trust, adoration, obedience, money, and time spent are directed to this object above all others. This object of worship is truly our God or our god.

Though we may not bow down to statues, as did the Israelites of old, and like those in other cultures and religions in the present world, it is easy for us to make people and things of this world subtly more important to us than the Lord Himself. Now, pray this prayer from your heart, to express the commitment of your heart that chooses to *"worship the Lord your God and serve Him only."* (Matt. 4:10)

**Dear Heavenly Father, I know how easy it is to allow other things and other people to become more important to me than You. I also know that this is terribly offensive to Your Holy eyes since You have commanded that I *"shall have no other gods before You"* (Exodus 20:3). I confess to You that I have not loved You with all my heart and soul and mind (Matt. 22:37), and as a result I have sinned against You, violating the first and greatest commandment. I repent of and turn away from this idolatry and now *choose* to return to You, Lord Jesus, as my first love once again (Rev. 2:4-5). Please reveal to my mind now any and all idols in my life. I want to renounce each of them, and in so doing, cancel out any and all ground Satan may have gained in my life through idolatry. In the name of Jesus, the one true God. Amen.**

*Use the checklist below to help recognize those areas that have been a trap for you. Notice that most (if not all) of these areas are not evil in themselves; they become idols when they usurp God's rightful place as Lord of our lives. (Note family issues with an F)*

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Ambition              | <input type="checkbox"/> Children                   | <input type="checkbox"/> Knowledge/ Being right             |
| <input type="checkbox"/> Money/ Possessions    | <input type="checkbox"/> Sports/ Physical fitness   | <input type="checkbox"/> Computers/ Games/ Software         |
| <input type="checkbox"/> Financial Security    | <input type="checkbox"/> Hobbies/ Collecting things | <input type="checkbox"/> Position/ Credentials/ Degrees     |
| <input type="checkbox"/> My work               | <input type="checkbox"/> Popularity/ Opinion of     | <input type="checkbox"/> Drugs/Alcohol/Food/ Any substance  |
| <input type="checkbox"/> Friends               | <input type="checkbox"/> Fun/ Pleasure              | <input type="checkbox"/> TV/ Movies/ Music/ Internet/ Other |
| <input type="checkbox"/> Spouse                | <input type="checkbox"/> Appearance/Image           | <input type="checkbox"/> Rock stars/ media celebrities/     |
| <input type="checkbox"/> Boyfriend/ Girlfriend | <input type="checkbox"/> Busyness/ activity         | <input type="checkbox"/> Church/ Christian activities/      |
| <input type="checkbox"/> Parents               | <input type="checkbox"/> Power/ Control             | <input type="checkbox"/> Ancestors/ Heritage/ Forefathers   |
| <input type="checkbox"/> Individuals-name them | <input type="checkbox"/> My opinions                | <input type="checkbox"/> Other -----                        |

As the Holy Spirit brings to your mind the things or people that have become more important to you than the One True God, Jesus Christ, use the prayer below to renounce them now.

**In the Name of the true and living God, Jesus Christ, I renounce my worship of the false gods of \_\_\_\_\_. I choose to worship only You, Lord, and ask You, Father, to enable me to keep all these areas in their proper place in my life. I renounce idolatry and all it's effect in my life (marriage, family and ministry). Thank You that I am forgiven. In Jesus' Name, Amen.**



## **Harry Potter: Witchcraft repackaged**

### **Making Evil Look Innocent**

*"I am writing this urgent message because I was once a witch. I lived by the stars as an astrologer and numerologist casting horoscopes and spells. I lived in the mysterious and shadowy realm of the occult. By means of spells and magic, I was able to invoke the powers of the "controlling unknown" and fly upon the night winds transcending the astral plane. Halloween was my favorite time of the year and I was intrigued and absorbed in the realm of Wiccan witchcraft.*

*All of this was happening in the decade of the 1960's when witchcraft was just starting to come out of the broom closet. It was during that decade of the 1960's, in the year 1966 that a woman named J. K. Rowling was born. This is the woman who has captivated the world with books known as the "Harry Potter Series." These books are orientational and instructional manuals of witchcraft woven into the format of entertainment. These books by J. K. Rowling teach witchcraft! I know this because I was once very much a part of that world.*

*Witchcraft was very different in the 1960's. There were a lot fewer witches, and the craft was far more secretive. At the end of that spiritually troubled decade, I was miraculously saved by the power of Jesus Christ and His saving blood. I was also delivered from every evil spirit that lived in me and was set free. However, as I began to attend fundamental Christian churches, I realized that even there witchcraft had left its mark. Pagan holidays and sabbats were celebrated as "Christian holidays." As time went on, I watched the so-called "Christian" churches compromising and unifying. I also watched with amazement as teachings from Eastern religions and "New Age" doctrine began to captivate congregations. It was a satanic set-up, and I saw it coming. Illuministic conspirators were bringing forth a one-world religion with a cleverly concealed element of occultism interwoven in its teachings.*

*In order to succeed in bringing witchcraft to the world and thus complete satanic control, an entire generation would have to be induced and taught to think like witches, talk like witches, dress like witches, and act like witches. The occult songs of the 1960's launched the Luciferian project of capturing the minds of an entire generation."*

It was the Communist revolutionary Lenin who said, "Give me one generation of youth, and I will transform the entire world." Now an entire generation of youth has been given to a woman named J.K. Rowling and her books on witchcraft, known as the Harry Potter Series.

*"As a former witch, I can speak with authority when I say that I have examined the works of Rowling and that the Harry Potter books are training manuals for the occult. Untold millions of young people are being taught to think, speak, dress and act like witches by filling their heads with the contents of these books. Children are obsessed with the Harry Potter books that they have left television and video games to read these witchcraft manuals.*

*Our children by reading the Harry Potter books are learning a new vocabulary, including words such as "Azkaban", "Circe", "Draco", "Erised", "Hermes", and "Slytherin"; all of which are names of real devils or demons. These are not characters of fiction!"*

How serious is this? By reading these materials, many millions of young people are learning how to work with demon spirits. They are getting to know them by name. Vast numbers of children professing to be Christians are also filling their hearts and minds, while willingly ignorant parents look the other way.

Some "Christian" leaders, however, defend them by saying that good magic always wins and overcomes evil magic. This is the oldest con game ever hatched out of hell. As a real witch, I learned about the two sides of "the force." When real witches have sabats and esbats and meet as a coven, they greet each other by saying "Blessed be", and when they part, they say "The Force be with you." Both sides of this "Force" are Satan. It is not a good side of the force that overcomes the bad side of the force, but rather it's the blood of Jesus Christ that destroys both supposed sides of the satanic "Force."

What does God have to say about such books as the Harry Potter series? In the Bible in the book of Acts, we read the following in the 19th chapter, verses 18-20: "And many of those who believed now came and openly confessed their evil deeds. A number who had practiced sorcery brought their scrolls together and burned them publicly. When they calculated the value of the scrolls, the total came to fifty thousand drachmas. In this way the word of the Lord spread widely and grew in power."

As parents, we will answer to God if we allow our children to read witchcraft books. The Word of God will prevail mightily in your life only if such things of Satan are destroyed.

Rowling's "Harry Potter" presents all of the following elements of Witchcraft: Mother Goddess, evolution, reincarnation, communing with the dead and spirit world, seasonal nature celebrations, sorcery, divination, spells, curses, meditation, occult symbology, black magic, demon possession, "dark" aspects of Witchcraft, and more.

Young readers today, more than any other time in history, have an abundance of occult resources easily available to them. The Harry Potter series clearly teaches young children how to become witches and warlocks and brings them into the new age occult world, and schools them in the devil's occult craft.

#### **What does the Word of God say about Witchcraft?**

*Mat 18:6 But whoso shall offend one of these little ones which believe in me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea.*

*Mat 18:14 Even so it is not the will of your Father which is in heaven, that one of these little ones should perish.*

*Mark 9:42 And whosoever shall offend one of these little ones that believe in me, it is better for him that a millstone were hanged about his neck, and he were cast into the sea.*

Every parent and teacher should be outraged about the damnable effects that the Harry Potter series will have to their children, grandchildren, and concerned friends.

Article written by: Pastor David J. Meyer  
Last Trumpet Ministries International

## **ADDENDUM 1d**

### **Model Prayer for repeating and nagging thoughts / voices:**

I confess that I have participated in listening to and obeying nagging, condemning voices (thoughts) \_\_\_\_\_. I renounce these voices (thoughts). I announce the truth that “there is now no condemnation for those in Christ Jesus”, (Romans 8:1). I announce that because of my position in Christ, I will not allow these voices (thoughts) to influence and control me, but I will walk by the Holy Spirit and be influenced only by Him.

### **Prayer/declaration for “What is the Truth about me”.**

Lord, I confess and renounce my sinful attitude of believing \_\_ (name each area) and claim these areas of my life for you. I announce the truth that in Christ and by God’s grace I am \_\_\_\_\_. In Jesus name, I pray. Amen

### **Model Renunciation for Forgiveness Issues:**

I renounce the lie that I am a victim of my environment and heritage; I announce the truth that I am a new creation in Christ Jesus, and I can do all things through Christ who gives me strength.

I renounce the lie that you, God, are like my earthly Father/Mother/Parents in the ways they failed me; I announce the truth that You love me with an everlasting love, and accept me unconditionally in the beloved Jesus Christ.

### **Model Prayer – Asking God For Memories:**

Lord Jesus, I love you and trust You, and I do want to be free. So if there is anything more I need to know or remember so that I can deal with it and be free, I ask you to reveal it to me now.

# ADDENDUM 1e

## SELF PROTECTIVE VOWS

It is critical to understand that a vow is never made outside of the context of a prayer. Often, as either an unconscious or willful reaction to painful life events, children, adolescents, and adults make “inner vows” (Matthew 5:33-37; James 5:12). An inner vow is defined as:

*“An independent self-protective determination toward or away from a course of action and outside the will of God, set by the mind and heart into all of one’s being.”*

When we make inner vows we are, in ignorance, making a prayer. Self-protecting vows are empty wells (Jeremiah 2:13) made outside the will of God, made unwittingly in agreement with the enemy, and destined to fail. Isaiah 28:15 says:

*“You boast, we have entered into covenant with death, with the grave we have made an agreement. When an overwhelming scourge sweeps by, it cannot touch us, for we have made a lie our refuge and falsehood our hiding place.”*

When we make these self-protective inner vows there is an evil one who “honors” that prayer and assigns his fallen companions alongside you in allegiance to support the vow made outside the will of God. Every time you begin to jeopardize the self-protective vow through developing healthy, holy intimacy, there is one speaking in the ear saying, “Remember, you promised to never let this happen the day you made your vow!”

Binding, unholy vows must be renounced and broken in Jesus’ name. Ask the Holy Spirit to reveal inner vows you had knowingly or unknowingly made. Pray with a mature Christian, renouncing all inner vows by praying the prayer at the bottom:

### **Examples of self-protective vows, “empty wells” or “hiding places” are:**

“I will never be completely transparent.”  
“I will never let anyone have my heart again.”  
“I will not allow myself to need.”  
“I will never be like my father (or mother)”  
“I must always stay in control.”  
“I will never be taken advantage of again.”  
“I will never give without getting back.”  
“I cannot let my deepest sins be known or I’ll be rejected.”  
“I must be strong.”  
“I must never completely trust.”  
“I must always avoid conflict at all cost, because conflict is terrible.”  
“I must always be nice.”  
“I will never let a man (or woman) control me.”  
“I must not show weakness.”  
“I will never allow myself to be dependent on anyone.”  
“I will not feel pain.” (I will not let others see my pain.)  
“I will never amount to anything.”  
“I will always be an outsider.”  
“I will never be poor again.”

**“Heavenly Father, thank you for revealing areas of fear and hurt in my life that I attempted to cover with lies. I know that You desire truth in my inner self, truth that sets me free (John 8:32). I confess the sin of being deceived by the father of lies (John 8:44), and that I have deceived myself (1 John 1:8). Father God, I recognize You as my ultimate authority and I release to you the “kingdom” of self-protection I have built, including all my “I wills,” “musts,” “nevers,” and “always.” I ask, in Jesus’ name, that You, Father, will bring Your Kingdom power to heal any remaining hurts at the root of these inner vows. I repent of making these inner vows, and specifically renounce the vows: \_\_\_\_\_ and declare that these inner vows are lies. I ask You, God, to rebuke all deceiving spirits by virtue of the shed blood of Jesus Christ, taking back ground given over through sin. Father God, I ask you to help me trust your protection instead of my own, and to trust Your ability to heal my hurts, past and present and future, of any pain You allow in my life.” In Jesus name, amen.**

# Step 2

## Deception vs. Truth

God's Word is true and we need to accept His truth in the innermost part of our being (see **Psalm 51:6**). Whether or not we feel it is true, we need to believe it is true! Since Jesus is the Truth (see John 14:6), the Holy Spirit is the Spirit of Truth (see John 16:13), and the Word of God is truth (see John 17:17), we ought to speak the truth in love (see Ephesians 4:15). The Biblical response to truth is faith.

The believer in Christ should have no part in deceiving others by lying, exaggerating, telling white lies, stretching the truth or anything relating to falsehoods. Satan is the father of lies (see John 8:44), and he seeks to keep people in bondage through deception (see Revelation 12:9, 2 Timothy 2:26), but it is the truth in Jesus that sets us free. (see John 8:32-36).

We will find real joy and freedom when we stop living a lie and walk openly in the truth. After confessing his sin, King David wrote, "Blessed (happy) is the man in whose spirit is no deceit" (Psalm 32:2).

We can find the strength to walk in the light of honesty and transparency before God and others (see 1 John 1:7) when we know that God loves and accepts us just as we are. We can be free to own up to our sin, face reality, and not run and hide from painful circumstances.

Start this step by praying the following prayer aloud. Don't let any opposing thoughts such as *This is a waste of time* or *I wish I could believe this stuff but I just can't* keep you from praying and choosing the truth. Even if this is difficult for you, work your way through this step. **God will strengthen you as you rely on Him.**

**Dear Heavenly Father,**

**I know that You want me to know the Truth, believe the Truth, speak the truth and live in accordance with the truth. Thank You that it is the Truth that will set me free. In many ways I have been deceived by Satan, the father of lies, and philosophies of this fallen world, and I have deceived myself as well. Father, I pray in the name of the Lord Jesus Christ, by virtue of His shed blood and resurrection, asking You to rebuke all evil spirits that are deceiving me.**

**I have trusted in Jesus alone to save me, and so I am Your forgiven child. Therefore, since You accept me just as I am in Christ, I can be free to face my sin and not try to hide. I ask the Holy Spirit to guide me into all truth. I ask You to "search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting" (Psalm 139:23,24). In the Name of Jesus, who is the Truth, I pray, Amen.**

There are many ways in which Satan, the god of this world (see 2 Corinthians 4:4), seeks to deceive us. Just as he did with Eve, the devil tries to convince us to rely on ourselves and to try to get our needs met through the world around us, rather than trusting in the provision of our Father in Heaven.

The following exercise will help open your eyes to the ways you may have been deceived by the world system around you. *Check each area of deception that the Lord brings to your mind and confess it, using the prayer following the list.*

### **WAYS YOU CAN BE DECEIVED BY THE WORLD**

*(make sure that you note family issues with an F)*

- Believing that acquiring money and things will bring lasting happiness (Matthew 13:22; 1 Timothy 6:10)
- Believing that consuming food/alcohol excessively will make me happy/relieve stress (Proverbs 20:1; 23:19-21)
- Believing that an attractive body and personality will get me what I want (Proverbs 31:10; 1 Peter 3:3,4)
- Believing that gratifying sexual lust will bring lasting satisfaction (Ephesians 4:22-24; 1 Peter 2:11)
- Believing that I can sin and get away with it and not have it affect my heart (Hebrews 3:12,13)
- Believing that I need more than what God has given me in Christ (2 Corinthians 11:2-4, 13-15)
- Believing that I can do whatever I want and no one can touch me (Prov. 16:18 Obadiah 3; 1 Peter 5:5)
- Believing that I can live a life of sin and refuse to accept Christ and still go to heaven (1 Corinthians 6:9-11)
- Believing that I can associate with bad company & not become corrupted. 1 Cor. 15:33
- Believing that I can read/see/listen to anything (anyone) and not be corrupted.(Prov.4 23-27; 6:27-28 Matt. 5:28)
- Believing that there are no consequences on earth for my sin (Galatians 6:7,8)
- Believing that I must gain the approval of certain people in order to be happy or to be accepted by God
  - (Galatians 1:10)
- Believing that I must measure up to certain standards in order to feel good about myself or to be accepted by God. (Galatians 3:2,3; 5:1)

**Lord, I confess that I have been deceived by \_\_\_\_\_. I thank You for Your forgiveness and I commit myself to believing only Your truth. In Jesus' name I pray. Amen.**

It is important to know that in addition to being deceived by the world, false teachers and deceiving spirits, we can also deceive ourselves. Now that you are alive in Christ, completely forgiven and totally accepted, you don't need to defend yourself the way you used to. Christ is now your defense. Confess the ways the Lord shows you that you have deceived yourself or defended yourself wrongly by using the lists and prayers of confession below:

### **WAYS YOU CAN DECEIVE YOURSELF**

- Hearing God's Word but not doing it (James 1:22)
- Saying I have no sin (1 John 1:8)
- Thinking I am something when I am not (Gal.6:3)
- Thinking I am wise in this worldly age (1Cor. 3:18-19)
- Thinking that God is the source of my problems (Lam. 3)
- Thinking that I can live my life without anyone's help
- Believing my feelings are reality to live by
- Thinking I need to control things/people
- Thinking I will not reap what I sow
- Thinking I can go to wicked places and it's okay.
- Thinking I can be truly religious and not bridle my tongue (James 1:26)
- Thinking I have no authority over Satan
- Being a decent person is good enough(Psalms 53:3)

**Lord, I confess that I have deceived myself by \_\_\_\_\_. Thank you for Your forgiveness. I commit myself to believing only Your truth. In Jesus' name, Amen.**

## WAYS YOU WRONGLY DEFEND YOURSELF

- Denial (conscious/subconscious refusal to face truth)
- Escaping Reality (Fantasy) (by daydreaming, watching TV or movies, listening to music, playing computer or video games, abusing drugs or alcohol, etc.)
- Emotional insulation (withdrawing to avoid rejection)
- Regression (reverting back to a less threatening time)
- Displaced anger (taking out frustrations on others)
- Projection (attributing to another what I find unacceptable in myself)
- Blaming yourself (when you are not responsible) and others
- Believing my value/ identity is in my job, ministry, mates love, etc.
- Thinking I must look/be a certain way to be acceptable
- Lying (protecting yourself through falsehoods)
- Rationalization (making excuses for poor behavior)
- Hypocrisy (presenting a false image)

**Lord, I confess that I have defended myself wrongly by \_\_\_\_\_. Thank you for Your forgiveness. I now commit myself to trusting in You to defend and protect me. In Jesus' name I pray. Amen.**

Choosing the truth may be hard for you if you have believed lies for many years. The wrong ways we have used to shield ourselves from pain and rejection are often deeply ingrained in our lives. You may need some ongoing counseling to help weed out any defense mechanisms that you have relied on to cope with life. Every Christian needs to learn that Christ is the only defense he or she needs. Realizing that you are already forgiven and accepted by God through Christ will help free you up to place all your dependence on Him.

Faith is the biblical response to the truth, and believing what God says is a choice that we all can make. If you say, "I wish I could believe God, but I just can't," you are being deceived. Of course you can believe God, because what God says is always true. Believing is something YOU choose to do, not something you feel like doing. Believing something does not make it true; it's already true, therefore we choose to believe it!

See ADDENDUMS 2a1, 2a-2

Sometimes we are greatly hindered from walking by faith in our Father God because of lies we have believed about Him. We are to have a healthy fear of God, awe of His holiness, power and presence, but we are not to be afraid of Him. Romans 8:15 says, "For you did not receive a spirit that makes you a slave again to fear, but you received a spirit of son-ship. And by him we cry, 'Abba', Father!"

The following exercise will help renew your mind to a true knowledge of your heavenly Father. Read the list **aloud**.

Work your way down the following lists, one by one, left to right. Begin each one with the statement in bold print at the top of that list.

<b>I renounce the lie that my Father God is...</b>	<b>I joyfully accept the truth that my Father God is...</b>
Distant and disinterested	Intimate and involved (Psalm 139:1-18)
Insensitive and uncaring	Kind and compassionate (Psalm 103:8-14)
Stern and demanding	Accepting and filled with joy and love (Romans 15:7; Zephaniah 3:17)
Passive and cold	Warm and affectionate (Isaiah 40:11; Hosea 11:3,4)
Absent or too busy for me	Always with me and eager to be with me (Hebrews 13:5; Jeremiah 31:20, Ezekiel 34:11-16)
Never satisfied with what I do; impatient or angry	Patient and slow to anger (Exodus 34:6, 2 Peter 3:9)
Mean, cruel or abusive	Loving, gentle and protective of me (Jeremiah 31:3; Isaiah 42:3, Psalm 18:2)
Trying to take all the fun out of life	Trustworthy and wants to give me a full life; His will is good, pleasing and acceptable for me (Lamentations 3:22, 23; John 10:10, Romans 12:1,2)
Controlling or manipulative	Full of grace and mercy, and He gives me freedom to choose (Hebrews 4:15, 16; Luke 15:11-16)
Condemning or unforgiving	Tenderhearted and forgiving; His heart and arms are always open to me (Psalm 130:1-4; Luke 15:17-24)
Nitpicking, exacting or perfectionistic	Committed to my growth and loves and affirms me as His growing child (Romans 8:28,29; Hebrews 12:5-11; 2Corinthians 7:4)

***I am the apple of His eye!*** (Deuteronomy 32:9-10)

Faith is choosing to believe and act upon what God says, regardless of our feelings or circumstances. Believing something, however, does not make it true. *It's true; therefore, we choose to believe it.* The New Age movement has twisted the concept of faith by saying that we make something true by believing it. No, we can't create reality with our minds; only God can do that. We can only face reality with our minds.

Just "having faith" is not enough. The key question is whether the object of your faith is **trustworthy**. If the object of your faith is not reliable, then no amount of believing will make it reliable. That is why our faith must be on the solid Rock of God Himself and His Word. That is the only way to live a responsible and fruitful life. On the other hand, if what you believe in is not true, then the way you end up living will not be right.

For generations, Christians have known the importance of publicly declaring what they believe. Read aloud the following Statements of Truth, *thinking* about what you are saying. You may find it very helpful to **read it daily** for several weeks to renew your mind with the truth and replace any lies you might be believing.

# STATEMENTS OF TRUTH

## (My Daily Vitamins)

1. I **recognize** that there is only one true and living God (Exodus 20:2,3) who exists as the Father, Son and Holy Spirit. He is worthy of all honor, praise and glory as the One who made all things and holds all things together (Colossians 1: 16, 17).
2. I **recognize** that Jesus Christ is the Messiah, the Word who became flesh and dwelt among us (John 1:1,14). I believe that He came to destroy the works of the devil (1 John 3:8), and that He disarmed the rulers and authorities and made a public display of them, having triumphed over them by the cross. (Colossians 2:15).
3. I **believe** that God has proven His own love for me because when I was still a sinner, Christ died for me (Romans 5:8). I believe that He has delivered me from the domain of darkness and transferred me to His kingdom, and in Him I have redemption and the forgiveness of sins (Colossians 1:13,14).
4. I **believe** that I am now a *child of God* (1John 3:1-3) and that I am seated with Christ in the heavenlies (Ephesians2: 6). I believe that I was saved by the grace of God through faith, and that it was a gift and not a result of any works on my part (Ephesians 2:8,9).
5. I **choose** to be strong in the Lord and in the strength of His might (Ephesians 6:10). I put no confidence in the flesh (Philippians 3:3), for the weapons of warfare are not of the flesh but are divinely powerful for the destruction of strongholds (2 Corinthians 10:4). I put on the full armor of God (Ephesians 6:10-20). I resolve to stand firm in my faith and resist the evil one.
6. I **believe** that apart from Christ I can do nothing (John 15:5), so I declare my complete dependence on Him. I choose to abide in Christ in order to bear much fruit and glorify my Father (John 15:8). I announce to Satan that Jesus is my Lord (1 Corinthians 12:3) and I reject any and all counterfeit gifts or works of Satan in my life.
7. I **believe** that the Truth will set me free (John 8:32) and that Jesus is the Truth (John 14:6). If He sets me free, I will be free indeed (John 8:36). I recognize that walking in the light is the only path of true fellowship with God and man (1 John 1:3-7). Therefore, I stand against all of Satan's deception by taking every thought captive in obedience to Christ (2 Corinthians 10:5). I declare that the Bible is the only authoritative standard for truth and life (2Tim.3:15-17).
8. I **choose** to present my body to God as a living and holy sacrifice (Rom.12: 1) and the members of my body as instruments of righteousness to God (Rom.6: 13). I choose to renew my mind by the living Word of God in order that I may prove that the will of God is good, acceptable and perfect (Rom.12: 2). I put off the old self with its evil practices and put on the new self (Col. 3:9,10). I declare myself to be a new creation in Christ (2 Corinthians 5:17).
9. By faith, I **choose** to be filled with the Spirit (Ephesians 5:18) so that I can be guided into all truth (John 16:13). I choose to walk by the Spirit so that I will not carry out the desires of the flesh (Galatians 5:16).
10. I **renounce** all selfish goals and choose the ultimate goal of love (1 Timothy 1:5). I choose to obey the two greatest commandments: to love the Lord my God with all my heart, soul, mind and strength and to love my neighbor as myself (Deut.6:5, Matthew 22:37-39).
11. I **believe** that the Lord Jesus has all authority in heaven and on earth (Matthew 28:18) and that He is the head over all rule and authority. I am complete in Him (Colossians 2:10). I believe that Satan and his demons are subject to me in Christ since I am a member of Christ's Body (Ephesians 1:19-23). Therefore, I obey the command to submit to God and resist the devil (James 4:7), and I command Satan in the name of Jesus Christ to leave my presence.



## Addendum 2A-1

### TRUTH ABOUT GOD WHO IS GOD?

"I AM" (Exodus 3:14, 15; John 8:58)	Jesus (Matthew 4:7; Mark 1:24)
Adonai "Lord" (Genesis 15:2)	Judge (Psalm 50:4, 6)
All powerful (Revelation 19:1)	Just (Deut. 32:4; Isaiah 45:21; Acts 10:22)
All Sufficient (II Corinthians 9:8)	King (Psalm 10:16)
Almighty (Genesis 35:11)	King of Israel (Isaiah 44:6)
Alpha and Omega (Revelation 1:8,11; 21:6)	King of Kings (I Timothy 6:15)
Ancient of Days (Daniel 7:9)	Lamb (John 1:29, 36)
Banner (Exodus 17:15)	Life (John 14:6)
Branch (Jeremiah 33:15)	Light of the World (John 8:12; Matthew 9:5)
Bread of Life (John 6:35)	Living (Deuteronomy 5:26; Joshua 3:10)
Bright and Morning Star (Revelation 22:16)	Longsuffering (Numbers 14:18)
Chief Cornerstone (Psalm 118:22; Matthew 21:42)	Lord (Genesis 2:9; 17:1; Psalm 18:2)
Christ (John 1:1; Acts 2:36)	Lord of Lords (Psalm 136:3; I Tim. 6:15)
Comforter (Job 35:10)	Love (I John 4:8, 16)
Compassionate (Psalm 116:5; Joel 2:13; Jonah 4:2)	Maker (Psalm 95:6; Proverbs 22:2)
Counselor (Isaiah 9:6)	Merciful (II Chron. 30:9; Psalm 116:5)
Creator (Isaiah 40:28; Isaiah 45:12; I Peter 4:19)	Messiah (Psalm 2:2; John 1:41; 4:25)
Defender (Psalm 68:5)	Mighty God (Isaiah 9:6)
Deliverer (Psalm 18:2-4)	My strength (Psalm 46:1; 81:1; Rev. 12:10)
Desire of all nations (Haggai 2:7)	My fortress (Psalm 18:2; 31:3; 91:2)
Door of the Sheep (John 10:7)	My provider (Psalm 111:9)
El Shaddai "God Almighty" (Genesis 49:24, 25)	Omnipresent (I Kings 8:7; Matt. 28:20)
Elohim "God" (Isaiah 40:1; Jeremiah 31:33)	Omniscient (I John 3:20; John 16:30)
Eternal (Deut. 33:27; Revelation 1:18)	Potter (Isaiah 64:8)
Everlasting Father (Isaiah 9:6)	Prince of Peace (Isaiah 9:6)
Everlasting God (Isaiah 40:28)	Redeemer (Job 19:23-25; Psalm 19:14)
Everywhere (I Kings 8:27)	Resurrection and the Life (John 11:25)
Faithful One (Revelation 2:13)	Righteous (Psalm 119:137-138, 142, 144)
Faithful Witness (Jeremiah 42:5; Revelation 1:5)	Righteous One (Exodus 9:27; Isaiah 24:16)
Father of our Lord Jesus Christ (II Cor. 1:3)	Rock (II Samuel 22:32; Psalm 18:2; 42:9)
First and Last (Isaiah 41:4; 44:6; 48:12)	Rock of Israel (II Samuel 23:3)
Fountain of Living Water (Jeremiah 2:13)	Root of Jesse (Romans 15:12)
God of heaven and earth (Genesis 24:3)	Savior (II Samuel 22:3; Psalm 106:21)
God of my life (Psalm 42:8)	Shelter (Psalm 91:1)
Good Shepherd (John 10:11, 14)	Shepherd (Gen. 49:24)
High Priest (Hebrews 7:26; 8:1)	Spirit (Luke 12:12; Romans 8:9)
Holy (Leviticus 11:44, 45)	Spirit of Truth (John 14:15-16; John 8:32)
Holy One (Isaiah 43:15; Acts 3:14)	Sun of Righteousness (Malachi 4:2)
Holy One of Israel (Isaiah 43:3)	True (Jeremiah 10:10)
Immanuel (Isaiah 7:14)	True Vine (John 15:1)
Infinite (I Kings 8:12)	True Witness (Jeremiah 42:5; Rev. 3:14)
Jealous (Joshua 24:19; Ezekiel 36:5)	Truth (Deut. 32:4; Isaiah 65:16; John 14:6)
Jehovah (Psalm 83:18; Isaiah 26:4)	Way (John 14:6)
Jehovah-Jireh "The Lord will provide" (Gen. 22:14)	Word (John 1:14)

## ADDENDUM 2a-2

### What is The Truth About Me?

<p><b>Our old 'programming' – How I FEEL/THINK about myself. I renounce the LIE that:</b></p>	<p><b>What is TRUE about me. What GOD'S WORD Says About Me. This is TRUTH!! I declare the Truth that IN CHRIST:</b></p>
I am unlovable.	<p><b>I AM VERY LOVED!</b> John 15:9; Rom. 8:35-39; Eph. 2:4-6; I John 3:1a, 4:10, 10</p>
I am unacceptable.	<p><b>I AM ACCEPTED!</b> John 15:15-16; Eph. 1:3-6</p>
I am unworthy.	<p><b>I AM RIGHTEOUS!</b> Rom. 8:31-34; I Cor. 6:19-20; II Cor. 5:21</p>
I am inadequate.	<p><b>I AM ADEQUATE!</b> II Cor. 2:14; 3:5-6; 12:9; Phil. 4:13</p>
I am a failure.	<p><b>I AM VICTORIOUS!</b> Rom. 8:37; II Cor. 2:14; I John 5:4</p>
I am fearful.	<p><b>I AM FREE FROM FEAR!</b> Ps. 4:8; 27:1; 32:7; II Tim. 1:7; I John 4:18</p>
I am anxious.	<p><b>I AM CONTENT!</b> Ps. 4:8; 37:5; Phil. 4:6-7, 11; Heb. 13:5; I Pet. 5:7</p>
I am weak.	<p><b>I AM STRONG IN CHRIST!</b> Acts 1:8; II Cor. 12:9-10; Eph. 1:19; 3:16; Phil. 4:13</p>
I am not very smart or good enough.	<p><b>I HAVE GOD'S WISDOM!</b> John 15:15; 16:13-14; I Cor. 1:30; James 1:5; I John 2:20-21, 27</p>
I am in bondage.	<p><b>I AM FREE!</b> John 8:32, 36; II Cor. 3:17; Gal. 5:1, 13a</p>
I am unwanted and belong to no one.	<p><b>I HAVE BEEN ADOPTED BY GOD AND AM HIS CHILD!</b> Rom. 8:16, 17; Gal. 4:5-7; I John 3:2</p>
I feel guilty.	<p><b>I AM TOTALLY FORGIVEN!</b> Eph. 1:7; 2:13; Col. 1:14</p>
I am depressed	<p><b>I HAVE THE JOY OF THE LORD!</b> John 15:11; 17:13; Rom. 15:13; I John 1:4</p>
There is nothing special about me.	<p><b>I HAVE BEEN CHOSEN, SET APART BY GOD!</b> John 15:16; I Cor. 1:30; 6:11; I Peter 2:9</p>
I am hopeless.	<p><b>I HAVE ALL THE HOPE I NEED!</b> Rom. 8:20-25; 15:4, 13; Col. 1:26-27; I Peter 1:3</p>
I feel condemned.	<p><b>I AM BLAMELESS!</b> John 3:18; 5:24; Rom. 8:1</p>
I am alone.	<p><b>I AM NEVER ALONE!</b> Rom. 8:38-39; Heb. 13:5</p>
I can't reach God.	<p><b>I HAVE ACCESS TO GOD ----- anytime!</b> Eph. 2:18; Heb. 4:14-16; I Peter 2:5, 9; I John 5:14-15</p>
I am afraid of Satan.	<p><b>I HAVE AUTHORITY OVER SATAN!</b> Col. 1:13; I John 4:4; Rev. 12:7-11</p>
I have no confidence.	<p><b>I HAVE ALL THE CONFIDENCE I NEED!</b> Prov. 3:26; 14:26; 28:1; Eph. 3:12; Phil. 1:6; Heb. 10:19; I John 5:14</p>

I am a temple in which God's Holy Spirit dwells. (1 Cor. 6:19; 2 Tim. 1:14)

*Adapted from writings of Neil Anderson*

# Step 3

## Bitterness vs. Forgiveness

We need to forgive others so Satan cannot take advantage of us (2 Corinthians 2:10,11). We are commanded to get rid of all bitterness in our lives and forgive others as we have been forgiven (Ephesians 4:31,32). Ask God to bring to your mind the people you need to forgive by praying the following prayer:

**Dear Heavenly Father, I thank You for the riches of Your kindness, forbearance and patience toward me, knowing that Your kindness has led me to repentance (Romans 2:4). I confess that I have not shown that same kindness and patience toward those who have hurt me. Instead, I have held on to my anger, bitterness and resentment toward them. Please bring to my mind all the people I need to forgive in order that I may do so now. In Jesus' name. Amen.**

Before you begin working through the process of forgiving, take a few minutes to review what forgiveness is and what it is not.

**Forgiveness is not merely forgetting.** People who want to forget all that was done to them will find that they cannot do it. Don't put off forgiving those who have hurt you, hoping the pain will one day go away. Once you choose to forgive someone then Christ can come and begin to heal you of your hurts. ***But the healing cannot begin until you first forgive.***

**Forgiveness is a choice, a decision of your will.** Since God requires you to forgive, it is something you can do. Sometimes it is very hard to forgive someone because we naturally want revenge for the things we have suffered. Forgiveness seems to go against our sense of what is right and fair. So we hold on to our anger, punishing people over and over again in our minds for the pain that they've caused us. But we are told by God never to take our own revenge (Romans 12:19). *Let God deal with the person.* Let him or her off your hook because as long as you refuse to forgive someone you *are still hooked* to that person. You are still chained to your past, bound up in your bitterness.

**By forgiving, you let the other person off your hook, but they are not off God's hook.** You must trust that God will deal with the person justly and fairly, something you simply cannot do. You might say, "But you don't know how much this person hurt me!" You're right. We don't, but Jesus does; and He tells you to forgive others for your sake. Until *you* let go of your anger and hatred, the person is still hurting you. You can't turn back the clock and change the past, but you can be free from it. You can stop the pain; but there is only one way to do it- forgive from your heart.

You forgive others for your sake so you can be free. Forgiveness is mainly a matter of obedience to God. God wants you to be free; there is no other way.

**Forgiveness is agreeing to live with the consequences of another person's sin.** You are going to live with those consequences anyway whether you like it or not. The only choice you have is whether you will do so in the *bondage of bitterness* or in the *freedom of forgiveness*. But no one truly forgives without accepting and suffering the pain of another person's sin. That can seem unfair and you may wonder where the justice is in it, but justice is found at the Cross which makes forgiveness legally and morally right.

Jesus took the *eternal* consequences of sin upon Himself. "God made Him who had no sin to be sin for us, that in him we might become the righteousness of God" (2 Corinthians 5:21). We, however, often suffer the temporary consequences of others people's sins. That is simply a harsh reality of life all of us have to face.

**Do not wait for the other person to ask for your forgiveness before forgiving them.**

They may never do so. Remember, Jesus did not wait for those who were crucifying Him to apologize before He forgave them. Even while they mocked and jeered at Him, He prayed, "Father, forgive them; for they do not know what they are doing" (Luke 23:34, NASB).

**Forgiveness must come from your heart.** Allow God to bring the painful memories to the surface, and then acknowledge how you feel toward those who've hurt you. If your forgiveness doesn't touch the emotional core of your life, it will be incomplete. Too often we are afraid of the pain, so we bury our emotions deep down inside us. Let God bring them to the surface, so He can begin to heal those damaged emotions.

**Forgiveness is choosing not to hold someone's sin against him or her anymore.** It is common for bitter people to bring up past issues with those who have hurt them. They want them to feel bad. But we must let go of the past and choose to reject any thought of revenge. This doesn't mean you must continue to put up with the future sins of others. God does not tolerate sin and neither should you. Don't allow yourself to be continually abused by others. Take a stand against sin while continuing to exercise grace and forgiveness toward those who hurt you. You may need help in setting wise limits and boundaries to protect yourself from further abuse. (Eph.4:29-32)

**Forgiveness cannot wait until you feel like forgiving.** You will never get there. Make the hard choice to forgive even if you don't feel like it. Once you choose to forgive, Satan will have lost his power over you in that area and God's healing touch will be free to move. ***Freedom is what you will gain right now, not necessarily an immediate change in feelings.***

## Let's look at some Scriptures about forgiveness:

Matthew 6: 12--Forgive us our debts, as we also have forgiven our debtors.....**God assumes we will forgive.**

Matthew 6:14,15 -- For if you forgive men when they sin against you, your Heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sin. **God's forgiveness is conditional on our forgiveness of others.**

Ephesians 4:30-31-- And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. **Our unforgiveness grieves the Holy Spirit.**

Ephesians 4:32-- Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. **Forgive as Christ forgives.**

Hebrews 10:30-31 ---For we know Him who said "It is mine to avenge: I will repay" and again " The Lord will judge His people". It is a dreadful thing to fall into the hands of the living God. **Judgment and revenge belong to God alone. We must trust it to Him!**

Ephesians 4:26-27---In your anger, do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold. **Sinning in your anger gives Satan a foothold in your life.**

Hebrews 12:15---See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many. **Unforgiveness causes a bitter root.**

See ADDENDUMS 3a, 3b, 3c, 3d, 3e, 3f and 3g.

## Anger

Proverbs 29:11 – A fool gives vent to anger, but the wise quietly holds it back.

James 1:20-21 – You must understand this, my beloved; let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness.

**Now you are ready to begin to list the names of people who come to your mind.** At this point don't question whether you need to forgive them or not. ***If a name comes to mind, just write it down.***

Often we hold things against ourselves as well, punishing ourselves for wrong choices we've made in the past. Write "myself" and ***be sure that you write down everything you have to forgive yourself for and all the feelings or sense of identity it created.*** Forgiving yourself is accepting the truth that God has already forgiven you in Christ. If God forgives you, you can forgive yourself! ***Also write, "thoughts against God" at the bottom of your list.*** Obviously, God has never done anything wrong so we don't have to forgive Him. Sometimes, however, we harbor angry thoughts against Him because He did not do what we wanted Him to do. Those feelings of anger or resentment against God can become a wall between Him and us so we must let them go.

Don't forget to check out: parents, in-laws, children, grandparents, siblings, other relatives, previous lovers, childhood friends, therapists/doctors, clients, teachers, students, employers, co-workers, the church.....

<b>Name:</b> <i>Feel/my identity</i> <i>(People Who Hurt Me)</i> <i>About Myself</i>	<b>Offense(s):</b> <i>(What They Did)</i>	<b>Made Me</b> <i>What I Believe</i>
---	--	---

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

**Now, you are ready to begin.** Starting with the first person on your list, make the choice to forgive him or her for every painful memory that comes to your mind. Focus on that individual.

For every painful memory you have for each person on your list, pray aloud:

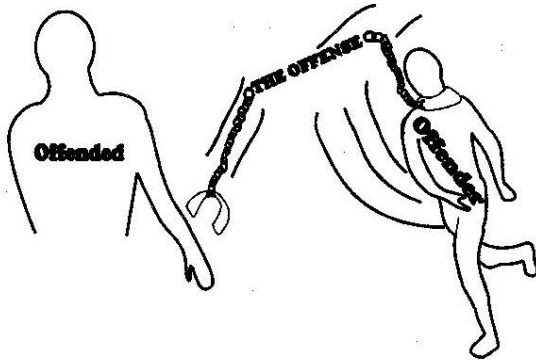
**Lord, I choose to forgive           (name the person)           for           (say what they did to hurt you)           even though it made me feel           (share the painful feelings)          .**

After you have forgiven each person for all the offenses that come to your mind and after you have honestly expressed how you felt, conclude your forgiveness of that person by praying aloud:

**Lord, I choose not to hold on to my resentment. I relinquish my right to revenge and ask you to heal my damaged emotions. I thank you for setting me free from the bondage of my bitterness. I now ask you to bless those who have hurt me. In Jesus Name I pray. Amen.**

# ADDENDUM 3a

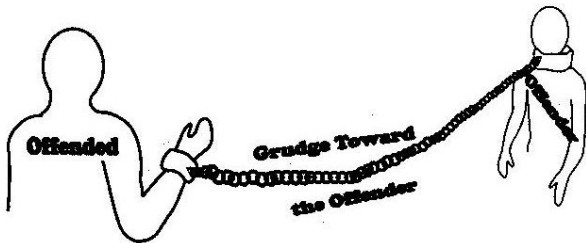
1



Offenses against us cause hurt. At the same time guilt is placed by God on the conscience of the person who hurt us.

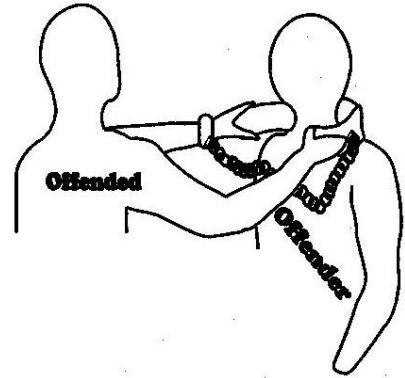
We become *bound* to the offender by the bitterness we harbor in our heart. That bitterness actually sustains the hurt we feel.

2



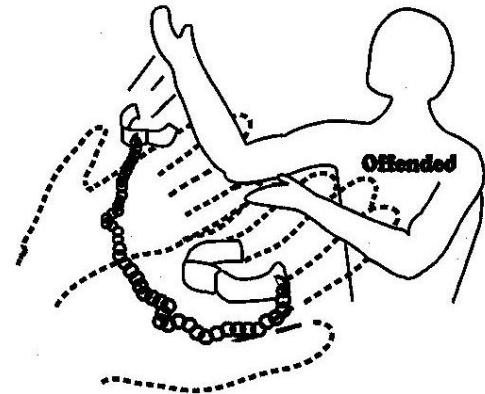
Mere separation cannot break this *bondage* – only forgiveness can. The offender should ask for forgiveness, but might never do so. Then the one hurt by the offense must initiate the process of forgiveness.

3



The offended one releases the offender to God for judgment. This is forgiveness.

4



The one who was offended then gives the offense, the hurt, the bitterness and the offender to God and His perfect will for that person.

## ADDENDUM 3b

### EMOTIONAL PAIN WORDS

abandoned  
accused  
afraid  
all my fault  
alone  
always wrong  
angry  
anxious  
apathetic  
ashamed  
bad  
belittled  
betrayal  
betrayed  
bitter  
blamed  
can't do anything right  
can't trust anyone  
cheap  
cheated  
condemned  
confused  
conspired against  
controlled  
cut off  
deceived  
defeated  
defenseless  
defrauded  
degraded  
desires were rejected  
despair  
destroyed  
devalued  
didn't belong  
didn't measure up  
dirty  
disappointed  
disgusted  
disrespected  
dominated  
embarrassed  
empty  
exposed  
failure  
fear  
foolish  
forced  
frustrated  
good for nothing  
guilty  
hatred  
hate myself

helpless  
hollow  
hopeless  
humiliated  
hurt  
hysterical  
impure  
inadequate  
indecent  
inferior  
insecure  
insensitive to my needs  
insignificant  
invalidated  
left out  
lied to  
lonely  
lost  
made fun of  
manipulate  
mindless  
mistreated  
misunderstood  
molested  
neglected  
no good  
not being affirmed  
not cared for  
not cherished  
not deserving to live  
not listened to  
not measure up  
not valued  
opinions not valued  
out of control  
overwhelmed  
pathetic  
pressured  
pressure to perform  
publicly shamed  
rejected  
rejection  
repulsed  
revenge  
ruined  
sad  
scared  
secluded  
self-disgust  
shamed  
stressed  
stupid

suffocated  
suicidal  
taken advantage of  
thwarted  
torn apart  
trapped  
trash  
ugly  
unable to communicate  
unaccepted  
uncaring  
uncared for  
unchosen  
unclean  
unfairly judged  
unfairly treated  
unfit  
unimportant  
unlovable  
unloved  
unnecessary  
unprotected  
unsafe  
unsympathetic  
unwanted  
used  
violated  
vulnerable  
wasted  
wicked  
worthless  
wounded

## **ADDENDUM 3c**

### **FORGIVENESS**

Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you (Luke 6: 27, 28).

Here are 12 simple steps you can use to walk through the process of forgiving someone who hurt you in the past.

1. Ask the Lord to reveal the names of the persons who offended you and the specific wrongs you suffered.
2. Face the hurt and the hate. If you are going to forgive from your heart, you must let God search the depths of your heart.
3. Acknowledge the significance of the cross. It is the cross of Christ that makes forgiveness legally and morally right.
4. Decide that you will not retaliate by using the information about the offender's sin against them (Luke 6: 27-34).
5. Decide to forgive. Forgiveness is a conscious choice to let the other person off the hook and free yourself from the past.
6. Take your list of names to God and pray the following: "forgive \_\_\_\_ (name) \_\_\_\_ for \_\_\_\_\_ (specifically identify every remembered pain).
7. Destroy the list. You are now free. Do not tell the offenders what you have done. Your forgiveness is between you and God unless the offenders have asked you for forgiveness.
8. Do not expect that your decision to forgive will result in major changes in the other persons. Instead, pray for them (Matthew 5:44).
9. Try to understand the people you have forgiven. They are victims also.
10. Freedom is a result of forgiveness in you. In time you will be able to think about the people who offended you without feeling hurt or anger.
11. Thank God for the lessons you have learned and the maturity you have gained.
12. When appropriate, accept your part of the blame for the offenses you suffered. Confess your failure to God and to others (1 John 1:9) and realize that if someone has something against you, you must go to that person (Matthew 5:23-26).



## **ADDENDUM 3d**

### **Seeking the Forgiveness of Others**

"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. Settle matters quickly with your adversary who is taking you to court. Do it while you are still with him on the way, or he may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. I tell you the truth, you will not get out until you have paid the last penny." Matthew 5:23-26

#### **THE MOTIVATION FOR SEEKING FORGIVENESS**

Matthew 5:23-26 is the key passage on seeking forgiveness. Several points in these verses bear emphasizing:

The worshipper, coming before God to offer a gift, remembers that someone has something against him. The Holy Spirit is the One who brings to his mind the wrong he has done.

Only the actions that have hurt other people need to be confessed to them. If you have had jealous, lustful or angry thoughts toward others which they don't know about, these are to be confessed to God alone.

An exception to this principle occurs when restitution need to be made. If you stole or broke something, damaged someone's reputation, etc., you need to go to that person and make it right even if he or she is unaware of what you did.

#### **THE PROCESS OF SEEKING FORGIVENESS**

1. Write out what you did wrong and why you did it.
2. Make sure you have already forgiven that person for whatever he or she may have done to you.
3. Think through exactly how you will ask him or her to forgive you. Be sure to:
  - a. Label your action as "wrong".
  - b. Be specific and admit what you did.
  - c. Make no defenses or excuses.
  - d. Do not blame the other, and do not expect or demand that he or she ask you for your forgiveness.
  - e. Your confession should lead to the direct question: Will you forgive me?

4. Seek the right place and right time to approach the offended person. If you have asked God for forgiveness, and it will cause more harm than good to the person you intend to talk with, don't approach the offended person.
5. Ask for forgiveness in person with anyone with who you can talk face-to-face with the following exceptions: DO NOT go alone when your safety is in danger.
6. DO NOT write a letter, except where no other means of communication is possible
  - a. A letter can be very easily misread or misunderstood.
  - b. A letter can be read by the wrong people, those having nothing to do with the offense or the confession.
  - c. A letter can be kept when it should have been destroyed.
7. Once you sincerely seek forgiveness, you are free, whether the other person forgives you or not (Romans 12:18).
8. After forgiveness, fellowship with God in worship (Matthew 5:24).

## ADDENDUM 3E

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### THE FATHER'S LOVE LETTER

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To My Child,

You may not know me, but I know everything about you... Psalms 139:1

Even the very hairs on your head are numbered... Matt 10:29-31

For you were made in my image... Genesis 1:27

I knew you even before you were conceived... Jeremiah 1:4

I chose you when I planned creation... Ephesians 1:11

And I knit you together in your mother's womb... Psalms 139:13

You are not a mistake, for all your days are written in my book... Psalms 139:16

I determined when you would be born and where you would live... Acts 17:26

Because I love you with an everlasting love... Jeremiah 31:3

I have been misrepresented by those who don't know me... John 8:41-44

I am not distant and angry but am the complete expression of love... 1 John 4:16

And it is my desire to lavish my love on you... 1 John 3:1

For every good gift that you receive comes from my hand... James 1:17

I offer you more than your earthly father ever could... Matthew 7:11

Because I am the perfect Father... Matthew 5:48

And I am the provider who meets all your needs... Matthew 6:11-33

My plan for your future has always been filled with hope... Jeremiah 29:11

My thoughts toward you are as countless as the sands on the seashore... Psalms 139:17, 18

And I rejoice over you with singing... Zephaniah 3:

I will never stop doing good to you... Jeremiah 32:40

For you are my treasured possession... Exodus 19:5

Delight in me and I will give you the desires of your heart... Psalms 37:4

For it is I who gave you those desires... Philippians 2:13

I am able to do more for you than you could possibly imagine... Ephesians 3:20, 21

For I am your greatest encourager... 2 Thessalonians 2:16,17

I am also the Father who comforts you in all your troubles... 2 Corinthians 1:3,4

When you are brokenhearted I am close to you... Psalms 34:18

As a shepherd carries a lamb, I have carried you close to my heart... Isaiah 40:11

One day I will wipe every tear from your eyes... Revelation 21:3,4

Because I love you even as I love my son, Jesus... John 17:23

For in Jesus, my love for you is revealed... John 17:23

He is the exact representation of my being... Hebrews 1:3

He came to demonstrate that I am for you, not against you... Romans 8:31

And to tell you that I am not counting your sins... 2 Corinthians 5:18, 19

Jesus died so that we could be reconciled... 2 Corinthians 5:18,19

His death was my ultimate expression of love for you ... 1 John 4:10

I gave up everything that I loved to gain your love... Romans 8:31,32

If you receive the gift of my Son you receive me... 1 John 2:23

And nothing will ever separate you from my love again... Romans 8:38,39

Come home and I'll throw the biggest party heaven has ever seen... Luke 15:7

I have always been Father, and will always be Father... Ephesians 3:14, 15

My question is.... Will you be my child? John 1:12, 13

I am here if you ever want to talk

Your Father.



## **ADDENDUM 3f**

### **God's Word About Anger**

Job 19:29 - <sup>29</sup> be afraid of the sword, for wrath brings the punishment of the sword, so that you may know there is a judgment.

Psalms 37:8 - <sup>8</sup> Refrain from anger, and forsake wrath. Do not fret—it leads only to evil.

Proverbs 12:16 - <sup>16</sup> Fools show their anger at once, but the prudent ignore an insult.

Proverbs 14:17 - <sup>17</sup> One who is quick-tempered acts foolishly, and the schemer is hated.

Proverbs 14:29 - <sup>29</sup> Whoever is slow to anger has great understanding, but one who has a hasty temper exalts folly.

Proverbs 15:1 - A soft answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:18 - <sup>18</sup> Those who are hot-tempered stir up strife, but those who are slow to anger calm contention.

Proverbs 16:32 - <sup>32</sup> One who is slow to anger is better than the mighty, and one whose temper is controlled than one who captures a city.

Proverbs 19:19 - <sup>19</sup> A violent tempered person will pay the penalty; if you effect a rescue, you will only have to do it again.

Proverbs 22: 24 & 25 - <sup>24</sup> Make no friends with those given to anger, and do not associate with hotheads, <sup>25</sup> or you may learn their ways and entangle yourself in a snare.

Proverbs 27:4 - <sup>4</sup> Wrath is cruel, anger is overwhelming, but who is able to stand before jealousy?

Proverbs 29:8 - <sup>8</sup> Scoffers set a city aflame, but the wise turn away wrath.

Proverbs 29:11 - <sup>11</sup> A fool gives full vent to anger, but the wise quietly holds it back.

Proverbs 29:22 - <sup>22</sup> One given to anger stirs up strife, and the hothead causes much transgression.

Proverbs 30:33 - <sup>33</sup> For as pressing milk produces curds, and pressing the nose produces blood, so pressing anger produces strife.

Ecclesiastes 7:9 - <sup>9</sup> Do not be quick to anger, for anger lodges in the bosom of fools.

Jonah 4:4 - <sup>4</sup> And the LORD said, "Is it right for you to be angry?"

Matthew 5:22 - <sup>22</sup> But I say to you that if you are angry with a brother or sister, you will be liable to judgment; and if you insult a brother or sister, you will be liable to the council; and if you say, 'You fool,' you will be liable to the hell of fire.

Ephesians 4:26 - <sup>26</sup> Be angry but do not sin; do not let the sun go down on your anger, <sup>27</sup> and do not make room for the devil.

Ephesians 4:31 - <sup>31</sup> Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice,

Colossians 3:8 - <sup>8</sup>But now you must get rid of all such things—anger, wrath, malice, slander, and abusive language from your mouth.

1 Timothy 2:8 - <sup>8</sup>I desire, then, that in every place the men should pray, lifting up holy hands without anger or argument;

James 1:19 & 20 - <sup>19</sup>You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; <sup>20</sup>for your anger does not produce God's righteousness.<sup>1</sup>

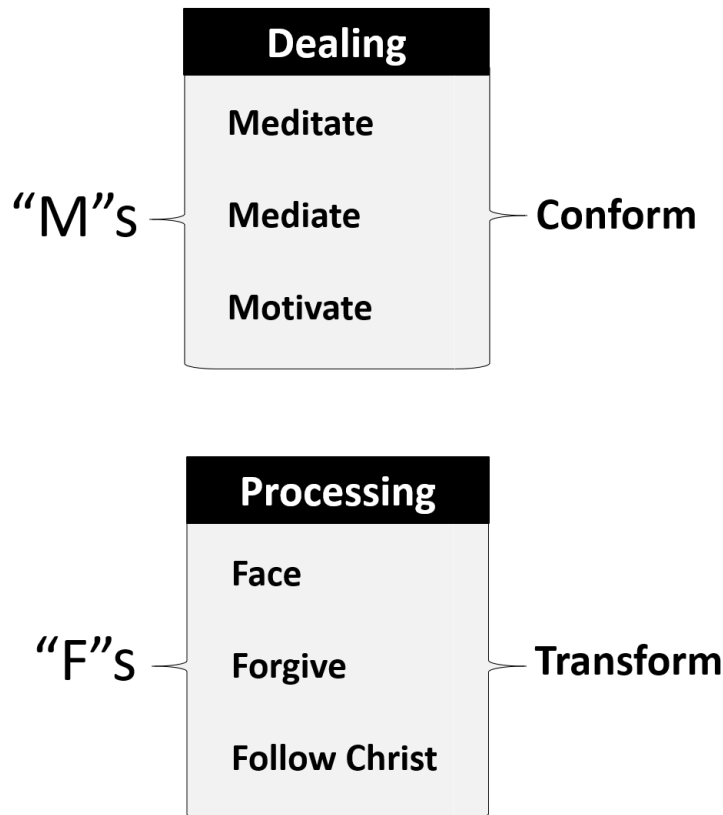
**Comments:**

It is common for angry people to justify their anger saying it is someone else's fault that they are angry. God's Word repeatedly warns us against giving in to anger when we are upset with another person's words or actions. When we give in to anger, the focus is on self and our own feelings. Instead we should be concerned about the other person's welfare and be the witness God intends us to be.

There is righteous anger. We may need to address problems or deal with bad situations, but we must exercise caution and self-control. Most of the time, however, our anger is not righteous anger. (See James 1:19 & 20.)

## Addendum 3g

### PROCESSING PAIN



#### God's truth on dealing with pain

- Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2 (NIV)
- Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:16 (NIV)
- And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins." Mark 11:25 (NIV)
- For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. Mat 6:14-15 (NIV)
- Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times. Mat 18:21-22 (NIV)



# Step 4

## Rebellion vs. Submission

We live in a rebellious age. Many people only obey laws and authorities when it is convenient for them. There is a general lack of respect for those in government, and Christians are often as guilty as the rest of society in fostering a critical, rebellious spirit. Certainly we are not expected to agree with our leaders' policies that are in violation of Scripture, but we are to "honor all men; love the brotherhood, fear God, honor the king" (1 Peter 2:17).

It is easy to believe the lie that those in authority over us are only robbing us of the freedom to do what we want. The truth is, however, that God has placed them there for our protection and liberty. Rebelling against God and His authorities is a very serious sin for it gives Satan a wide-open avenue to attack. Submission is the only solution. God requires more, however, than just the outward appearance of submission; He wants us to sincerely submit to those in authority from the heart. When you stand under the authority of God and those he has placed over you, you cut off this dangerous avenue of demonic attack.

The Bible makes it clear that we have two main responsibilities toward those in authority over us; to pray for them (1 Timothy 2:1-2) and to submit to them (Romans 13:1-7). To commit yourself to that godly lifestyle, pray the following prayer aloud from your heart:

**Dear Heavenly Father,**

**You have said in the Bible that rebellion is the same thing as witchcraft and as bad as idolatry (1 Samuel 15:23). I know I have not obeyed You in this area and have rebelled in my heart against You and against those You have placed in authority over me. Thank You for Your forgiveness of my rebellion. By the shed blood of the Lord Jesus Christ, I pray that all ground gained by evil spirits in my life due to my rebellion would be canceled. I pray that You would show me all the ways I have been rebellious. I choose now to adopt a submissive spirit and a servant's heart. In Jesus' precious name, I pray. Amen.**

Being under authority is clearly an act of faith! By submitting, you are trusting God to work through His established lines of authority, even when they are harsh or unkind or when they tell you to do something you don't want to do.

There may be times when those over you abuse their authority and break the laws which are ordained by God for the protection of innocent people. In those cases, you will need to seek help from a *higher authority* for your protection. The laws in your state may require that such abuse be reported to the police or other governmental agencies. If there is continuing abuse (physical, mental, emotional or sexual) you may need further counseling to help you deal with that situation.

If authorities abuse their position by requiring you to break God's law or compromise your commitment to Him, then you need to obey God rather than man (Acts 4:19,20). Be careful, though, don't assume that authority is violating God's Word just because they are telling you to do something you don't like! We all need to adopt a humble, submissive spirit to one another in the fear of Christ (Ephesians 5:21). In addition, however, God has set up specific lines of authority to protect us and to give order to our lives.

As you prayerfully look over the following list, allow the Lord to show you any specific ways in which you have been rebellious to authority. Then using the prayer of confession that follows the list, specifically confess whatever the Lord brings to mind.

- Civil government, including traffic laws, tax laws; attitude toward government officials/Military (Romans 13:1-7; 1 Tim. 2:1-4; 1 Peter 2:13-17)
- Parents, stepparents or legal guardians (Ephesians 6:1-3)
- Teachers, coaches, school officials (Romans 13:1-4)
- Employer- past or present (1 Peter 2:18-23)
- \*Husband (1 Peter 3:1-5) or wife (Ephesians 5:21; 1 Peter 3:7)
- \*Note to husbands: Take a moment and ask the Lord if your lack of love for your wife could be fostering a rebellious spirit within her. If so, confess that now as a violation of Eph. 5:25, 28.
- Church leaders (Hebrews 13:17)
- God (Daniel 9:5,9)

**Lord, I confess that I have been rebellious toward** (name or position) by (say what you specifically did or did not do).

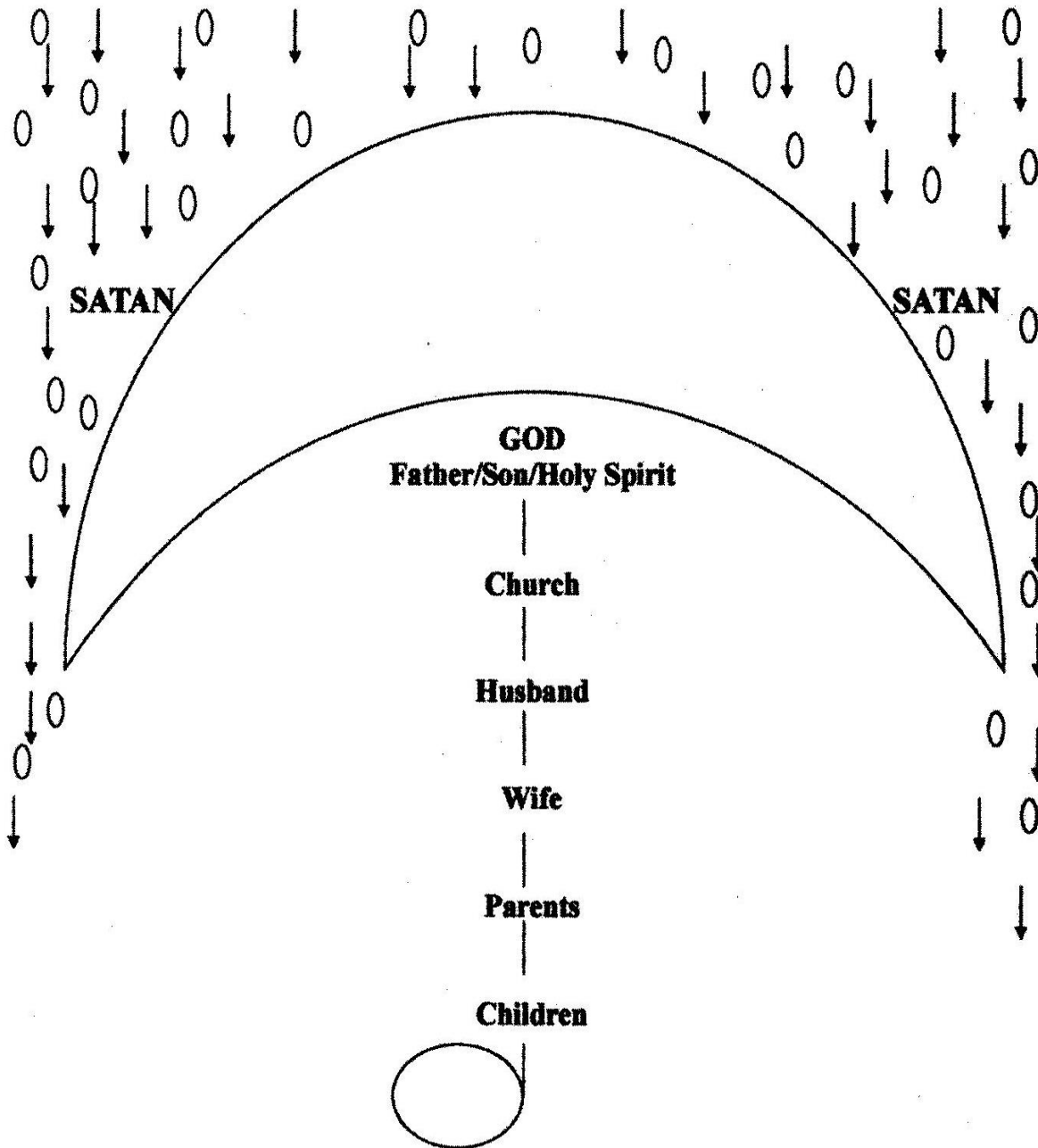
Rebellion will often be expressed through an uncooperative attitude and a critical spirit. The following *actions* may stem from rebellion. Check those that apply to the different authorities in your life.

- Refusing to obey or follow legitimate instructions.
- Ignoring instructions or requirements or adjusting them to suit myself.
- Believing it is my right to criticize those in authority over me.
- Making critical statements about authority figures.
- Rejecting the advice of others who have experience and wisdom.
- Quickly finding fault with a people, groups or organizations, particularly those in authority.
- Reading a negative bias into things that those in authority say or do.
- Passing along negative information to others who are not part of the problem or solution.
- Withdrawing from communicating with others (often shown by short, clipped responses or silence.)
- Speaking disrespectfully to another person or about another person.
- Having to "have the last word" in a conversation.
- Anything else the Holy Spirit may bring to your mind.

For each way in which the Spirit of God brings to your mind that you have been rebellious, use the following prayer to specifically confess that sin:

**Lord, I renounce my sinful attitude of rebellion by** (name the areas) **and claim these areas of my life for You. Thank You for forgiving my rebellion. I choose now to treat others with kindness and respect and be submissive and obedient to Your Word. In Jesus' name, I pray. Amen.**

# ADDENDUM 4A



This diagram only illustrates the principle of rebellion and does not tell the complete story. It illustrates the hierarchy of authority which God has established for the protection of His people. If we wish to remain free from the enemy's bondage of sin we must obey the authorities God has placed over us for our protection. Disobey by rebelling and we are unprotected by the authorities placed over us. Bottom line - it is an issue of obedience.

Not illustrated are the civil or government authorities. The principle applies here also. If we are hurt by another's rebellion it becomes an issue of forgiveness for us, not our rebellion.



# Step 5

## Pride vs. Humility

Pride kills. Pride says, "I don't need God or anyone else's help. I can handle it by myself." Oh, no you can't! We absolutely need God and we need each other. The apostle Paul wisely wrote, "For it is we, who worship by the Spirit of God, who glory in Christ Jesus, and who put *no confidence in the flesh*" (Philippians 3:3, emphasis added).

That is a good definition of humility: putting no confidence in the flesh, that is, in ourselves; but, rather, being "strong in the Lord and in His mighty power" (Ephesians 6:10). Humility, therefore, is confidence properly placed *in God*.

Proverbs 3:5-8 expresses a similar thought: "Trust in the Lord with all your heart and lean not on your own understanding; in **all** your ways acknowledge Him and He will make your paths straight. Do not be wise in your own eyes; fear the Lord and turn away from evil." It will bring nourishment to your body and nourishment to your bones .

James 4:6-10 and 1 Peter 5:1-10 also warn us that serious spiritual problems will result when we are proud. Use the following prayer to express your commitment to living humbly before God:

**Dear Heavenly Father,**

**You have said that pride goes before destruction and an arrogant spirit before a fall (Proverbs 16:18). I confess that I have been thinking mainly of myself and not of others. I have not denied myself, picked up my cross daily and followed You (Matthew 16:24). As a result, I have given ground to the devil in my life. I have sinned by believing I could be happy and successful on my own. I confess that I have placed my will before Yours, and have centered my life around myself instead of You.**

**I repent of my pride and selfishness and pray that all ground gained in the members of my body by the enemies of the Lord Jesus Christ would be canceled. I choose to rely on the Holy Spirit's power and guidance so I will do nothing from selfishness or empty conceit, but with humility of mind I will regard others as more important than myself (Philippians 2:3). And I choose to make You, Lord, the most important of all in my life (Matthew 6:33).**

**Please show me now all the specific ways in which I have lived my life in pride. Enable me through love to serve others and in honor to prefer others (Romans 12:10). I ask all of this in the gentle and humble name of Jesus, my Lord, Amen.**

Having made that commitment to God in prayer, now allow Him to show you any specific ways in which you have lived in a proud manner. The following list may help you. As the Lord brings to your mind areas of pride, use the prayer following the list to guide you in your confession.

**Write an “F” if any of these are a family issue that should be covered in Step 7 (Generational Issues).**

o Having a stronger desire to do my will than God's will	o Finding it difficult to admit that I was wrong.
o Being more dependent upon my strengths and resources than seeking God's guidance.	o Having a tendency to be more of a people-pleaser than a God pleaser.
o Too often believe my own ideas/opinions are better than others.	o Being overly concerned about getting the credit I deserve.
o Being more concerned about controlling others than developing self-control	o Being driven to obtain the recognition that comes from degrees, titles, positions.
o Having a tendency to think I have no need.	o Often thinking I am more humble or spiritually devoted than others.
o Controlling others through manipulation /intimidation.	o Vanity-thinking I'm better because of accomplishments.
o Feeling of unworthiness	o Feeling too responsible for others.
o Thinking what I say/do controls another person.	o Not waiting for God for His timing.
o Self-pity.	o Sometimes consider myself/needs more important than others or being too busy doing “important” things to take time to do little things for others.

For each of the above areas that has been true in your life, pray aloud:

**Lord Jesus, I agree I have been proud in \_\_\_\_\_. I renounce my sinful attitude of pride and claim these areas of my life for You. Thank You for forgiving me for my pride. I choose to humble myself before You and others. I choose to place all my confidence in You and none in my flesh. In Jesus' name. Amen.**

**Pride says:**

Look at me  
I can  
I did it  
It's mine  
This is my work  
I'm worthy  
I'm special  
I am  
I'm important  
My church/ministry/sheep  
My opinion  
Give/my ministry

**False Humility says:**

Don't look at me  
I can't  
I did not do it  
It is not mine  
This isn't my work  
I'm unworthy  
I'm nobody  
I'm Not  
I'm unimportant  
I don't have anything  
I don't have an opinion  
Don't give to me/my ministry

**True Humility says:**

Let me point to Jesus  
God can through me  
God did it through me  
I'm God's steward of it  
This is the work of God through me  
I'm valuable to God  
I'm a child of God  
I am what God says I am  
Jesus is important  
God's church/ministry of which I am a steward  
The Bible says  
Give as God directs you

# ADDENDUM 5

## PRIDE/PREJUDICE WORKSHEET

### Step 5 – Pride vs. Humility

Pride is one of the seven things the Lord hates (Prov. 6:16-19). Scripture also tells us:

*Pride goes before destruction, a haughty spirit before a fall. (Prov. 16:18)*

*A man's pride brings him low. (Prov. 29:23)*

*When pride comes, then comes disgrace, but with humility comes wisdom. (Prov. 11:2)*

Pride is the original sin of Lucifer. It sets up one person or group against another and divides. Satan's strategy is always to divide and conquer, but God has given us a ministry of reconciliation (2 Cor. 5:19).

Consider the work of Christ in breaking down the long-standing barriers of racial prejudice between Jew and Gentile:

*For He Himself (Christ) is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility, by abolishing in His flesh the law with its commandments and regulations. His purpose was to create in Himself one new man out of the two, thus making in this one body to reconcile both of them to God through the cross, by which He put to death their hostility. He came and preached peace to you who were far away and peace to those who were near. For through Him we both have access to the Father by one Spirit. (Eph. 2:14-18).*

Many times we deny that there is pride, prejudice or bigotry in our hearts, yet *nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of Him to whom we must give account. (Heb. 4:13)*

Pray the following prayer, asking God to shine His light upon your heart and reveal any area of proud prejudice.

**Dear Heavenly Father, I know that You love all people equally and that You do not show favoritism but You accept men from every nation who fear You and do what is right (Acts 10:34). You do not judge people based on skin color, race, ethnic background, gender, financial status, material possessions, education, personality, denominational prejudice or any other worldly matter (2 Cor. 5:16). I confess that I have too often pre-judged others or regarded myself superior (or inferior) because of these things. I have not always been a minister of reconciliation but have been a proud agent of division through my attitudes, words and deeds. I repent of all hateful bigotry and proud prejudice, and I ask You, Lord to now reveal to my mind all the specific ways in which these have corrupted my heart and mind.**

Check any area of pride/prejudice that applies to you:

- |   |  |
|---|--|
| <input type="radio"/> Race/skin color                         | <input type="radio"/> Denomination                           |
| <input type="radio"/> Ethnic background                       | <input type="radio"/> The opposite sex                       |
| <input type="radio"/> Gender                                  | <input type="radio"/> False humility                         |
| <input type="radio"/> Financial status, position, credentials | <input type="radio"/> Attitude of superiority or inferiority |
| <input type="radio"/> Material possessions                    | <input type="radio"/> Feeling too responsible for others     |
| <input type="radio"/> Personality                             |  |

For each area of prejudice or pride that the Lord brings to mind, pray the following prayer out loud from your heart:

**Lord, I confess and renounce the prideful sin of prejudice/pride against     (items checked)    . I thank you for Your forgiveness, Lord, and ask now that You would change my heart and make me a loving agent of reconciliation with these areas. In Jesus' name. Amen.**



# Step 6

## Bondage vs. Freedom

Many times we feel trapped in a vicious cycle of sin-confess-sin-confess that never seems to end. We can become very discouraged and end up just giving up and giving in to the the sins of our flesh. To find freedom we must follow James 4:7, "Submit yourselves, then, to God. Resist the devil, and he will flee from you." We submit to God by confession of sin and repentance (turning away from the sin). We resist the devil by rejecting his lies. We must put on the full armor of God and walk in the Truth. (Ephesians 6:10-20)

Sin that has become a habit often requires help from a trusted brother or sister in Christ. James 5:16 says, "**Confess your sins to each other and pray for each other so that you may be healed**". The prayer of a righteous man is powerful and effective." Sometimes the assurance of 1 John 1:9 is enough: "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Remember, confession is not saying, "I'm sorry"; it is openly admitting "I did it." Whether you need help from other people or just the accountability of walking in the light before God, pray the following prayer aloud:

**Dear Heavenly Father,**

**You have told me to put on the Lord Jesus Christ and not to think about how to gratify my sinful desires (Romans 13:14). I confess that I have given in to sinful desires which wage war against my soul (1 Peter 2:11). I thank You that in Christ my sins are already forgiven, but I have broken Your holy law and given the devil a chance to wage war in my body (Romans 6:12,13; James 4:1; 1 Peter 5:8). I come to You now to confess and renounce these sins of the flesh (Proverbs 28: 13; 2 Corinthians 4:2) so that I might be cleansed and set free from the bondage of sin. Please reveal to my mind now all the sins of the flesh I have committed and the ways I have grieved the Holy Spirit. In Jesus' holy name, I pray. Amen.**

There are many sins of the flesh that can control us. But a prayerful examination of the following verses will help you to be even more thorough. After reading these three passages, look over the following list and ask the Holy Spirit to bring to your mind the ones you need to confess. He may reveal to you others as well. For each one the Lord shows you, pray a prayer of confession from your heart. There is a sample prayer following the list.

**Galatians 5:19-21.**<sup>19</sup> *Now the works of the flesh are obvious: fornication, impurity, licentiousness,*<sup>20</sup> *idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions,*<sup>21</sup> *envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God. (NRSV)*

**Ephesians 4:25-31** - <sup>25</sup> *So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another.* <sup>26</sup> *Be angry but do not sin; do not let the sun go down on your anger,* <sup>27</sup> *and do not make room for the devil.* <sup>28</sup> *Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy.* <sup>29</sup> *Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.* <sup>30</sup> *And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption.* <sup>31</sup> *Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, (NRSV)*

**Mark7:20-23** - <sup>20</sup> *And he said, "It is what comes out of a person that defiles.* <sup>21</sup> *For it is from within, from the human heart, that evil intentions come: \*\*fornication, theft, murder,* <sup>22</sup> *adultery, \*\*avarice, wickedness, deceit, \*\*licentiousness, envy, slander, pride, folly.* <sup>23</sup> *All these evil things come from within, and they defile a person."* (NRSV) **\*\*see note on page 93.**

Now that you have read these passages, look over the following list and ask the Holy Spirit to bring to your mind the ones you need to confess. He may reveal to you others as well. For each one the Lord shows you, pray a prayer of confession from your heart. There is a sample prayer following the list.

(Note: Sexual sins, divorce, eating disorders, substance abuse, abortion, suicidal tendencies and perfectionism will be dealt with later in this Step.)

**(Write an "F" if any of these are family issues that should be covered in Step 7 (Generational))**

Check any of the following that you do now, or have in the past, struggled with.

- |  |  |  |
|--|--|--|
| <input type="radio"/> Alcohol Abuse                | <input type="radio"/> Fantasy/daydreaming            | <input type="radio"/> Lying/deception              |
| <input type="radio"/> Anger/outburst of anger/rage | <input type="radio"/> Fighting/quarreling            | <input type="radio"/> Manipulation                 |
| <input type="radio"/> Arrogance                    | <input type="radio"/> Gambling                       | <input type="radio"/> Pessimism                    |
| <input type="radio"/> Apathy/Laziness              | <input type="radio"/> Gossiping/slander              | <input type="radio"/> Procrastination              |
| <input type="radio"/> Blasphemous thoughts         | <input type="radio"/> Greediness/materialism         | <input type="radio"/> Revenge/retaliation          |
| <input type="radio"/> Cheating                     | <input type="radio"/> Hatred                         | <input type="radio"/> Self-condemnation            |
| <input type="radio"/> Complaining/criticizing      | <input type="radio"/> Intimidation of others         | <input type="radio"/> Swearing/cursing/gutter talk |
| <input type="radio"/> Controlling                  | <input type="radio"/> Jealousy/envy                  | <input type="radio"/> Stealing                     |
| <input type="radio"/> Divisiveness                 | <input type="radio"/> Judgmental                     | <input type="radio"/> Sarcasm                      |
| <input type="radio"/> Dominating others            | <input type="radio"/> Lack of submission/cooperation | <input type="radio"/> Tobacco Abuse                |
| <input type="radio"/> Drug Abuse                   | <input type="radio"/> Lust/lustful thoughts/actions  | <input type="radio"/> Other                        |

**Lord, I confess that I have committed the sins of \_\_\_\_\_(name them)\_\_\_\_\_. Thank You for Your forgiveness and cleansing. I now turn away from these sins and turn to You, Lord. Strengthen me by Your Holy Spirit to obey You and not carry out the desires of the flesh. In Jesus' name, I pray. Amen.**

**Resolving Sexual Sin**

It is our responsibility not to allow sin to have control over our bodies. We must not use our bodies or another person's body as an instrument of unrighteousness (Romans 6:12, 13). Sexual immorality is sin against your body, the temple of the Holy Spirit (1 Corinthians 6:18, 19). To find freedom from sexual bondage begin by praying the following prayer:

**Lord, I ask You to bring to my mind every moral failure and sexual use of my body as an instrument of unrighteousness, so I can renounce these sins right now. In Jesus' name, I pray. Amen.**

*List each moral failure in which you participated in the past.*

- |  |  |
|--|--|
| <input type="radio"/> Fantasy (emotional attachment toward<br><input type="radio"/> opposite sex to fulfill need to be loved)                    | <input type="radio"/> Exposing oneself   |
| <input type="radio"/> Lust (thoughts/desires<br><input type="radio"/> same sex<br><input type="radio"/> opposite sex)                            | <input type="radio"/> Peeping Tom  |
| <input type="radio"/> Pornography<br><input type="radio"/> magazines<br><input type="radio"/> videos/movies/TV<br><input type="radio"/> internet | <input type="radio"/> Sexual harassment  |
| <input type="radio"/> Masturbation   | <input type="radio"/> Incest   |
| <input type="radio"/> Homosexuality/lesbian activity   | <input type="radio"/> Rape   |
| <input type="radio"/> Oral/anal sex  | <input type="radio"/> Sexual abuse   |
| <input type="radio"/> Defrauding (sexual arousal of another)   | <input type="radio"/> Abortion (had one or more; got a woman<br><input type="radio"/> pregnant who then had an abortion) |
| <input type="radio"/> Premarital sexual relationships  | <input type="radio"/> Bestiality   |
| <input type="radio"/> Adultery   | <input type="radio"/> Prostitution   |
|  | <input type="radio"/> Topless/nude bars  |
|  | <input type="radio"/> Cyber sex/phone sex  |
|  | <input type="radio"/> 900 phone numbers  |
|  | <input type="radio"/> Wife swapping  |
|  | <input type="radio"/> Other  |

**Lord, I confess and renounce \_\_\_\_\_(name the specific use of your body) with \_\_\_\_\_(name of person involved)\_\_\_\_\_ and I ask You to break that sinful bond and any negative spiritual ties with \_\_\_\_\_(name)\_\_\_\_\_ spiritually, physically, mentally and emotionally. I ask you, Lord Jesus, to take back ground given to the enemy through my involvement and I yield that ground to Your control. (see Addendum 6a)**

After you have finished, commit your body to the Lord by praying:

Lord Jesus, I renounce all these uses of my body as an instrument of unrighteousness and I admit to my willful participation. I choose now to present my eyes, mouth, mind, heart, hands, feet and sexual organs to You as instruments of righteousness. I present my whole body to You as a living sacrifice, holy and acceptable, and I choose to reserve the sexual use of my body for marriage only (Hebrews 13:4).

I reject the devil's lie that my body is not clean or that it is dirty or any way unacceptable to You as a result of my past sexual experience. Lord, Thank You that You have totally cleansed and forgiven me and that You love and accept me just the way I am. Therefore, I choose now to accept myself and my body as clean in Your eyes. In Jesus' name, Amen.

See ADDENDUMS 6a – SOUL TIES. **SPECIAL NOTE:** YOU MAY WANT TO USE "SOUL TIES" in step 6

**\*\*NOTE:** AVARICE: Insatiable Greed for Riches; LICENTIOUSNESS: Lacking legal or moral restraints; especially: disregarding sexual restraints; FORNICATION: Sexual intercourse between people not married to each other.

## **SPECIAL PRAYERS FOR SPECIAL NEEDS**

### ***PORNOGRAPHY***

Lord Jesus, I confess that I have looked at sexually suggestive and pornographic material for the purpose of stimulating myself sexually. I have attempted to satisfy my lustful desires and polluted my body, soul and spirit. Thank You for cleansing me and for Your forgiveness. I renounce any satanic bonds that I have allowed in my life through the unrighteous use of my body and mind. Lord, I commit myself to destroy any objects in my possession that I have used for sexual stimulation, and to turn away from all media that are associated with my sexual sin. I commit myself to the renewing of my mind and to thinking pure thoughts. Fill me with Your Holy Spirit so that I may not carry out the desires of the flesh. In Jesus' name I pray. Amen.

### ***DIVORCE***

Lord Jesus, I confess to You any part that I played in my divorce (*ask the Lord to show you specifics*). Thank You for Your forgiveness, and I choose to forgive myself as well. I renounce the lie that my identity is now in being divorced. I am a child of God, and I reject the lie that says I am a second-class Christian because of the divorce. I reject the lie that says I am worthless, unlovable, and that my life is empty and meaningless. I am complete in Christ, who loves me and accepts me just as I am. Lord, I commit the healing of all hurts in my life to You as I have chosen to forgive those who have hurt me. I also place my future into Your hands and trust You to provide the human companionship You created me to need. In the name of Jesus, my Savior and Lord, Amen.

### ***HOMOSEXUALITY***

Lord Jesus, I renounce the lie that You have created me or anyone else to be homosexual and I agree that in Your Word you clearly forbid homosexual behavior. I choose to accept myself as a child of God and I thank You that You created me as a man (woman). I renounce all homosexual thoughts, urges, drives and acts, and renounce all ways that Satan has used these things to pervert my relationships. I announce that I am free in Christ to relate to the opposite sex and my own sex in the way that You intended. In Jesus' name I pray. Amen.

### ***ABORTION***

Lord Jesus, I confess that I was not a proper guardian and keeper of the life You entrusted to me and I admit that as sin. Thank You that because of Your forgiveness, I can forgive myself. I recognize the child is in Your caring hands for all eternity. In Jesus' name, Amen.

### ***SUICIDAL TENDENCIES***

Lord Jesus, I renounce all suicidal thoughts and any attempts I've made to take my own life or in any way injure myself. I renounce the lie that life is hopeless and that I can find peace and freedom by taking my own life. Satan is a thief and comes to steal, kill and destroy. I choose life in Christ, who said He came to give me life and give it abundantly (John 10:10). Thank You for Your forgiveness which allows me to forgive myself. I choose to believe that there is always hope in Christ. In Jesus' name, I pray, Amen.

### ***DRIVENNESS AND PERFECTIONISM***

Lord Jesus, I renounce the lie that my self-worth is dependent upon my ability to perform. I announce the truth that my identity and sense of worth is found in who I am as Your child, and I serve out of love for Christ. I renounce seeking the approval and acceptance of other people, and I choose to believe that I am already approved and accepted in Christ because of His death and resurrection for me. I choose to believe the truth that I have been saved, not by deeds done in righteousness, but according to Your mercy. I choose to believe that I am no longer under the curse of the law because Christ became a curse for me. I receive the free gift of life in Christ and choose to abide in Him. I renounce striving for perfection by living under the law. By Your grace, Heavenly Father, I choose from this day forward to walk by faith in the power of Your Holy Spirit according to what You have said is true. In Jesus' name, Amen.

### ***EATING DISORDERS OR SELF-MUTILATION***

Lord Jesus, I renounce the lie that my value as a person is dependent upon my appearance or performance. I renounce cutting or abusing myself, vomiting, using laxatives or starving myself as a means of being in control, altering my appearance or cleansing myself of evil. I announce that only the blood of the Lord Jesus cleanses me from sin. I realize I have been bought with a price and my body, the temple of the Holy Spirit, belongs to God. Therefore, I choose to glorify God in my body. I renounce the lie that I am evil or that any part of my body is evil. Thank You that You accept me just the way I am in Christ. In Jesus' name, I pray, Amen.

### ***SUBSTANCE ABUSE***

Lord Jesus, I confess that I have misused substances- alcohol, tobacco, food, prescription or street drugs- for the purpose of pleasure, to escape reality or to cope with difficult problems. I confess that I have abused my body and programmed my mind in a harmful way. I have quenched the Holy Spirit as well. Thank You for forgiving me. I renounce any satanic connection or influence in my life through my misuse of food or chemicals. I cast my anxieties onto Christ who loves me. I commit myself to yield no longer to substance abuse, but instead I choose to allow the Holy Spirit to direct and empower me. In Jesus' name, Amen.

Lord,

I now confess these sins to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. Thank You for cancelling out all ground that evil spirits have gained through my willful involvement in sin. I pray in the wonderful name of my Lord and Savior, Jesus Christ. Amen.

## Overcoming Fear - legitimate or illegitimate fear

A central part of walking in the truth and rejecting deception and in being free from bondage is to deal with the fears that plague our lives. 1 Peter 5:8 says, “*Your enemy, the devil, prowls around like a roaring lion seeking someone to devour*”. Just as the lion’s roar strikes terror into the hearts of those who hear it, so Satan uses fear to try to paralyze Christians. His intimidation tactics are designed to rob us of faith in God and drive us to try to get our needs met through the world or the flesh. Fear weakens us, causes us to be self-centered, and clouds our minds so that all we can think about is ourselves and the thing that frightens us. **But fear can only control us if we let it. God does not want us to be mastered by anything including fear.** (1 Corinthians 6:12). Jesus Christ is to be our only Master (2 Timothy 2:21; John 13; 13)

*In order to begin to experience freedom from the bondage of fear and the ability to walk by faith in God, pray the following prayer from your heart:*

**Lord Jesus, I confess to You that I have listened to the devil’s roar and have allowed fear to master me. I have not always walked by faith in You but instead have focused on my feelings and circumstances, (2 Cor. 4:16-18; 5:7). Thank You for forgiving me for my unbelief.**

**Lord, please reveal to my mind now all the fears that have been controlling me so I can renounce them and be free to walk by faith in You. In Jesus’ powerful name, I pray, Amen.**

***The following list may help you recognize some of the fears the devil has used to keep you from walking by faith. Check the ones that apply to your life, and write down any other that God brings to your mind. Then, use the declaration below to renounce each one.***

- |   |  |
|---|--|
| <input type="checkbox"/> Fear of death                                      | <input type="checkbox"/> Fear of storms                                      |
| <input type="checkbox"/> Fear of hospitals                                  | <input type="checkbox"/> Fear of confrontation/anger, hostile people         |
| <input type="checkbox"/> Fear of Satan                                      | <input type="checkbox"/> Fear of being alone/left alone/abandoned            |
| <input type="checkbox"/> Fear of being like my mother/father/other relative | <input type="checkbox"/> Fear of pain/illness/aging                          |
| <input type="checkbox"/> Fear of disapproval                                | <input type="checkbox"/> Fear of the future                                  |
| <input type="checkbox"/> Fear of being or becoming homosexual               | <input type="checkbox"/> Fear of rejection/abandonment                       |
| <input type="checkbox"/> Fear of financial problems                         | <input type="checkbox"/> Fear of dreams or sleeping                          |
| <input type="checkbox"/> Fear of never getting married                      | <input type="checkbox"/> Fear of water or drowning                           |
| <input type="checkbox"/> Fear of marriage                                   | <input type="checkbox"/> Fear of never loving or never being loved by others |
| <input type="checkbox"/> Fear of divorce                                    | <input type="checkbox"/> Fear for my children’s future                       |
| <input type="checkbox"/> Fear of death of a loved one                       | <input type="checkbox"/> Fear of not measuring up, being good enough         |
| <input type="checkbox"/> Fear of going crazy                                | <input type="checkbox"/> Fear of being taken advantage of by men/women       |
| <input type="checkbox"/> Fear of what other people think                    | <input type="checkbox"/> Fear of authority or authorities                    |
| <input type="checkbox"/> Fear of losing my salvation’                       | <input type="checkbox"/> Fear of showing emotion                             |
| <input type="checkbox"/> Fear of having committed the unpardonable sin      | <input type="checkbox"/> Fear of failure                                     |
| <input type="checkbox"/> Fear of not being loved by God                     | <input type="checkbox"/> Fear of losing control                              |
| <input type="checkbox"/> Fear of high places or falling                     | <input type="checkbox"/> Fear of experiencing a specific emotion             |
| <input type="checkbox"/> Fear of being victimized by crime                  | <input type="checkbox"/> _____   |

***I renounce the fear(s) of \_\_\_(name the fears)\_\_\_ because God has not given me a spirit of fear but a spirit of power, of love, and of a sound mind (2 Tim. 1:7). Thank you that with you there is forgiveness, therefore you are feared. Ps 130:4; The fear of the Lord is the beginning of wisdom. Prov. 9:10. I choose to live by faith in the God who has promised to protect me and meet all my needs as I walk by faith in Him (Psalm 27:1 Matthew 6:33-34). In Jesus’ name, I pray. Amen***

**Now pray the following prayer from your heart.**

**Dear Heavenly Father, You are trustworthy. I acknowledge You as the only legitimate fear object in my life. You are the only always present and all-knowing God and the only means by which all other fears can be expelled. You are my sanctuary. I confess that I have allowed fears to exercise control over me, but I choose now to trust You, even when my feelings and circumstances tell me to fear. You have told me not to fear, for You are with me. You will strengthen me, help me and surely uphold me with Your righteous right hand (Isa. 41:10b). I renounce all the effects that fears have had in my life. I choose to worship You only. I ask that you would empower me with Your Holy Spirit that I may live my life and speak Your Word with boldness.**

**I pray this with faith in the name of Jesus, my Lord. Amen.**

# ADDENDUM 6a

## SOUL TIES WORKSHEET

### Step 6 – Bondage (Strongholds) vs. Freedom (Breaking Spiritual, Psychological and Emotional Relationships)

We are composed of three parts: body, spirit (where the Holy Spirit lives in us), and soul (our mind, will and emotions). The soul, particularly the emotions, is the place we experience our deepest hurts in life.

In order to limit what the enemy can do to us through other people, it is often helpful to break the “ties” developed through former spiritual and emotional relationships with others. We refer to these as “soul ties,” and they can have positive and negative elements.

Soul ties are defined by Charles Kraft in his book *Deep Wounds, Deep Healing* as follows:

*“Sometimes spiritual bonding happens when one person is dominated by another (including parents), when one strongly admires another, or when there is a very close friendship. Such relationships create what are often called ‘soul ties’. These are spirit-to-spirit ties to other people which need to be broken if the person is to be free. The steps (to break the ties) are...deal with any sin through confession, renounce in Jesus’ name any tie empowered by Satan, claim Jesus’ blessing on any part of the tie empowered by God, and forbid the enemy to continue to interfere in or make any further use of this relationship.”*

Note the ties between David and Jonathan. “Jonathan became one in spirit with David...” “Jonathan made a covenant with David...” (1 Samuel. 18:1, 3-4). This is an example of a positive soul tie.

Soul ties are created every time there is any sexual relationship between two people. Outside biblical boundaries, namely marriage, these soul ties would be negative. Sometimes even natural relationships (ties), such as parents and children, can be used against us by our enemy. Please note—we are *not necessarily trying to break the relationship with others, just any part of the relationship which has been empowered by the kingdom of darkness.* You want to seek God’s blessing on any part of the tie or relationship that is empowered by God.

After praying the following prayer, make a list of the names of all persons with whom you have had a close relationship but also included an unhealthy dimension in your past. This may include: *any family members, all former sexual partners, close friends (even from childhood) therapists/doctors, special teachers, employers/co-workers, clients, etc.* Your list from Step 3 (Forgiveness) and the second part of Step 6 (Sexual Bondages) is a good place to start. Remember, forgiveness must occur before a soul tie can be broken.

**Dear Heavenly Father, please reveal and bring to my mind those relationships that have unhealthy soul ties that need to be dealt with today. Thank You in advance, for the freedom that You will give me through this. I pray this in the name of the Lord Jesus Christ. Amen.**


Use, the following declaration to cancel and renounce each relationship set up by the enemy:

**In the Name of the Lord Jesus Christ, I cancel, break and renounce all relationships set up by Satan and wicked spirits between (name each person) and me. I renounce in Jesus name any tie empowered by Satan and reject all ways the enemy has used these relationships. I cancel all the ungodly, destructive and hurtful effects these relationships have or have had upon me (*and my marriage, my family and my ministry*), and I forbid the enemy’s interference or continuing use of these relationships against me, I claim the blessing of the Lord Jesus on any part of these relationships that is empowered by God. I pray this in the name and the power of my Lord Jesus Christ. Amen.**

# Step 7

## Generational Sin

Scripture teaches that the iniquities of one generation can be visited on the third and fourth generation of those who hate Him, but God's blessings will be poured out on thousands of generations of those who love & obey Him. (Exodus 20:4-6). While we are not guilty of the sins of our ancestors, because of their sin, Satan may have gained access to our family. These things may control us until we renounce them. This is not to deny that many problems are transmitted genetically, or acquired from an immoral atmosphere. In addition, deceived people may try to curse you. **You have all the authority and protection** you need in Christ to stand against such curses and assignments. Scripture tells us that there is a cleansing when generational sin is confessed (Leviticus 26:30-42) (Nehemiah 9). So it is important to confess these sins.

Ask the Lord to reveal to you the things you need to deal with by praying the following prayer:

**Dear Heavenly Father, I thank You that I am a new creation in Christ. I desire to obey Your command to honor my father and my mother, but I also acknowledge that my heritage has not been perfect. I ask You to reveal to my mind the sins and iniquities of my ancestors in order to confess, renounce and forsake them. In Jesus' powerful name I pray. Amen.**

List below the areas of sin, including acts, addictions, attitudes, emotions, illnesses, etc. that you have seen in any relatives that have been repeated in yourself or your children:


### Declaration:

**I here and now reject and disown all the sins and iniquities of my ancestors. I specifically renounce the sins of (list here the areas of family sin the Lord revealed to you). As one who has been delivered from the power of darkness and translated into the kingdom of God's dear Son, I declare myself to be free from all evil influences that have been passed on to me from my ancestors. As one who has been crucified and raised with Jesus Christ and who sits with Him in heavenly places, I renounce all satanic assignments that are directed toward me, (my marriage, my family, and my ministry), and I reject every curse that Satan and his workers may have put upon me. I announce to Satan and all his forces that every curse was broken when Christ became a curse for me (Gal.3: 13) when He died for my sin on the cross. I reject any and every way in which Satan may claim ownership of me. I belong to the Lord Jesus Christ who purchased me with His own blood. I reject all other blood sacrifices whereby Satan may claim ownership of me. I declare myself to be eternally and completely signed over and committed to the Lord Jesus Christ. By the authority I have in Jesus Christ, I now command every spiritual enemy of the Lord Jesus Christ to leave my presence. I commit myself to my Heavenly Father to do His will from this day forward.**

### PRAYER:

Dear Heavenly Father,

**I come to You as Your child purchased by the blood of the Lord Jesus Christ. You are the Lord of the universe and the Lord of my life. I submit my body to You as an instrument of righteousness, a living sacrifice, that I may glorify You in my body. I now ask You to fill me with Your Holy Spirit. I commit myself to the renewing of my mind in order to prove that Your will is good, perfect and acceptable for me. All this I do in the name and authority of the Lord Jesus Christ. Amen.**

## Possible Generational Sins/Weakness

### Exodus 20:4-5

“You shall not make for yourself a carved image—any likeness of *anything* that *is* in heaven above, or that *is* in the earth beneath, or that *is* in the water under the earth; <sup>5</sup> you shall not bow down to them nor serve them. For I, the LORD your God, *am* a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth *generations* of those who hate Me.

### Leviticus 26:30

<sup>30</sup> I will destroy your high places, cut down your incense altars and pile your dead bodies<sup>[a]</sup> on the lifeless forms of your idols, and I will abhor you. <sup>31</sup> I will turn your cities into ruins and lay waste your sanctuaries, and I will take no delight in the pleasing aroma of your offerings. <sup>32</sup> I myself will lay waste the land, so that your enemies who live there will be appalled. <sup>33</sup> I will scatter you among the nations and will draw out my sword and pursue you. Your land will be laid waste, and your cities will lie in ruins. <sup>34</sup> Then the land will enjoy its Sabbath years all the time that it lies desolate and you are in the country of your enemies; then the land will rest and enjoy its Sabbaths. <sup>35</sup> All the time that it lies desolate, the land will have the rest it did not have during the Sabbaths you lived in it. <sup>36</sup> “As for those of you who are left, I will make their hearts so fearful in the lands of their enemies that the sound of a windblown leaf will put them to flight. They will run as though fleeing from the sword, and they will fall, even though no one is pursuing them. <sup>37</sup> They will stumble over one another as though fleeing from the sword, even though no one is pursuing them. So you will not be able to stand before your enemies. <sup>38</sup> You will perish among the nations; the land of your enemies will devour you. <sup>39</sup> Those of you who are left will waste away in the lands of their enemies because of their sins; also because of their ancestors’ sins they will waste away.

<sup>40</sup> “But if they will confess their sins and the sins of their ancestors—their unfaithfulness and their hostility toward me, <sup>41</sup> which made me hostile toward them so that I sent them into the land of their enemies—then when their uncircumcised hearts are humbled and they pay for their sin, <sup>42</sup> I will remember my covenant with Jacob and my covenant with Isaac and my covenant with Abraham, and I will remember the land.

### Nehemiah 9:2-3

Then those of Israelite lineage separated themselves from all foreigners; and they stood and confessed their sins and the iniquities of their fathers. <sup>3</sup> And they stood up in their place and read from the Book of the Law of the LORD their God *for one-fourth* of the day; and *for another fourth* they confessed and worshiped the LORD their God.

Abuse – Emotional, Physical, Sexual  
or Spiritual  
Adultery/premarital sex  
Alcohol/drugs/Food Addictions  
Anger  
Anxiety/worry  
Avoidance  
Belittling  
Bitterness  
Covetousness  
Cruelty  
Cursing  
Cutting  
Divorce  
Depression

Discouragement  
Despair/suicidal thoughts  
Envy/jealousy  
Evil speaking  
Fear  
Gambling  
Gluttony  
Ingratitude  
Laziness/or avoiding problems  
Lying  
Lust  
Occult  
Manipulation  
Negative Attitude

Physical and mental  
disorders/illnesses  
Pornography  
Pride/Prejudice  
Procrastination  
Rage  
Rebellion/Stubbornness  
Religious legalism  
Self-Pity  
Stealing  
Suicide  
Temporal (worldly) values (no eternal  
values)  
Unforgiveness  
Workaholics

# ADDENDUM 7a

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## BREAKING CURSES

### Step 7 – Curses vs. Blessings

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Father, in the name of Jesus Christ, I come to you sincerely, with a desire to be free from ALL curses and their results.

Lord Jesus, I thank you for saving me and cleansing away my sin at the Cross. I confess with my mouth that I belong to You. The devil has no power over me because I am cleansed and covered by Your precious blood.

I now confess all of my sins, known and unknown. I repent of them now in the name of Jesus. I ask You, Lord, to forgive me.

I now confess the sins of all my forefathers. In the name and by the blood of Jesus Christ, I break and renounce the power of every demonic curse that was passed down to me through the sins and actions of others.

In the name of Jesus Christ, I break the power and hold of every curse that came to me through sin: my sins and the sins of my forefathers.

In the name of Jesus Christ, I break the power and hold of every curse that came to me through words spoken.

In the name of Jesus Christ, I break the power and hold of every curse that came to me through disobedience – mine or my forefathers.

In the name of Jesus Christ, I now renounce, break, and loose myself and my family from all demonic subjection to my father, mother, grandparents, or any other human being, living or dead, that have ever in the past or are now dominating or controlling me or my family in any way contrary to the Word and will of God.

In the name of Jesus Christ, I now renounce, break, and loose myself and my family from all psychic heredity, demonic strongholds, psychic powers, bondage, bonds of inherited physical or mental illness, or curses upon me and my family line as a result of sins, transgressions, iniquities, occult or psychic involvement of any member of my family line, living or dead.

In the name of Jesus Christ, I declare every legal hold, and every legal ground of the enemy broken and destroyed. Satan no longer has a legal right to harass my family line through curses. Through the blood of Jesus Christ – I am free. Thank you Jesus for setting me free.

In the name of Jesus Christ, I command all demonic spirits that controlled me through curses to leave me now. Go! In the name of Jesus!

I confess that my body, soul and spirit is the dwelling place of the Spirit of God. I am redeemed, cleansed, sanctified, and justified in the blood of Jesus. Therefore neither Satan nor his demons have any control or power over me, because of the blood of Jesus.

**THANK YOU JESUS FOR SETTING ME FREE!**

# ADDENDUM 7b

## CURSES RENUNCIATION Step 7 – Acquiescence vs. Renunciation

Because our lives are sometimes affected by curses and words spoken against us, or those in our family line before us, it is helpful to break the power of these curses and words by applying the truths of Scripture and our position in Jesus Christ and renouncing all the ways the enemy may have used these against us and our family. If you are aware of any specific curse or way the enemy has worked in your family, pray specifically against that item.

Pray the following prayer from your heart.

**Father, in the name of Jesus Christ, I come to you sincerely, with a desire to be free from ALL curses and their results in my life and in the lives of every member of my family. Lord Jesus, I thank You for saving me and cleansing away my sin at the Cross. I confess with my mouth that I belong to You. The devil has no power over me because I am cleansed and covered by Your precious blood.**

**I now confess all of my sins, known and unknown. I repent of them now in the name of Jesus. I ask You, Lord to forgive me. I now confess the sins of all my forefathers. In the name and by the blood of Jesus Christ, I break and renounce the power of every demonic curse that was passed down to me through the sins and actions of others.**

**In the name of Jesus Christ, I break the power and the hold of every curse or power of sin that came to me through sin – my own sins, the sins of all my forefathers, or any other person, including (name any specific person).**

**In the name of Jesus Christ, I break the power and hold of every curse that came to me through words spoken, (include any specific words spoken against you that you are aware of)**

**In the name of Jesus Christ, I break the power and hold of every curse that came to me through disobedience – my own or that of my forefathers.**

**In the name of Jesus Christ, I now renounce, break and loose myself and my family from all demonic subjection to my father, mother, grandparents, great grandparents, or any other human being, living or dead, that have ever in the past or are now dominating or controlling me or my family in any way contrary to the Word and will of God.**

**In the name of Jesus Christ, I now renounce, break, and loose myself and my family from all psychic heredity, demonic strongholds, psychic powers, bondage, bonds of inherited physical, emotional, mental or spiritual illness, (include any specific illness or problem you are aware of) or curses upon me and my family line as a result of sins, transgressions, iniquities, occult or psychic involvement of any member of my family line, living or dead.**

**In the name of Jesus Christ, I declare every legal hold and every legal ground of the enemy, broken and destroyed forever. Satan no longer has any legal right to harass me or my family line through curses. Through the blood of Jesus Christ, my Lord and Savior, I am free. Thank you Jesus, for setting me free.**

**In the name of Jesus Christ, I command all demonic spirits that entered me through curses to leave me now, and you may never return. Go! In the name of Jesus!**

**I confess that my body, soul and spirit is the dwelling place of the Spirit of God. I am redeemed, cleansed, sanctified and justified by the blood of Jesus Christ. Therefore, Satan nor any of his demons or wicked spirits have any place in me or power over me, because of the blood of Jesus and the authority I have because I belong to Him. Thank you, Jesus for setting me free! Amen.**

## Maintaining Your Freedom

Even after finding freedom in Christ by going through these seven steps, you will still be attacked by demonic influences trying to regain control of your mind; hours, days, or even weeks later. But you don't have to let them. As you continue to walk in humble submission to God, you can resist the devil and he will flee from you (James 4:7). Realize that one victory does not mean the battles are over. **Freedom must be maintained.** Even if you slip and fall, you know how to get right with God again.

We call upon Jesus, the ultimate authority, and He escorts the enemy of our souls out of our lives. Your freedom **MUST** be maintained. We cannot emphasize that enough. You have won a very important battle in an ongoing war. Freedom will continue to be yours as long as you keep choosing the truth and standing firm in the strength of the Lord.

If you become aware of lies you have believed, renounce them and choose the truth. If new, painful memories surface, forgive those who hurt you. **If the Lord shows you other areas of sin in your life, confess those promptly.** *This tool can serve as a constant guide for you in dealing with the things God points out to you.* Some people have found it helpful to walk through the Steps to Freedom in Christ again. As you do, read the instructions carefully.

For your encouragement and growth, read *Victory Over the Darkness* (or the youth version: *Stomping Out the Darkness*), the *Bondage Breaker* (adult or youth version), *Walking in the Light* (or the youth version: *Know Light, No Fear*) and *Living Free in Christ*. The "Invisible War" by Chip Ingram is another book we recommend.

### **To maintain your freedom in Christ, we strongly suggest the following as well:**

1. Be involved in a loving, caring church fellowship where you can be open and honest with others and where God's truth is taught with grace.
2. Read and meditate on the Bible daily. Memorize key verses from the Steps to Freedom in Christ. You may want to read the Statement of Truth aloud daily and study the verses in it.
3. Learn to take every thought captive to the obedience of Christ. Assume responsibility for your thought life. Don't let your mind become passive. Reject all lies, choose to focus on the truth and stand firm in your true identity as a child of God in Christ.
4. Don't drift back to old patterns of thinking, feeling and acting. This can happen very easily if you become spiritually and mentally lazy. If you are struggling with walking in the truth, share your battles openly with a trusted friend who will pray for you and encourage you to stand firm.
5. Don't expect other people to fight your battles for you, however. They can help you, but they can't think, pray, read the Bible or choose truth for *you*.
6. **Commit yourself to daily prayer.** Prayer demonstrates a life of trusting in and depending on God. You can pray the following prayers often and with confidence. Let the words come from your heart as well as your lips and feel free to change them to make our prayers *your* prayers.
7. Destroy any occult objects in your possession.

# **ADDENDUM 8**

## **PRAYER OF SURRENDER**

Loving Father,

I surrender to You today with all my heart and soul. Please come into my heart in a deeper way. I say "Yes," to You today. I open all the secret places of my heart to You and say, "Come on in." Jesus, You are Lord of my whole life. I believe in You and receive You as my Lord and Savior. I hold nothing back. Holy Spirit bring me to deeper conversion to the person of Jesus Christ. I surrender all to You: my health, my family, my resources, occupation, skills, relationships, time management, successes, and failures. I release it, and let it go. I surrender my understanding of how things ought to be my choices and my will. I surrender to You the promises I have kept and the promises I have failed to keep. I surrender my weaknesses and strengths to You. I surrender my emotions, my fears, my insecurities, my sexuality. I especially surrender \_\_\_\_\_. Lord, I surrender my entire life to you, the past, the present, and the future. In sickness and in health, in life and in death, I belong to You.

Linda Schubert, Miracle Hour, pp 12-13

# CONTROL

Not trusting God with my situation I try to control situations and people around me.

# Anger

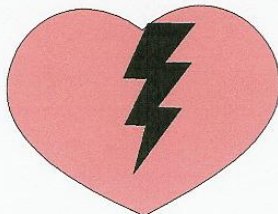
Anger was used as a shield to keep others from hurting me. An angry heart gave me the illusion of being protected and in control.

# Pride

Pride hid under Anger and shielded Fear. Pride said, "I won't let anyone hurt ME again! \*I\* will protect myself and trust no one."

# Fear

Fear hid a broken heart or was the result of a broken heart. Fear said, that hurt too much. I don't ever want that to happen again.



## Cleansing & Soul Tie Breaking Prayer

Lord Jesus, thank you for sharing with me/us Your wonderful ministry of healing and deliverance. Thank You for the healings we have seen and experienced today. But we realize that the sickness and evil we encounter are more than our humanity can bear. So cleanse us of any sadness, negativity or despair that we may have picked up.

If my ministry has tempted me to anger, impatience, lust, judgment, or any unclean thing, cleanse me of those temptations and from any defilement I have received, whether human or demonic. Please replace these with love, joy and peace. If any evil spirits have attached themselves to me or oppress me in any way, in the authority of Jesus Christ, I command you, spirits of earth, air, fire or water, of the netherworld, or of nature, all of the kingdom of darkness and every wicked spirit, and everything that sets itself up or is raised up in opposition to the Lord Jesus Christ, to depart now and go straight to Jesus Christ for Him to deal with as He will. Do not return.

In the name and Authority of the Lord Jesus Christ, I cancel, break, and renounce all relationships set up by Satan and wicked spirits between (name the person) and me. I renounce in Jesus' name any tie empowered by Satan and smash down all the ways the enemy would try to use this relationship and cancel all the effects this relationship has or might have upon me, my marriage, my family, and my ministry. I claim the blessing of the Lord Jesus on any part of the tie that is empowered by God. In the name and authority of Jesus Christ, I forbid the enemy to interfere or make any use of this relationship, by the crucifixion and resurrection power of Jesus Christ, my Savior and Lord.

Come, Holy Spirit, renew me, fill me anew with Your Power, love and joy. Strengthen me where I have felt weak and clothe me with Your light. Fill me with life.

And, Lord Jesus, please send Your holy angels to minister to me and each member of my family, to guard and protect us and our homes, jobs, all our possessions, our reputations and the reputation of this ministry, our bodies, souls and spirits from sickness, harm and danger, and from retaliation and retribution. Guard me and keep me safe on my way and give me a peaceful night of rest. I praise You now and forever, father, Son, and Holy Spirit! Amen

Based on prayer from DELIVERANCE FROM EVIL SPIRITS by Francis MacNutt,  
3-1-00 - Adapted/Expanded by Ruth Crossman

## DAILY PRAYER AND DECLARATION

Dear Heavenly Father,

I praise You and honor You as my Lord. You are in control of all things. I thank You that You are always with me and will never leave me nor forsake me. You are the only all-powerful and only wise God. You are kind and loving in all Your ways. I love You and thank You that I am united with Christ and spiritually alive in Him. I choose not to love the world or the things in the world, and I crucify the flesh and all its passions.

Thank you for the life I now have in Christ. I ask You to fill me with the Holy Spirit so I may say no to sin and yes to You. I declare my total dependence on You, and I take my stand against Satan and all his lying ways. I choose to believe the truth of God's Word despite what my feelings may say. I refuse to be discouraged because You are the God of all hope. Nothing is too difficult for You. I am confident that You will supply all my needs as I seek to live according to Your Word. I thank You that I can be content and live a responsible life through Christ who strengthens me.

I now take my stand against Satan and command him and all his evil spirits to depart from me. I choose to put on the full armor of God so I may be able to stand firm against all the devil's schemes. I submit my body as a living and holy sacrifice to God and I choose to renew my mind by the living Word of God. By so doing I will be able to prove that the will of God is good, acceptable and perfect for me. In the name of my Lord and Savior, Jesus Christ, Amen.

## BEDTIME PRAYER

Thank You, Lord, that you have brought me into your family and have blessed me with every spiritual blessing in the heavenly places in Christ Jesus. Thank You for this time of renewal and refreshment through sleep. I accept it as one of Your blessings for Your children and I trust You to guard my mind and my body during my sleep. As I have thought about You and Your truth during the day, I choose to let those good thoughts continue in my mind while I am asleep. I commit myself to You for Your protection against every attempt of Satan and his demons to attack me during sleep. Guard my mind from nightmares. I renounce all fear and cast every anxiety upon You, Lord. I commit myself to You as my Rock, my Fortress and my Strong Tower. May Your peace be upon this place of rest now. In the strong name of the Lord Jesus Christ, I pray. Amen.

## CLEANSING HOME/APARTMENT/ROOM

After removing and destroying **all objects** of false worship, pray aloud in every room if necessary:

Heavenly Father,

I acknowledge that You are the Lord of heaven and earth. In Your sovereign power and love, You have given me all things richly to enjoy. Thank You for this place to live. I claim my home as a place of spiritual safety for me and my family and protection from all the attacks of the enemy. As a child of God, raised up and seated with Christ in the heavenly places, I command every evil spirit claiming ground in this place, based on the activities of past or present occupants including me, to leave and never to return. I renounce all curses and spells directed against this place. I ask You, Heavenly Father, to post Your holy, warring angels around this place to guard it from any and all attempts of the enemy to enter and disturb Your purposes for me and my family. I thank You, Lord, for doing this in the name of the Lord Jesus Christ, Amen.

## LIVING IN A NON-CHRISTIAN ENVIRONMENT

After removing and destroying **all objects** of false worship in your possession, pray aloud in the place where you live:

Thank you, Heavenly Father, for a place to live and to be renewed by sleep. I ask You to set aside my room (my portion of this room) as a place of spiritual safety for me. I renounce any allegiance given to false gods or spirits by other occupants. I renounce any claim to this room (space) by Satan based on the activities of past or present occupants, including me. On the basis of my position as a child of God and joint heir with Christ who has all authority in heaven and on earth, I command all evil spirits to leave this place and never return. I ask You, Heavenly Father, to station Your holy, warring angels to protect me while I live here. In Jesus' mighty name, I pray. Amen.

