



setfree
U S A

Addendums

Mission Statement

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

Vision

Bringing the hurting to the Healer.



“The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free.” Luke 4:18

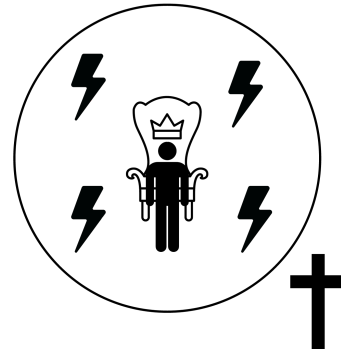
616-726-5400 | info@setfreeusa.org | www.setfreemin.org | 2023

1-A - Who's on the Throne?

The following drawings represent two kinds of lives:

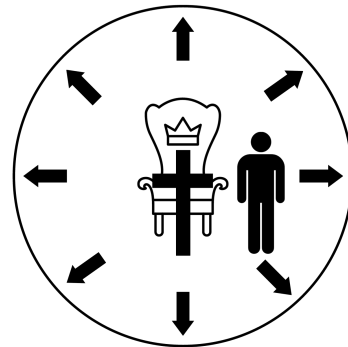
The Self-Directed Life:

In this illustration, the self is depicted on the throne. Interests are directed by self, leading to discord and frustration. Christ is portrayed as outside of life, having little influence.



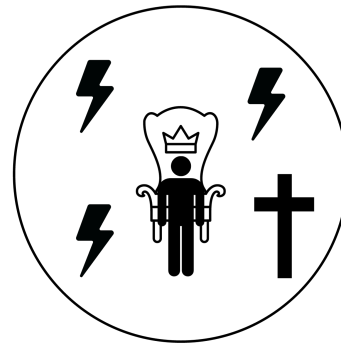
The Christ-Centered Life:

In this drawing, Christ is on the throne, and self is depicted as yielding to Christ. Interests are directed by Christ, resulting in harmony with God's plan.



The Self-Directed Life with Christ in it:

In this illustration, self is still on the throne, but self is claiming Christ without completely relinquishing control. The result is a life marked by a constant inner struggle, conflicts between personal desires and God's will, and a sense of spiritual unrest.



Which drawing best represents your life currently?
Which drawing would you like to represent your life?

Take some time to reflect on these questions, as they can help you assess and consider your journey towards a Christ-centered life.

1-B - Satanic Ritual Abuse

If you have been involved in Satanic rituals or heavy occult activity or you suspect it, 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”.

Kingdom of Darkness	Kingdom of Light
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.

1-C - Freemasonry

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 renounce the teaching of Freemasonry that..	I announce and accept the Truth from Scripture that..
Its Deity, the "Great Architect of the Universe," can be worshiped by all men, whether they be Buddhists, Christian, Muslims, or Hindus, without controversy.	Only through Jesus Christ can God be worshiped (John 14:6; 1 Timothy 2:5; 1 John 2:22-23).
Refuses to acknowledge the unique Godhood of Jesus Christ or that He died for our sins and rose from the dead.	Jesus Christ is truly God Almighty who came in the flesh, died for our sins and rose from the dead (John 1:1-14; Colossians 2:9; 1 Corinthians 15:4)
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.	The Bible is truly the inspired Word of God (2 Timothy 3:16; Matthew 5:18; 1 Peter 1:25; Psalm 119:89; 12:6-7; 19:7-8)
Declares that man can be saved by his own labors without faith in Jesus' sacrifice on the cross.	A person can be saved only by grace, through faith in Christ (Romans 10:9; Ephesians 2:8-9).
Blasphemes the name of God by associating it with pagan fertility gods such as Baal.	Affirms the absolute holiness, separateness, and majesty of God's name (Exodus 20:2-7; Deuteronomy 6:4-5; Psalm 8:1, 29:2).
Requires that men swear oaths on a Bible in the name of God involving mutilation and murder of human beings.	Forbids the taking of oaths, taking God's name in vain and committing murder (Matthew 5:34-37; James 5:12; Exodus 20:7, 13).
Links its members in solemn, spiritual bondage to one another, irrespective of members' religious beliefs.	That forbids me from being unequally yoked with unbelievers (2 Corinthians 6:14-17; Revelation 18:1-4).
Insists on keeping its supposedly valuable truths bound under the most serious of secret oaths and available only to a very few.	Does not allow for such secrecy (Matthew 10:26-27; John 18:20; Acts 26:26).
Demands that its members call its leaders titles like "Worshipful Master," and kneel before them.	Commands me to call no one master except Jesus and to worship none except God (Matthew 6:24: 23:8-10; Acts 10:25-26; Revelation 22:8-9)

1-D - Harry Potter

Making Evil Look Innocent

"I am writing this urgent message because I was once a witch.

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 their 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.

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. 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**. 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!

What does God have to say about such books as the Harry Potter series? In the Bible in the book of Acts 19 18-20: "Many of those who believed now came and openly confessed what they had done. 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.

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

Unveiling the Spiritual Battle Behind Pokemon

In the heart of the Amazon rainforest, a Yanomami tribal leader named Shoefoot, once a shaman deeply connected to demonic forces, encountered a profound transformation through accepting Christ as his savior. Prior to his conversion, Shoefoot communicated regularly with demons, understanding them by name and drawing power from their influence. His perspective, rooted in primitive beliefs, unveiled the reality of the spiritual realm.

When Shoefoot visited the United States with missionaries, he was shown Pokemon cards. To the shock of those present, he identified and named the demons represented on each card. These were the same entities that once held sway over his life before encountering God, Yai Pada - the great spirit.

Shoefoot's revelation serves as a powerful reminder that the spiritual battles we face are often hidden from our cultural perspective. The connection between Pokemon and demonic entities, as perceived by someone with a deep understanding of spiritual realities, raises concerns about the impact of popular culture on our spiritual well-being.

In our society, Pokemon has become a global sensation, especially among children. However, its widespread popularity has not come without controversy. Parents have raised alarms about Pokemon cards potentially serving as stepping stones to other games with occult elements, such as, Magic: The Gathering. Links between Pokemon websites and occult games further fuel apprehensions about the spiritual influence of these seemingly innocent creatures.

The Pokemon message, as portrayed on various platforms, invites children into a world where they train to become the "number-one Pokemon Master in the World." Professor Oak, a leading authority in this fantastical realm, describes Pokemon as "incredible creatures" sharing the world with humans. Each Pokemon, he claims, possesses unique fighting abilities, with some evolving into more powerful forms. The suggestion to carry Pokemon as sources of power in daily life raises spiritual concerns, especially when viewed through the lens of Shoefoot's revelation.

As Christians, it's crucial to approach cultural phenomena with spiritual discernment, recognizing the battles outlined in Ephesians 6:12, "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." At Set Free, we take a firm stand against practices that compromise our spiritual well-being and encourage everyone, especially parents, educators, and believers, to adhere to biblical principles and approach popular culture with discernment, seeking guidance from biblical principles to navigate the spiritual landscape in which we live.

Understanding the Enneagram: *Origins and Christian Perspective*

What is the Enneagram?

The Enneagram of Personality, often referred to as the Enneagram, is a categorization tool that organizes human personality into nine interconnected types.

Where did the Enneagram come from?

Proponents have linked the Enneagram to various ancient groups, including the Desert Fathers, Kabbalists, Sufi mystics, Pythagoreans, and the Chaldeans. The first documented mention of the Enneagram is found in the writings of Russian occultist P. D. Ouspensky, he gave credit for the article to his teacher, the Greek American occultist Georges I. Gurdjieff, who viewed the Enneagram as a symbol of the cosmos but did not connect it to personality types.

Another occultist, Óscar Ichazo, claimed divine inspiration for the Enneagram's personality meanings. He claimed that he had received a vision during a mescaline-induced experience with the Archangel Metatron. A student of Ichazo, linked the nine points of the Enneagram to nine basic personality types. In the 1970s, his students introduced the Enneagram to Catholic communities, particularly in mystical and contemplative circles. The Enneagram gained broader exposure when Don Riso co-founded the Enneagram Institute in 1997.

Should Christians be using the Enneagram?

Concerns about the Enneagram's occultist origins arise, particularly when used as a form of Gnostic-based numerology. Seeking divination from a tool developed under such circumstances raises concern. But when used solely as a tool for personality classification, the issue becomes less clear. Despite its origin story, some argue that the Enneagram may have elements that are useful or, at least, non-harmful. In such cases, the decision to use the Enneagram is left to the individual Christian's conscience.

Drawing parallels to how the Apostle Paul approached the issue of meat sacrificed to idols in Romans 14:14-23. If the use of the Enneagram leads "weaker brothers" to stumble or raise questions, Christians should be open to reconsidering its use.

In conclusion, considering the occult origins and spiritual implications, Set Free rejects the Enneagram. We firmly advise against its practice, and recommend a clear renouncement within the Christian community. As we aim to align with biblical principles, we prioritize discernment and caution, steering clear of any occult influences.

Christian Yoga? *It's a Stretch*

There is nothing wrong with stretching, exercising, or regulating one's stress through breathing. But when the tenets of yoga are included, it's by definition a worship act to spirit beings other than the God of the Bible. By way of analogy, there is nothing inherently wrong with intimacy, sex, and pleasure. But when the tenets of adultery are included, it's a sinfully idolatrous worship act. A faithful Christian can no more say they are practicing yoga for Jesus than they can say they are committing adultery for Jesus.

Saying yoga can be Christian because you do it for Jesus is a bit like going into a mosque, going through the worship practices, and then saying you're not a Muslim because you're doing it for Jesus. They don't mix. When looking at the acceptance of yoga in the Christian church, we find that there are two issues at hand: (1) People simply don't understand what yoga is, its roots, and its tenets; or (2) People think that they can engage in yoga because it's just stretching, while ignoring the religious aspects of the practice of yoga.

What Is Yoga?

According to Elliot Miller, noted New Age expert and editor of the Christian Research Journal: Yoga is derived from the Sanskrit word yug, which means "to yoke." This is a term most Christians are familiar with from the Bible (Phil. 4:2; Matt. 11:9). A yoke is a crossbar that joins two draft animals at the neck so they can work together; the term, therefore, is applied metaphorically to people being joined together or united in a cause. In Hinduism, union is desired with nothing less than God or the Absolute, and yoga is the system that Hindus have developed to achieve that end. The purpose of these exercises—both physical and mental—was to attain a state of "pure consciousness. where the practitioner begins to lose the distinction between self and whatever one is focused on" in order to feel at one with the universe or God.

So the question when it comes to yoga is can Christians participate in Yoga?

Whether they know it or not, Christians who engage in yoga are participating in a religious expression that is antithetical to Christianity. The result is often an unguarded spirit that is susceptible to the many lies of Satan and a slow, almost unperceivable degradation of faith and Christian truth in one's life. The act itself is a worship act. Subsequently, it cannot be done in a way that is not spiritual. Romans 12:1 is clear that what we do with our bodies is worshipful toward the God of the Bible or something or someone else. Everything we do with our physical bodies also involves our souls.

1-E - Additional Specific Prayers

Repeating and Nagging Thoughts / Voices

Heavenly Father, I confess that I have participated in listening to and obeying nagging, condemning voices _____. I renounce these voices / thoughts. I announce the truth that “Therefore, there is now no condemnation for those who are in Christ Jesus.” 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. In Jesus name, I pray. Amen.

What is the Truth about me

Lord, I confess and renounce my sinful attitude of believing _____ 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.

Forgiveness Issues

Heavenly Father, 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 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. In Jesus name, I pray. Amen.

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. In Jesus name, I pray. Amen

Scripture Prayers

Philippians 1 & 4

Hope, Encouragement

Heavenly Father, You, who began a good work in _____, we pray being confident of this that you carry it to completion until the day of Christ Jesus. Philippians 1:6

Wisdom, Holy Living

We pray that _____'s love may abound more and more in knowledge and depth of insight, so that _____ may be able to discern what is best and may be pure and blameless for the day of Christ. Philippians 1:9-10

Holy living

We pray that you fill _____ with the fruit of righteousness that comes through Jesus Christ to the glory and praise of God. Philippians 1:11

Holy Living

We pray that in humility _____ will value others above himself/herself, not looking to his/her own interests but to the interests of others, and we pray that in _____'s relationships with others, he/she will have the mind of Christ Jesus. Philippians 1:3-5

Holy Living

Heavenly Father, we pray that whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-that _____ would think about such things. Philippians 4:8

Encouragement, Holy Living

We pray that _____ will rejoice in the Lord always. The Lord is near. And we pray that _____ will let his/her gentleness be evident to all. Philippians 4:4-5

Hope, Encouragement, Comfort

Father God, we pray, through our prayers and the help given by the Spirit of Jesus Christ, that what has happened to _____ will turn out for his/her deliverance. Philippians 1:19

Hope, Encouragement

Father God, we pray that you give _____ the courage and confidence to know that he/she can do all that you put before him/her through Christ who gives him/her strength. Philippians 4:13

Encouragement, Peace

We pray that _____ will not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, that _____ will present his/her requests to you God. We pray that the peace of God, which transcends all understanding, will guard _____'s heart and mind in Christ Jesus. Philippians 4: 6-7

Provision

God, we pray that you meet all of _____'s needs according to the riches of your glory in Christ Jesus. Philippians 4:19

Ephesians

Wisdom, Holy Living

Heavenly Father of our Lord Jesus Christ, the glorious Father, we pray that you give _____ the Spirit of wisdom and revelation so that he/she may know you better. Ephesians 1:17

Hope, Encouragement, God's love

We pray that the eyes of _____'s heart may be enlightened in order that he/she may know the hope to which you have called him/her, the riches of your glorious inheritance in your people, and in your people, and your incomparably great power for us who believe. Ephesians 1:18-19

Hope, Encouragement, God's love

We pray that _____, being rooted and established in love, may have power, together with all the Lord's people, to grasp how wide and long and high and deep is the love of Christ, and that _____ will know this love that surpasses knowledge. We pray that _____ may be filled in the measure of all the fullness of God. Ephesians 3:17-19

Holy Living

God we pray that _____ will put off falsehood and speak truthfully. We pray that in his/her anger, will not sin. Ephesians 4:25

Psalms

Comfort, Relief, Healing

Righteous God, we pray that you give _____ relief from his/her distress; have mercy on _____ hear his/her prayers. Psalm 4:1

Comfort, Relief

Lord, _____'s soul is in deep anguish. Turn oh Lord and deliver him/her; save him/her because of your unfailing love. Psalm 6:3-4

Comfort, Relief, Healing

Compassionate God, you see the trouble and grief of the afflicted. Consider _____'s grief and take it in hand. _____ commits himself/herself to you. Encourage him/her and listen to his/her cry. Psalm 10:14, 17

Comfort, Guidance

Shepherding God, even though _____ walks through the valley of the shadow of death, may he/she fear no evil, for you are with him/her; comfort him/her with your rod and your staff. Psalm 23:4

Holy Living

Lord God, guide _____ in your truth and teach him/her, for you are God his/her Savior and _____'s hope is in you all day long. Psalm 25:5

Hope, Encouragement

Gracious Father, we pray that _____ will wait for you. We pray that _____ will be strong and take heart and wait for you, Lord. Psalm 27:14

Hope, Encouragement

Create in _____ a pure heart, O God, and renew a steadfast spirit with him/her. Restore to _____ the joy of your salvation and grant him/her a willing spirit, to sustain him/her. Psalm 51:10, 12

Numbers

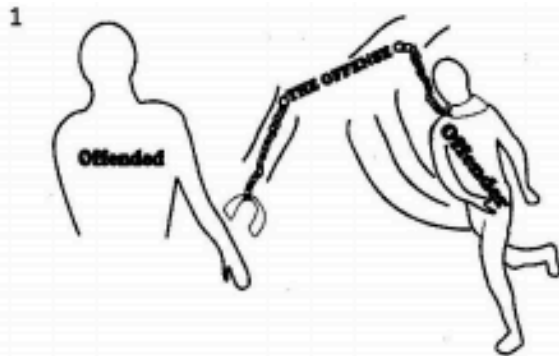
Blessing

Father, Son & Holy Spirit, we pray that you will bless _____ and keep _____; Lord we pray your face will shine upon _____ and be gracious to _____; the Lord turn his face toward _____ and give _____ peace. Numbers 6:7

2-A - Truth about God

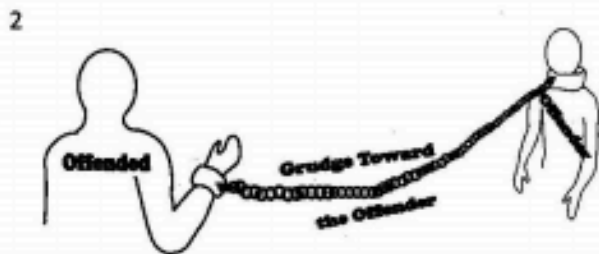
"I AM" (Exodus 3:14, 15; John 8:58)
Adonai "Lord" (Genesis 15:2)
All powerful (Revelation 19:1)
All Sufficient (II Corinthians 9:8)
Almighty (Genesis 35:11)
Alpha and Omega (Revelation 1:8,11; 21:6)
Ancient of Days (Daniel 7:9)
Banner (Exodus 17:15)
Branch (Jeremiah 33:15)
Bread of Life (John 6:35)
Bright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

3-A - Forgiveness Chain

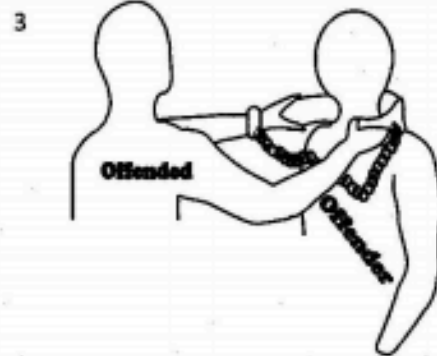


Offenses against us cause hurt. At the same time guilt is placed by God on the conscience of the person who hurt us.

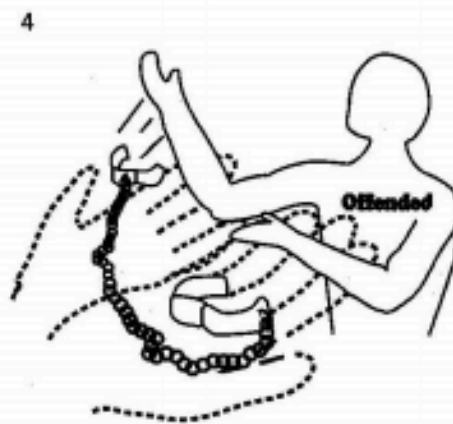
We become *bound* to the offender by the bitterness we harbor in our heart. That bitterness actually sustains the hurt we feel.



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.



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



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.

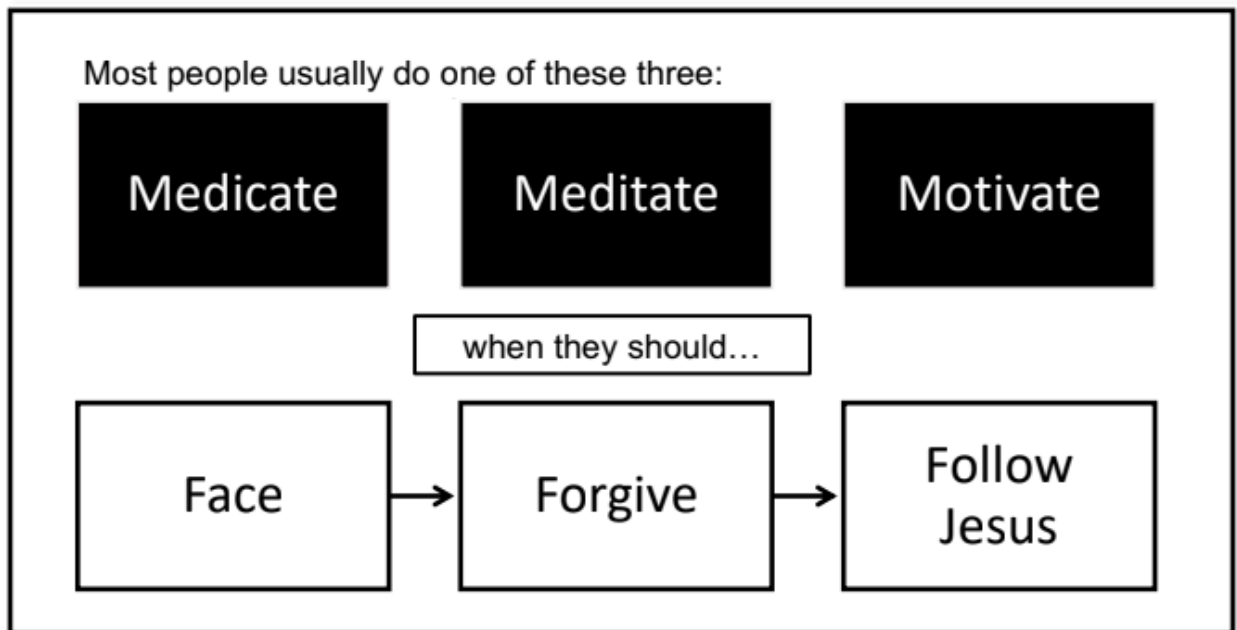
3-B - God's Word About Forgiveness

- Matthew 6:14,15 “For if you forgive other people when they sin against you, your heavenly Father will also forgive you.”
 - **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 4:26-27 - “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 falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.”
 - **Unforgiveness causes a bitter root.**

3-C - God's Word About Anger

- Job 19:29 - "You should fear the sword yourselves; for wrath will bring punishment by the sword, and then you will know that there is judgment."
- Psalm 37:8 - "Refrain from anger and turn from wrath; do not fret—it leads only to evil."
- Proverbs 12:16 - "Fools show their anger at once, but the prudent ignore an insult."
- Proverbs 14:17 - "A quick-tempered person does foolish things, and the one who devises evil schemes is hated."
- Proverbs 14:29 - "Whoever is patient has great understanding, but one who is quick-tempered displays folly."
- Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."
- Proverbs 15:18 - "A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel."
- Proverbs 16:32 - "Better a patient person than a warrior, one with self-control than one who takes a city."
- Proverbs 19:19 - "A hot-tempered person must pay the penalty; rescue them, and you will have to do it again."
- Proverbs 22: 24 & 25 - "Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared."
- Proverbs 27:4 - "Anger is cruel and fury overwhelming, but who can stand before jealousy?"
- Proverbs 29:8 - "Mockers stir up a city, but the wise turn away anger."
- Proverbs 29:11 - "Fools give full vent to their rage, but the wise bring calm in the end."
- Proverbs 29:22 - "An angry person stirs up conflict, and a hot-tempered person commits many sins."
- Proverbs 30:33 - "For as churning cream produces butter, and as twisting the nose produces blood, so stirring up anger produces strife."
- Ecclesiastes 7:9 - "Do not be quickly provoked in your spirit, for anger resides in the lap of fools."
- Jonah 4:4 - "Do not be quickly provoked in your spirit, for anger resides in the lap of fools."

3-D - Processing Pain



Me, Me, Me

Father, Father, Father

3-E - Seeking the Forgiveness of Others

The Motivation for Seeking Forgiveness

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

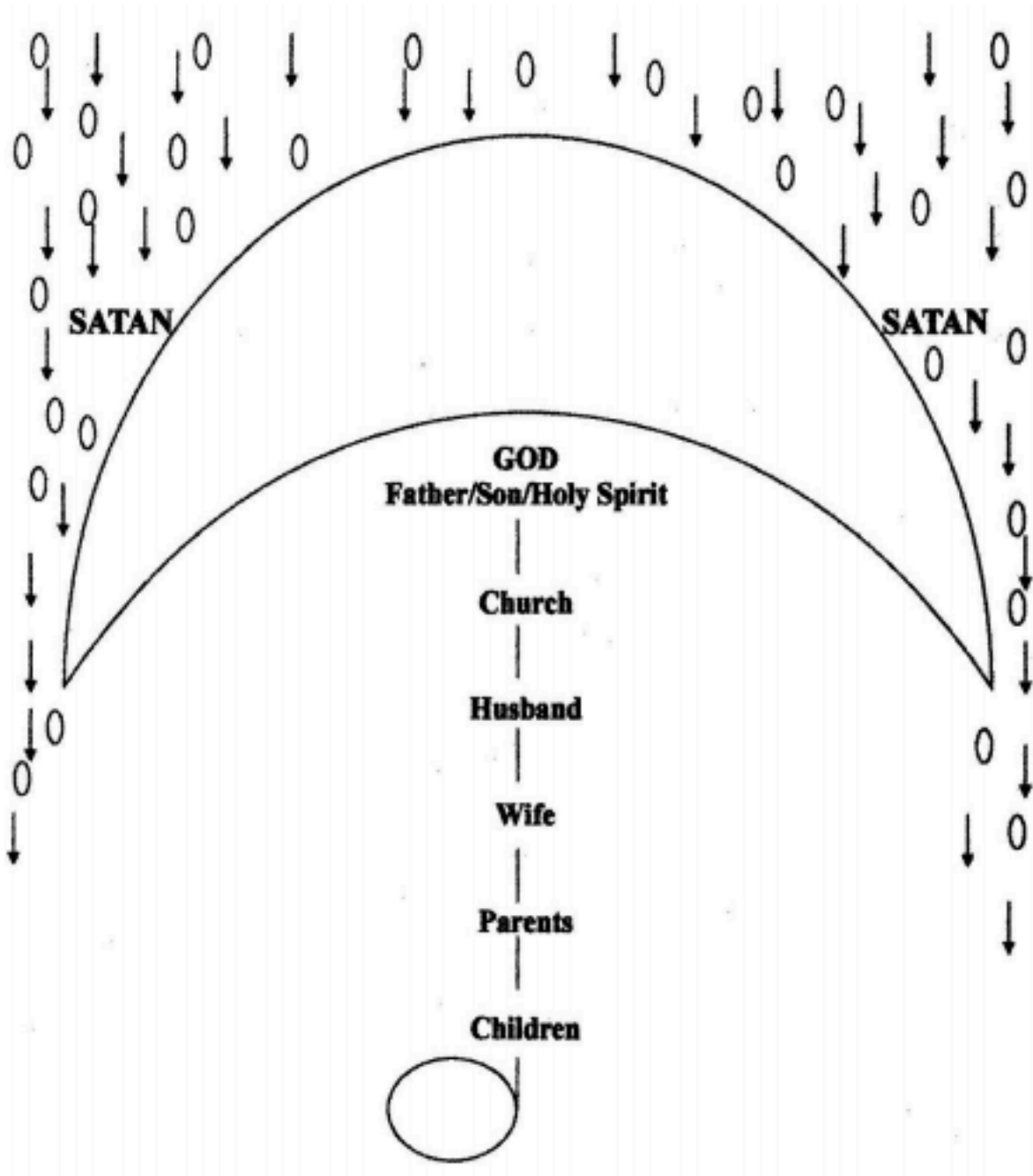
Only the actions that have hurt other people need to be confessed to them. If you have had jealous, lustful or angry thoughts toward others which they don't know about, these are to be confessed to God alone.

An exception to this principle occurs when restitution needs 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 whom 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).

4-A - Authority Umbrella



6-A - Coping with Bondage

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

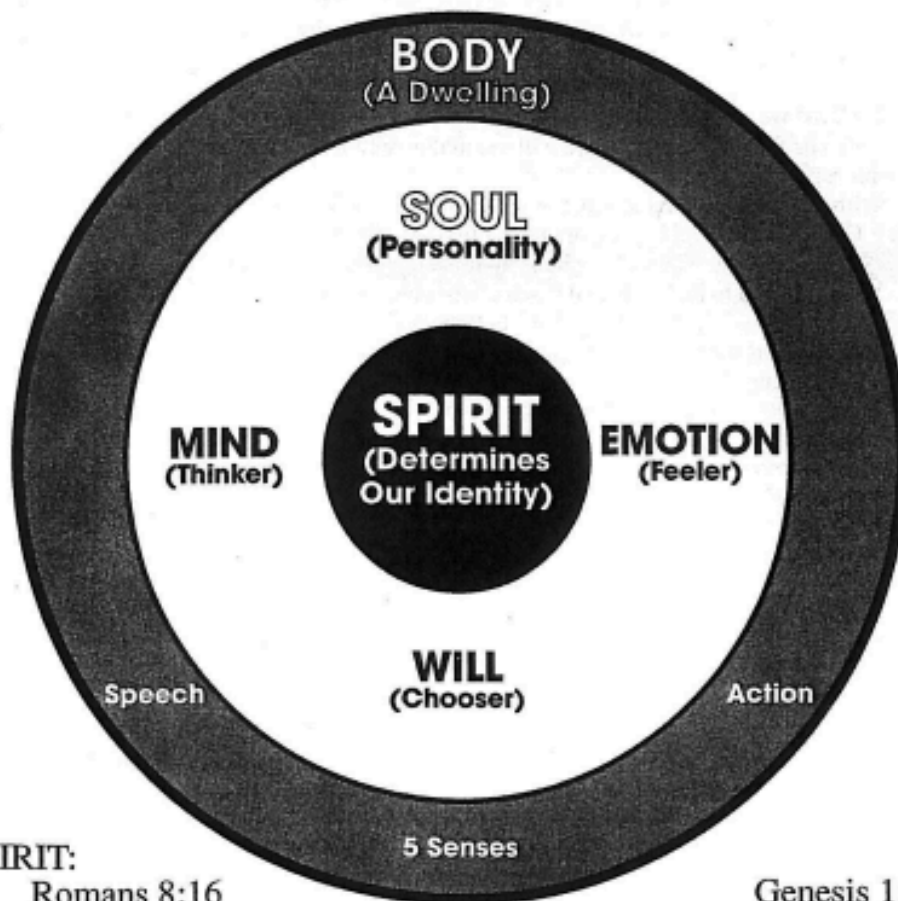
Fear hid a broken heart or was the result of a broken heart. Fear said, that hurt too much. I don't ever want that to happen again.



7-B - Biblical Representation of Salvation

Diagram #1

A Biblical Picture of Man MAN-A THREE-PART WHOLE (1 Thessalonians 5:23)



SPIRIT:

Romans 8:16
1 Corinthians 6:17

Genesis 1:26,27
Genesis 2:7
John 4:24

SOUL:

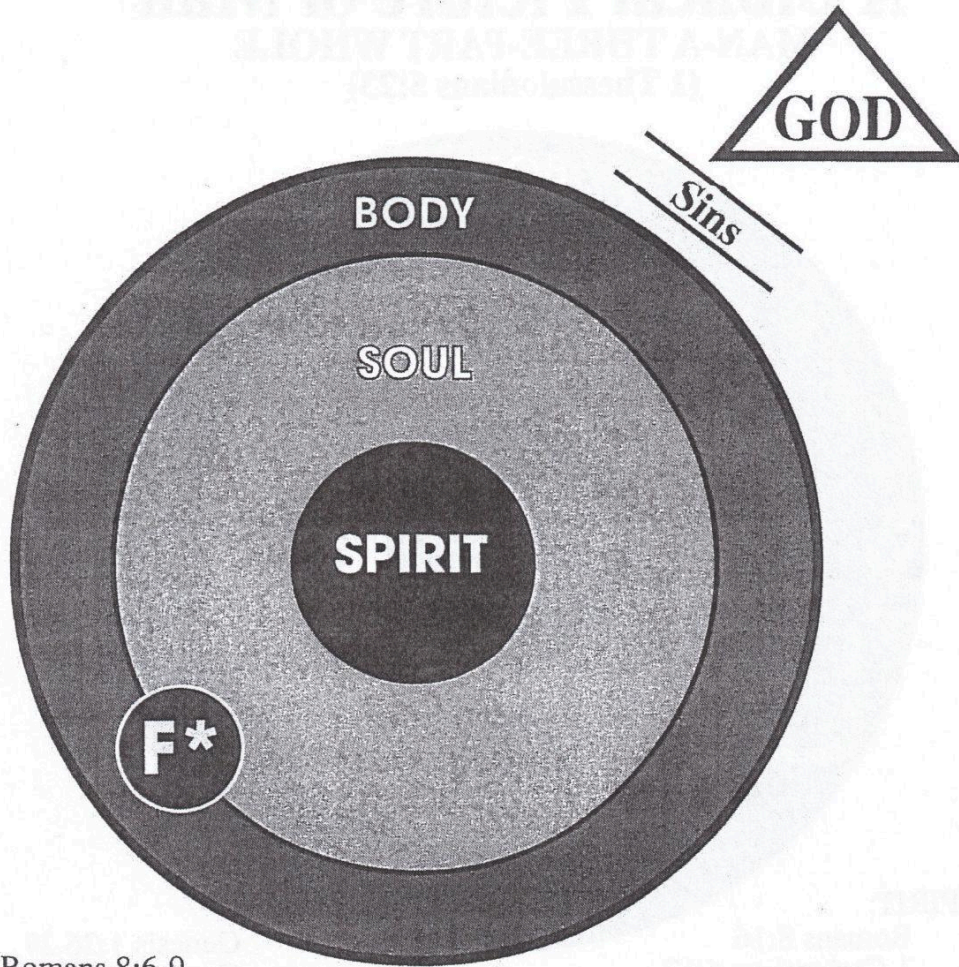
1 Corinthians 15:46-49
1 Thessalonians 5:23
Hebrews 4:12

NOTES:

Man is essentially a spirit, who has a soul, and lives in a body.

Diagram #2

Pre-Salvation Person



Romans 8:6-9

*Flesh. Sometimes called "Self-Life".

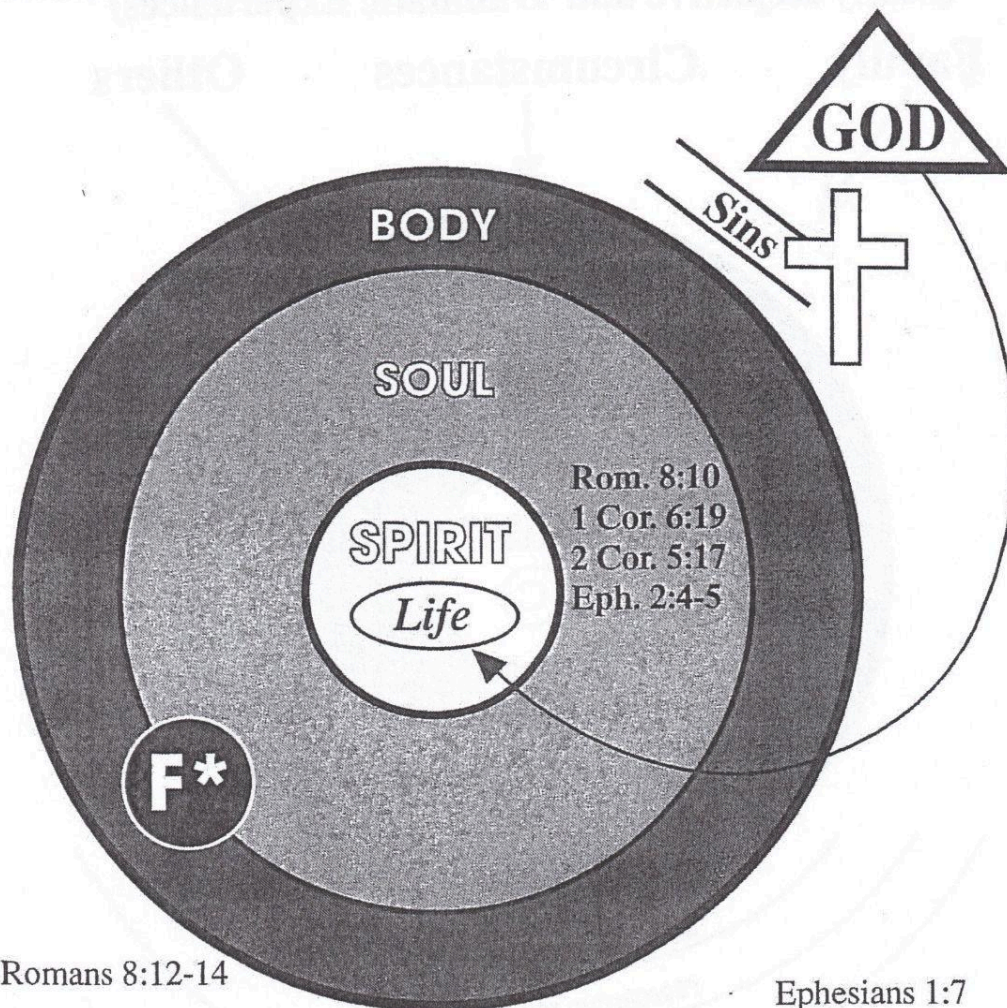
Isaiah 59:2
Ephesians 2:1-3

NOTES:

Man's basic problem at birth is that he is separated from God and, therefore, without Life.

Saved Person

Colossians 1:14, Hebrews 9:22, 1 John 1:7, 2 Peter 2:24



Romans 8:12-14

Ephesians 1:7
Romans 5:10
John 5:24

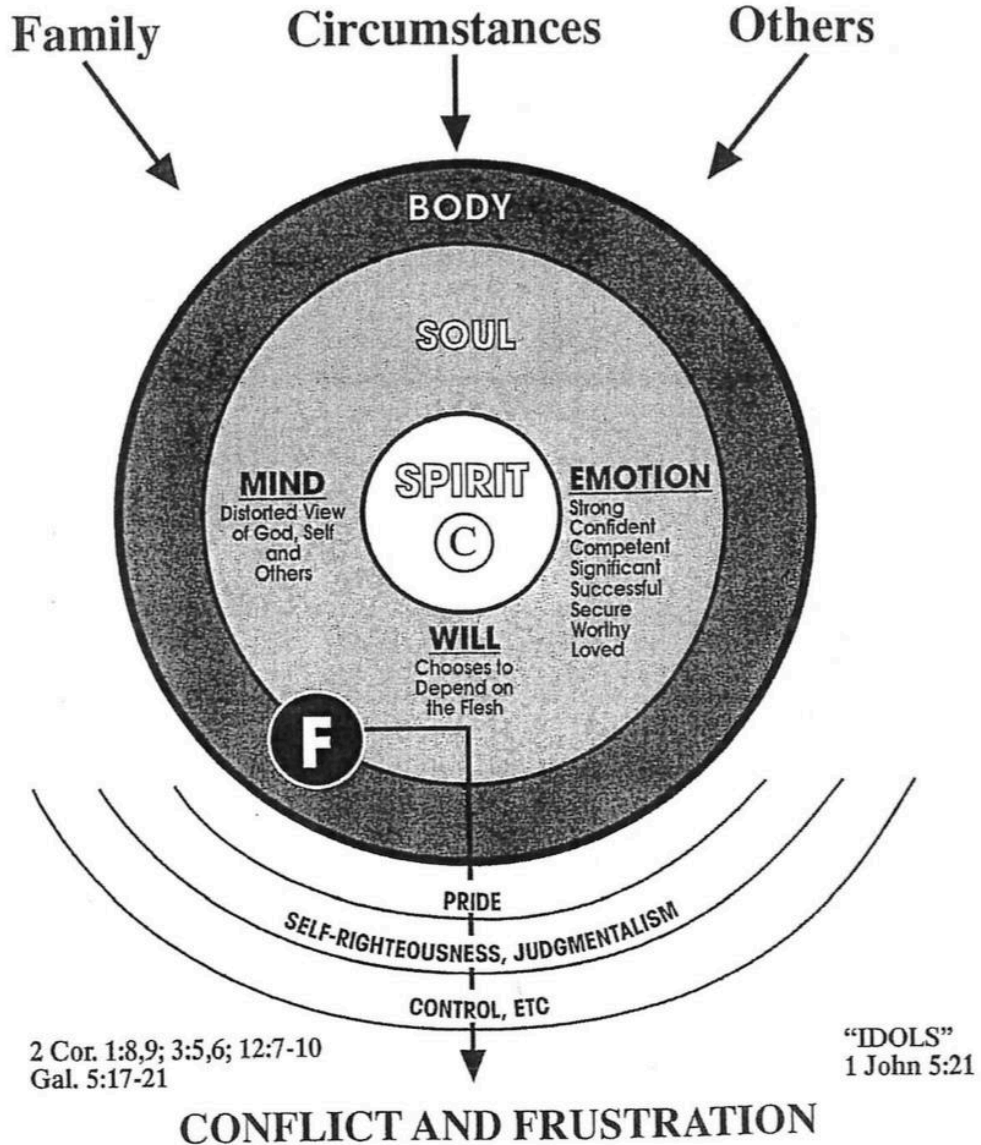
*Flesh. Sometimes called "Self-Life".

NOTES:

God gave His life for us, in order to give His life to us, in order that He might live His life through us!

Positively Programmed Flesh

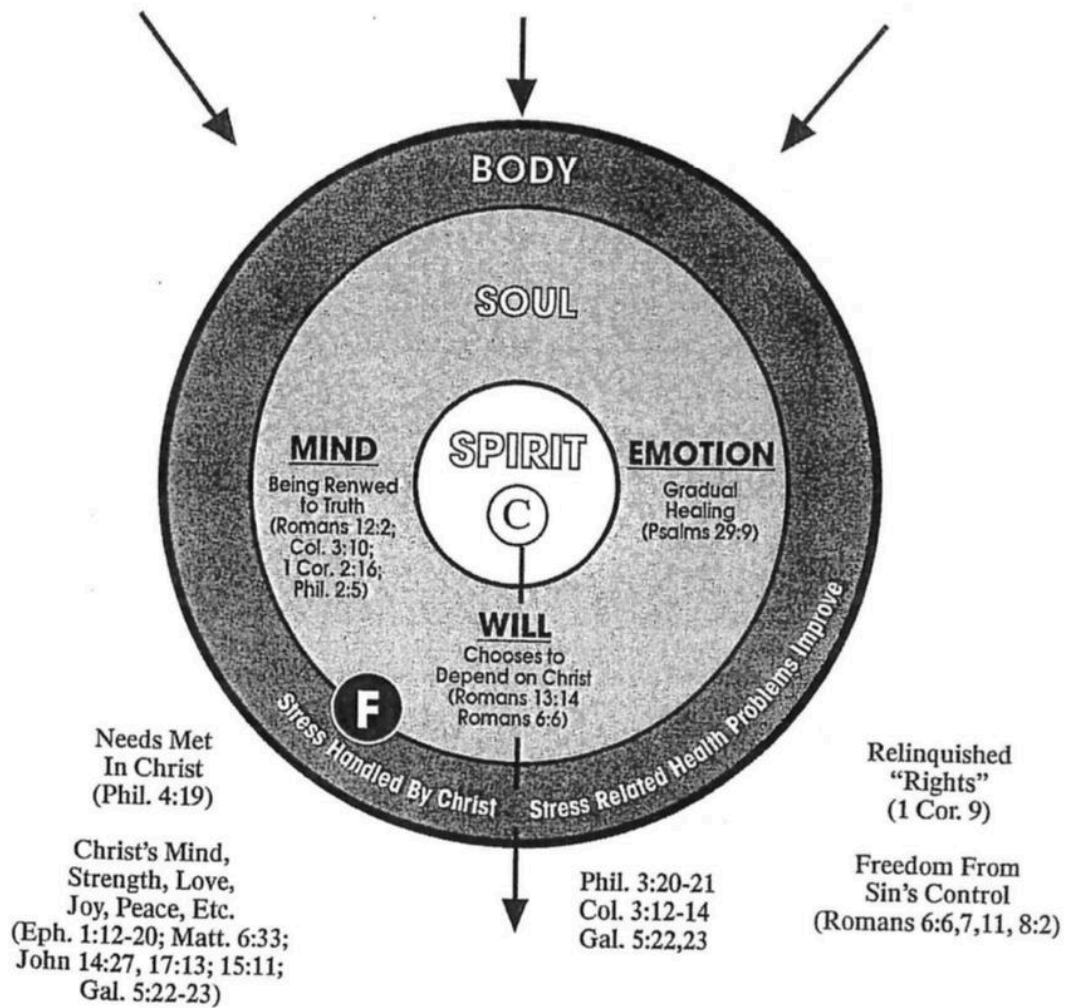
(Positive Experiences, Few Rejections)



NOTES: God loves both His negatively and positively programmed children enough to do whatever it takes to reveal the bankruptcy of the flesh, so that we will be ready to exchange the Self Life for Christ Life.

The Christ Life

“All things”
(Romans 8:28)



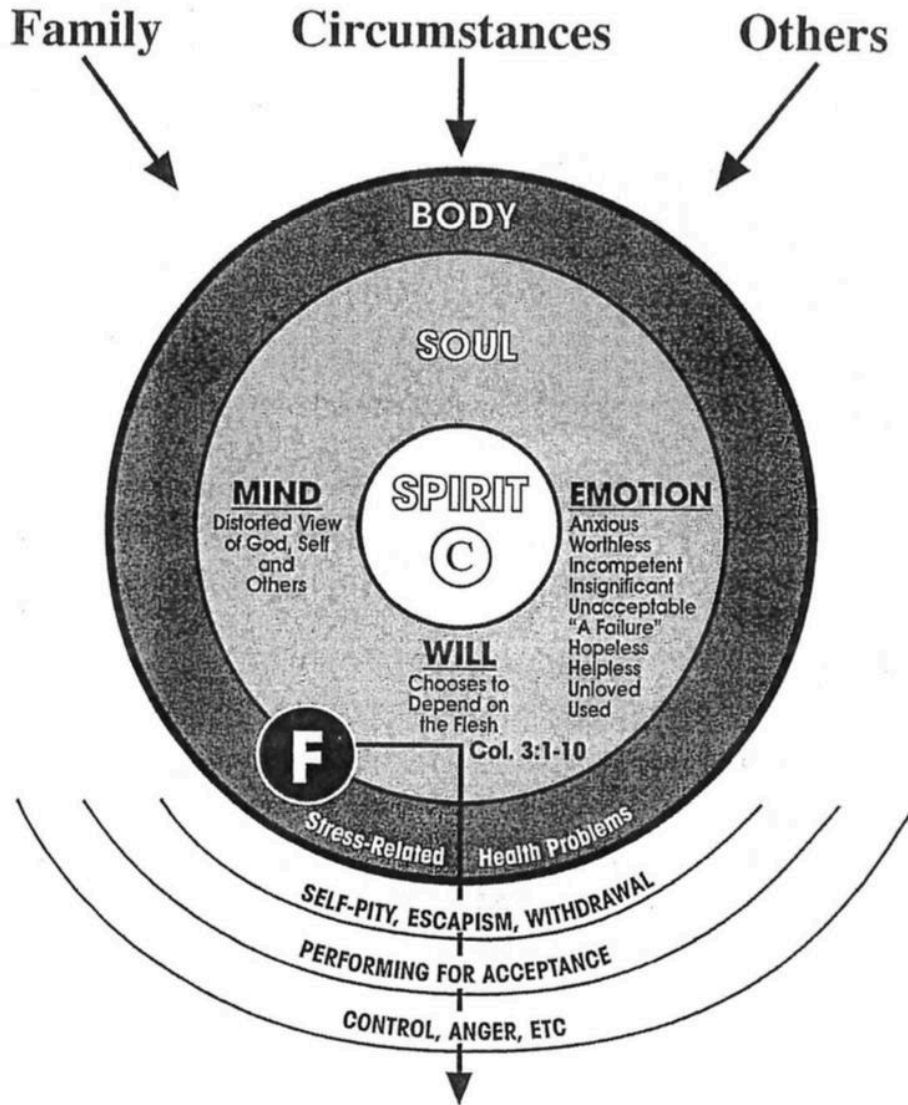
VICTORIOUS LIVING!
(Romans 15:18, Ephesians 3:20)

NOTES:

Christ living His life through us is victorious living!

Negatively Programmed Flesh

(Many Rejective and Traumatic Experiences)



CONFLICT AND FRUSTRATION

2 Corinthians 1:18, 19; 3:5-6; 12:7-10 & Galatians 5:17-21

NOTES: When the person depends upon his own strength to cope with present pressures and past rejections, the result is ultimately conflict and frustration.

7-C - How are You Walking?

CLIMBING THE LADDER OF LIFE

WALKING BY FAITH IN
THE HOLY SPIRIT

GODLY LIVING

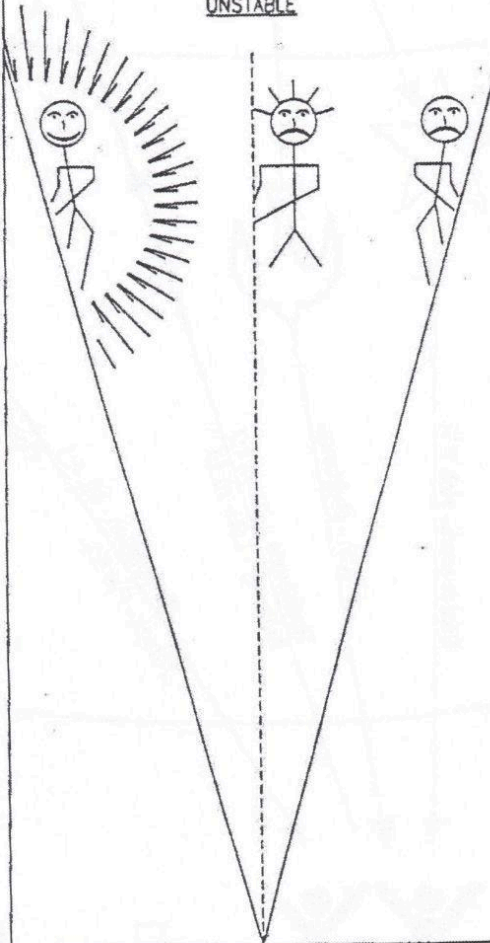
LIVING JESUS

- * ABUNDANT LIFE
(LIFE OF BLESSING)
(ABIDE)
(GOOD WORKS)
- * LOVE OF GOD AND
LOVE OF OTHERS
- * BROTHERLY KINDNESS
- * GODLINESS
- * PERSEVERANCE
(BEING UNDER PRESSURE)
- * SELF CONTROL
- * TRUE KNOWLEDGE
- * SEEKS FIRST GOD'S
RIGHTEOUSNESS
(MORAL EXCELLENCE)
- * FREEDOM IN CHRIST
(APPLIES THE TRUTH)
- * BELIEVES THE TRUTH
ABOUT WORTH AND
POSITION AS A NEW
CREATION LIVING
UNDER NEW MASTER

SALVATION

2 PETER 1:5-11

JAMES 1:6-8
UNSTABLE



WALKING BY THE FLESH

WORLDLY LIVING

HISTORICAL JESUS

DEFEATED CHRISTIAN LIFE

NEEDY - DEPRESSION
ANXIETY
ANGER/BITTER
PHYSICAL ILLNESS

CREATE REALITY WITH MIND

DISTORTED VIEW OF GOD

PROVE SELF

DO "GOOD WORK"

SELF DEPENDENCE
(NEED TO PERFORM TO BE
SUCCESSFUL AND ACCEPTED)

BELIEVES THE
PREPROGRAMMED LIES
ABOUT WORTH AND
POSITION, A NEW
CREATION LIVING
UNDER THE OLD
MASTER

SALVATION

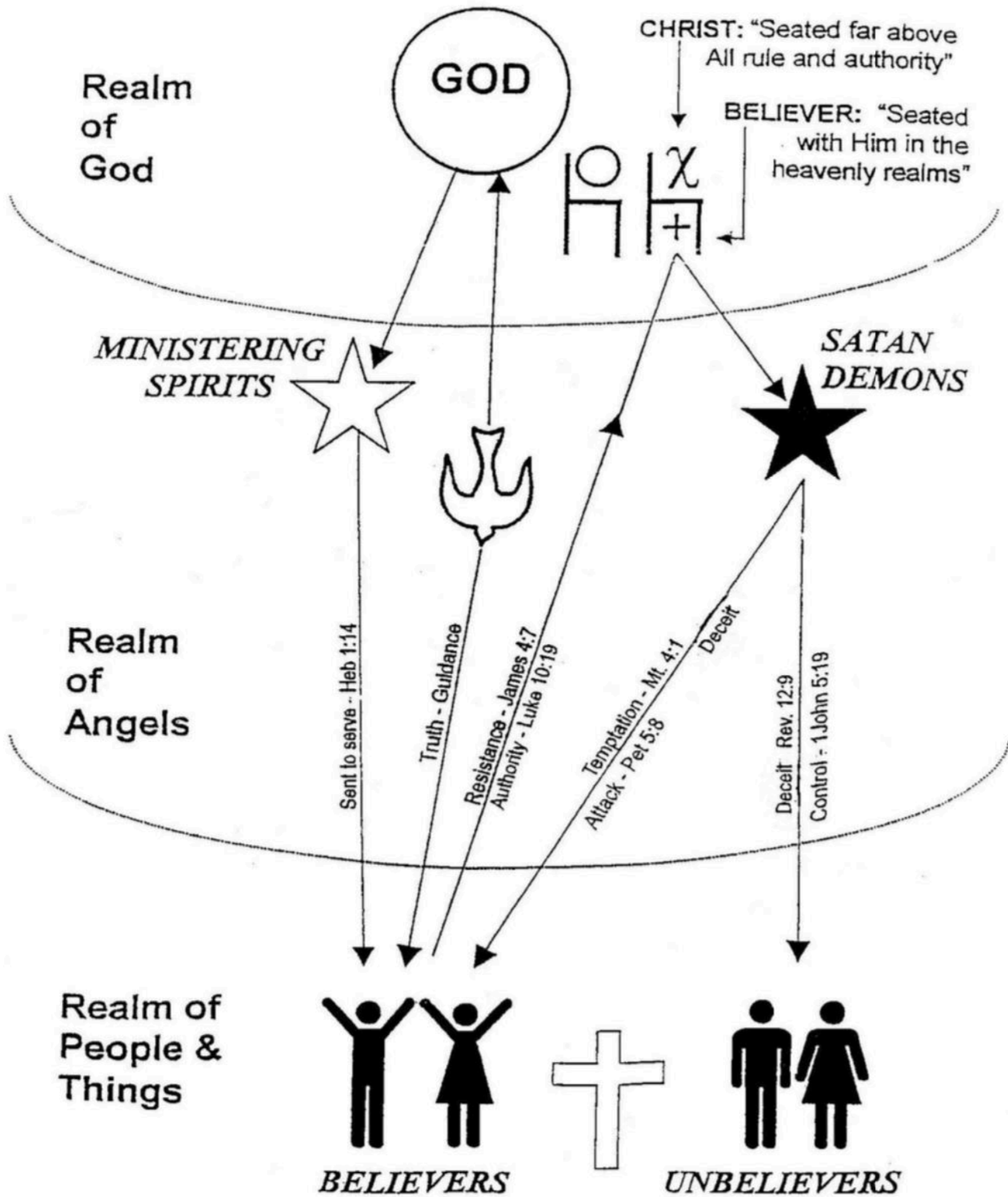
SIN

PAST-

ABUSES, PUT DOWNS
INSIGNIFICANCE, INSECURITY
UNACCEPTED

30

7-D Spiritual Warfare





where the hurting and the Healer connect...

616-726-5400 | info@setfreeusa.org | www.setfreemin.org | 2023