



setfree
U S A

Steps to Freedom

Volunteer

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*

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Adapted with permission, from writings of Neil T. Anderson.

Conducting a Freedom Appointment

1. Prayer of Cleansing for the Prayer Room. Review CPI to highlight areas to address.
2. Start the appointment by reassuring the recipient and asking Ice Breaker Questions.
3. Have the Ministry Recipient understand that we are bound by confidentiality.
4. Start with Cleansing of the Prayer Room and the Surrender Prayer.
5. Explain how the appointment will be organized (breaks, snacks, restroom locations, etc.).
6. Explain the roles of the Encourager and Prayer Partner (possibly an apprentice).
7. Remember, the focus of the day is on the recipient.
8. Explain the analogy of spiritual house cleaning through using the 7 Steps.
9. Go through the Steps to Freedom manual using addendums as needed
10. Watch a short video on walking free during lunch break with the recipient.
11. Ask if they would be comfortable with recording a short testimony.
12. After the Freedom Appointment is completed, tear out pages with confidential info & shred. Leave the rest of the manual with the recipient to take home for their ongoing growth.
13. Review the steps to maintaining freedom. Emphasize the Walking Free opportunities and explain the map of our church friends to recipients who may not currently belong to a biblically-based supportive body of believers. Offer to facilitate any church connections on their behalf.
14. Pay it Forward discussion.
15. Have the recipient complete a post appointment survey.
16. After the recipient leaves, pray the Cleansing and Soul-Tie-Breaking Prayer together to break any spiritual ties.

Prayer of Cleansing for the Prayer Room

Heavenly Father, We acknowledge that You are the Lord of heaven and earth. In Your sovereign power and love, You have given us all things richly to enjoy. Thank You for this place. We claim this space as a place of spiritual safety for this ministry and protected from all attacks of the enemy. As children of God, raised up and seated with Christ in the heavenly places, we command every evil spirit claiming ground in this place, to leave our presence and report to Jesus to be dealt with. We renounce all curses and spells directed against this place. We ask You, Heavenly Father, to post your Holy, warring angels around this place to guard it against any and all attempts of the enemy to enter and disturb Your purposes for this ministry. We thank You, Heavenly Father, for doing this in the name of the Lord Jesus Christ, Amen.

Potential Ice Breaker Questions

- ❖ How did you hear about Set Free?
- ❖ What are your expectations for this appointment?
- ❖ Tell us a little about yourself?
- ❖ Tell us about your relationship with God?

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 the Lord of my whole life. I believe in You and receive You as my Lord and Savior. I hold nothing back. 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, and my sexuality. 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. In Jesus' name, Amen.

Foundations of a Freedom Appointment

1: Prayer

- **James 5:16** “The prayer of a righteous person is powerful and effective.”

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

2: God’s Word

- **2 Timothy 3:16** “All Scripture is God breathed and is useful for teaching, rebuking, correcting and training in righteousness.”
- **John 14:23** “Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them.”

The Holy Bible is the only standard for righteousness and truth, and is absolute. When one walks according to God’s word, it is a path that leads to peace. We encourage all who come for ministry to discover who they are in Jesus Christ by renewing their minds according to His truth.

3: Ministry Team

- **Mark 6:7** “Calling the Twelve to Him, He began to send them out two by two and gave them authority over impure spirits.”

Jesus set a good example in Scripture when He instructed believers to do ministry in groups of two or more. He gave them authority and power to bring the Gospel to the broken and lost. He did not want them to fight alone. We have adopted that ministry model.

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. We believe these gifts have not changed since they come from the Holy Spirit, who does not change.

Truth Train

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, Colossians 1:27).
- Your sins have been forgiven (Colossians 1:14).
- You have become a child of God (John 1:12).
- You have received eternal life (John 5:24).
- You have begun a new life for which God created you (John 10:10).

Right now, you can ask Jesus to guide every part of your life.

Lord Jesus, I want to know You intimately. Thank You for dying for my sins on the cross. I open my heart and my life to You as my Savior and Lord. Thank You for forgiving me of my sins and giving me eternal life. I step off the throne of my life and want You to be in charge, make me the person you want me to be. In Jesus' name, Amen.

Do Not Depend on Feelings

The following drawing shows the relationship between **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. It would be useless to attempt to pull the train by the caboose. In the same way, we should not let our feelings and emotions drive us, but instead, place our faith into the trustworthiness of God and the promises of His Word.

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.” Since 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?**

Since 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.

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 hopeless 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. Satan is the father of lies, and the only way he can have power over you is if you believe his lies. 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. Remember, the only power Satan has over you is the power of the lie. Expose the lie then, choose the truth, and the power of that lie is broken.

Also, if you experience any physical discomfort, such as headache, nausea, tightness in the throat, excessive sleepiness, etc., don’t be alarmed. Just let us know so we can pray for you. Don’t let the devil set the agenda during this time; let the Holy Spirit lead.

*Following is a prayer and declaration to get us started with the 7 Steps to Freedom. All prayers and declarations will be in bold and must be **read out loud**.*

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. I ask You to protect my mind and body during this time. Holy Spirit, please guide me into all truth. I choose to submit to Your 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 because I belong to my Savior, the Lord Jesus Christ.

Remember that the Lord Jesus Christ has already purchased your freedom over 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, you will be taking a very thorough inventory of your life to make a commitment to the truth. If you are open and honest during this time, you will greatly benefit by experiencing the full freedom you have in Christ. May the Lord greatly touch your life during this time. He alone can and will give you the grace to make it through.

Step 1

Counterfeit vs. Real



The first step toward experiencing your freedom in Christ is to renounce all past or present involvement with occult, cult, or false religious teachings or practices. Participation in any group that denies that Jesus Christ is Lord and elevates any teaching or book to the level of the Bible (or above it) must be renounced. God does not take lightly false guidance. "I will set my face against anyone who turns to mediums and spiritists to prostitute themselves by following them, and I will cut them off from their people." Leviticus 20:6.

Dear Heavenly Father, please bring to my mind anything and everything that I have done, knowingly or unknowingly, that involves occult, cult, or false religious teachings and practices. Grant me the wisdom and grace to renounce any and all spiritual counterfeits. In Jesus' name I pray, Amen.

The Lord may bring events to your mind that you have forgotten, even experiences you participated in as a game or thought were a joke. You may even have been passively or curiously watching others participate in counterfeit religious practices. The purpose is to renounce **all** counterfeit spiritual experiences and associated beliefs that God brings to your mind.

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 renounce it.

Occult Involvement

Check each area in which you have participated in or had exposure to in the past or present.

- | | | |
|-----------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> Acupuncture | <input type="checkbox"/> Fantasy role playing | <input type="checkbox"/> Ouija board |
| <input type="checkbox"/> Amulets / Charms / Omens | <input type="checkbox"/> Fortune telling | <input type="checkbox"/> Parapsychology |
| <input type="checkbox"/> Ancestor worship | <input type="checkbox"/> Games involving Occult Power | <input type="checkbox"/> Palm reading |
| <input type="checkbox"/> Astral projection | <input type="checkbox"/> Ghost Hunting | <input type="checkbox"/> Pokemon |
| <input type="checkbox"/> Astrology / Horoscopes | <input type="checkbox"/> Harry Potter | <input type="checkbox"/> Praying to the saints |
| <input type="checkbox"/> Automatic writing | <input type="checkbox"/> Haunted House | <input type="checkbox"/> Psychic consulting |
| <input type="checkbox"/> Black / white magic | <input type="checkbox"/> Horror films | <input type="checkbox"/> Reiki / touch therapy |
| <input type="checkbox"/> Blood pact | <input type="checkbox"/> Hypnosis | <input type="checkbox"/> Reincarnation |
| <input type="checkbox"/> Bloody Mary | <input type="checkbox"/> Imaginary playmate | <input type="checkbox"/> Silva mind control |
| <input type="checkbox"/> Charlie Charlie | <input type="checkbox"/> Levitation | <input type="checkbox"/> Spirit guides |
| <input type="checkbox"/> Channeling / Chakras | <input type="checkbox"/> Magic spells | <input type="checkbox"/> Sexual Spirits |
| <input type="checkbox"/> Clairvoyance (seeing the unseen) | <input type="checkbox"/> Magic 8 ball | <input type="checkbox"/> Séance |
| <input type="checkbox"/> Crystal ball | <input type="checkbox"/> Medium, Spiritist | <input type="checkbox"/> Superstition |
| <input type="checkbox"/> Crystals | <input type="checkbox"/> Mind control / Telepathy | <input type="checkbox"/> Sorcery |
| <input type="checkbox"/> Demonic tongues | <input type="checkbox"/> Mind swapping | <input type="checkbox"/> Sorority / Fraternity |
| <input type="checkbox"/> Dream Catchers | <input type="checkbox"/> Mystical meditation | <input type="checkbox"/> Spirit worship |
| <input type="checkbox"/> Dungeons & Dragons | <input type="checkbox"/> New Age medicine | <input type="checkbox"/> Tarot cards |
| <input type="checkbox"/> Eastern star | <input type="checkbox"/> Occult books | <input type="checkbox"/> Trance (out of body experience) |
| <input type="checkbox"/> Enneagram | <input type="checkbox"/> Occult music | <input type="checkbox"/> Using spells or curses |
| | <input type="checkbox"/> Occult games | <input type="checkbox"/> Other: |

Occult Phenomena

*Please check if you **pursued**, are **pursuing** or experienced any of the things listed.*

- | | |
|--------------------------------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Demonic nightmares | <input type="checkbox"/> Seeing a ghost or large dark image |
| <input type="checkbox"/> Experience of unusual sounds, smells, or voices | <input type="checkbox"/> Seeing objects move |
| <input type="checkbox"/> Extra sensory perception | <input type="checkbox"/> Sleep / Voice paralysis |
| <input type="checkbox"/> Feeling presence of evil | <input type="checkbox"/> Supernatural knowledge or strength |
| <input type="checkbox"/> Having objects disappear | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Personality change | |

Exposure to False Teaching & Practices

- | | | |
|-----------------------------------------------------|---------------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> 1 Ching | <input type="checkbox"/> Freemasonry | <input type="checkbox"/> Rosicrucianism |
| <input type="checkbox"/> Bahaism | <input type="checkbox"/> Guardian spirits | <input type="checkbox"/> Roy Masters |
| <input type="checkbox"/> Black Muslim | <input type="checkbox"/> Hare Krishna | <input type="checkbox"/> Satanism |
| <input type="checkbox"/> Buddhism | <input type="checkbox"/> Hinduism | <input type="checkbox"/> Science of the Mind |
| <input type="checkbox"/> Cabala | <input type="checkbox"/> Indian Occult rituals | <input type="checkbox"/> Scientology |
| <input type="checkbox"/> CE-5 Protocols / UFO / UAP | <input type="checkbox"/> Inner Peace Movement | <input type="checkbox"/> Spirit travel |
| <input type="checkbox"/> Children of god | <input type="checkbox"/> Islam | <input type="checkbox"/> Sweat lodge purification |
| <input type="checkbox"/> Christian Science | <input type="checkbox"/> Jehovah Witnesses | <input type="checkbox"/> Transcendental Meditation |
| <input type="checkbox"/> Church of the Living Word | <input type="checkbox"/> Martial arts (karate) | <input type="checkbox"/> Unitarianism / Universalism |
| <input type="checkbox"/> Dance with spirits | <input type="checkbox"/> Mormonism | <input type="checkbox"/> Voodoo |
| <input type="checkbox"/> Eastern religion | <input type="checkbox"/> Mother Earth (Nature worship) | <input type="checkbox"/> Wicca |
| <input type="checkbox"/> Echkanbar | <input type="checkbox"/> Muslim | <input type="checkbox"/> Witchcraft |
| <input type="checkbox"/> EST | <input type="checkbox"/> Native American Spirit Worship | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Father Divine | <input type="checkbox"/> New Age Seminar | |
| <input type="checkbox"/> Fetishism | | |

Drug Use

- | | | |
|-----------------------------------------------|---------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Alcohol Abuse | <input type="checkbox"/> Hashish | <input type="checkbox"/> PCP |
| <input type="checkbox"/> Amphetamine (uppers) | <input type="checkbox"/> Heroin | <input type="checkbox"/> Peyote |
| <input type="checkbox"/> Ayahuasca | <input type="checkbox"/> Iboga | <input type="checkbox"/> Prescription Drug Abuse |
| <input type="checkbox"/> Cocaine | <input type="checkbox"/> Ketamine | <input type="checkbox"/> Salvia |
| <input type="checkbox"/> DMT | <input type="checkbox"/> LSD | <input type="checkbox"/> Shrooms |
| <input type="checkbox"/> Ecstasy | <input type="checkbox"/> Marijuana | <input type="checkbox"/> STP |
| <input type="checkbox"/> Fentanyl | <input type="checkbox"/> Meth | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Glue sniffing | <input type="checkbox"/> Nembutal (downers) | |

Now that you've completed these checklists, confess and renounce everything checked by inserting them in the prayer below. Take your time and be thorough.

Dear Heavenly Father, I confess that I have participated in, been exposed to, or influenced by, _____ knowingly or unknowingly, and I renounce them as counterfeits. I pray that You will empower me by Your Holy Spirit that I may be guided by You only. Thank You that in Christ I am forgiven. In Jesus' name, Amen.

Idolatry

“Dear children, keep yourselves from idols.” is the warning the apostle John gave us in 1 John 5:21. An idol is a false god, or any object of worship other than the one true God. Since we were created to worship the one true and living God, putting anyone or anything before Him is a sin.

Our Father seeks those who will worship Him in spirit and in truth (John 4:23). Though we may not bow down to statues, it is easy for us to make people and things of this world more important to us than the Lord Himself. *Now, pray this prayer to express your commitment to “Worship the Lord your God, and serve Him only.” Matthew 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”. I repent of, and turn away from, this idolatry and now choose to return to You, Lord Jesus, as my first love once again. Please reveal to my mind now any and all idols in my life. I want to renounce each of them, 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 take God's rightful place as Lord of our lives.

- | | | |
|-------------------------------------------------|---------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Financial security | <input type="checkbox"/> Politics |
| <input type="checkbox"/> Appearance | <input type="checkbox"/> Food | <input type="checkbox"/> Popularity |
| <input type="checkbox"/> Being right | <input type="checkbox"/> Friends | <input type="checkbox"/> Possessions |
| <input type="checkbox"/> Boyfriend / Girlfriend | <input type="checkbox"/> Gambling | <input type="checkbox"/> Power |
| <input type="checkbox"/> Business | <input type="checkbox"/> Health | <input type="checkbox"/> Security |
| <input type="checkbox"/> Busyness | <input type="checkbox"/> Heritage | <input type="checkbox"/> Sex |
| <input type="checkbox"/> Celebrities | <input type="checkbox"/> Hobbies | <input type="checkbox"/> Smart Phone |
| <input type="checkbox"/> Child / Grand Child | <input type="checkbox"/> Leisure / Vacation | <input type="checkbox"/> Social Media |
| <input type="checkbox"/> Church | <input type="checkbox"/> Ministry | <input type="checkbox"/> Spouse |
| <input type="checkbox"/> Comfort | <input type="checkbox"/> Music | <input type="checkbox"/> Technology |
| <input type="checkbox"/> Computers | <input type="checkbox"/> My opinions | <input type="checkbox"/> Television |
| <input type="checkbox"/> Control | <input type="checkbox"/> My work | <input type="checkbox"/> TV / Movies |
| <input type="checkbox"/> Degrees | <input type="checkbox"/> Parents | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Desired spouse | <input type="checkbox"/> Physical fitness | |
| <input type="checkbox"/> Drugs / Alcohol | <input type="checkbox"/> Pleasure | |

Use the prayer below to renounce each area of idolatry.

In the name of the living God, Jesus Christ, I renounce my worship of the false gods of _____. I choose to worship only You, Lord, and ask You, to enable me to keep all these areas in their proper place in my life. I renounce idolatry and all its effects in my life. Thank You that I am forgiven. In Jesus' name, Amen.

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 unintentionally in agreement with the enemy, and destined to fail. Isaiah 28:15, “You boast, we have entered into a covenant with death, with the realm of the dead 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 vows there is an evil one who “honors” that prayer and assigns his fallen companions alongside you 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!” *Ask the Holy Spirit to bring to mind any past or present self-protective vows.*

Heavenly Father, please reveal to my mind all self-protective inner vows I have made so that I may confess and renounce them. You are the only source of protection and provision I want and need. In Jesus’ name, Amen.



Here are some examples of Self-Protective Vows. *Check all that apply and write in any others the Holy Spirit may bring to your mind:*

- "I will never be completely transparent."
- "I will never let anyone have my heart again."
- "I will not allow myself to need."
- "I will reject them before they reject me."
- "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 never allow my kids to be sad."
- "I must protect myself, (and my kids) because no one else will."
- "I must always avoid conflict at all costs."
- "I must always be nice."
- "I will never let a man (or woman) control or hurt 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 whole, healed, or worthy enough."
- "I will never be poor again."
- "I will never be forgiven."
- Other:

Now that you've completed the checklists, renounce everything in the prayer below.

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 that sets me free. 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 will bring Your 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 I now declare that these inner vows are lies. I ask You, God, to rebuke all deceiving spirits and take back ground given over through my sin. Father God, I ask You to help me trust Your protection instead of my own, and to trust Your ability to heal any pain You allow in my life. In Jesus' name, Amen.

Step 2

Truth vs. Deception



The Christian life is lived by faith according to what God says is true. Jesus is the Truth, the Holy Spirit is the Spirit of Truth, God's Word is truth, and we are to speak the truth in love (John 14:6, Ephesians 4:15). The biblical response to truth is faith, regardless of whether we feel it is true or not. Christians are to forsake all lying, deceiving, or stretching of the truth, and anything else associated with falsehood. Believing lies will keep us in bondage. Choosing to believe the truth is what sets us free (John 8:32).

We can be honest and transparent before God, because we are already forgiven, and God already knows the thoughts and intentions of our hearts (Hebrews 4:13). So why not be honest and confess our sins?

Begin this commitment to truth by praying the following prayer. Don't let any opposing thoughts, such as "This is a waste of time" or "I wish I could believe this, but I can't" keep you from pressing forward. God will strengthen you as you rely on Him.

Dear Heavenly Father, You are The Truth, and I desire to live by faith according to Your truth. The truth will set me free, but in many ways I have been deceived by the father of lies, and by myself. I choose to walk in the light, knowing that You love and accept me just as I am. I invite the Spirit of Truth to guide me. Please protect me from all deception as You "search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way". In the name of Jesus I pray, Amen.

Prayerfully consider the lists in the three exercises on the next two pages, using the prayers at the end of each to confess any ways you have given in to deception or wrongly defended yourself. You can't instantly renew your mind, but the process will never get started without acknowledging your mental strongholds or defense mechanisms, also known as flesh patterns.

Ways You Can be Deceived by the World

- Believing that having an abundance of money and possessions will make me happy. (Mathew 13:22, 1 Timothy 6:10)
- Believing that eating food, drinking alcohol, or using drugs can relieve my stress and make me happy. (Proverbs 23:19-21)
- Believing that an attractive body, personality, or image will meet my needs for acceptance and significance. (Proverbs 31:10, 1 Peter 3:3-4)
- Believing that gratifying sexual lust will bring lasting satisfaction without any negative consequences. (Ephesians 4:22, 1 Peter 2:11)
- Believing that I can sin and suffer no negative consequences. (Hebrews 3:12-13)
- Believing that I need more than Jesus to meet my needs. (2 Corinthians 11:2-4, 13-15)
- Believing that I can do whatever I want regardless of others and still be free. (Proverbs 16:18, Obadiah 3, 1 Peter 5:5)
- Believing that I can associate with bad company and not become corrupted. (1 Corinthians 15:33-34)
- Believing that I can read, see, or listen to anything and not be corrupted. (Proverbs 4:23-27, Matthew 5:28)
- Believing that there are no earthly consequences for my sin. (Galatians 6:7-8)
- Believing that I must gain the approval of certain people in order to be happy. (Galatians 1:10)
- Believing that I must measure up to certain religious standards in order for God to accept me. (Galatians 3:2-3, 5:1)
- Believing that there are many paths to God and Jesus is only one of the many ways. (John 14:6)
- Believing my identity is in what I do (or don't do) rather than who I am in Christ. (1 Peter 2:1-12)
- Believing I deserve or must carry shame from my past. (Hebrews 10:22)
- Other:

***Dear Heavenly Father, I confess that I have been deceived by _____.
I thank You for Your forgiveness, and I choose to believe Your Word and believe
in Jesus who is the Truth. In Jesus name I pray, Amen.***

Ways to Deceive Yourself

- Hearing God's Word but not doing what it says. (James 1:22)
- Saying, "I have no sin." (1 John 1:8)
- Thinking I am superior when I'm really not. (Galatians 6:3)
- Thinking I am wise in this worldly age. (1 Corinthians 3:18-19)
- Thinking I can be truly religious and not control what I say. (James 1:26)
- Thinking that God is the source of my problems. (Lamentations 3:1-24)
- Thinking I can live successfully without the help of anyone else. (1 Cor. 12:14-20)
- Believing that having an abundance of ___ will make me happy. (2 Corinthians 4:18)
- Believing that my identity is in my medical diagnosis or past trauma. (Phil. 4:19)
- Thinking I am guilty when I have been forgiven. (1 John 1:9)
- Thinking that God's love is conditional. (must be earned) (Romans 5:6)
- Thinking that I can walk upright without spending time with you God. (John 15:4)
- Other:

***Dear Heavenly Father, I confess that I have deceived myself by _____.
Thank You for Your forgiveness. I commit myself to believe only Your truth. In
Jesus' name I pray, Amen.***

Ways to Wrongly Defend Yourself

- Playing the victim card.
- Repressing events and past trauma.
- Fantasizing (escaping reality by daydreaming, TV, movies, music, reading, social media, computer or video games, drugs or alcohol)
- Isolating emotionally (withdrawing from people or keeping people at a distance to avoid rejection)
- Regressing (reverting back to less threatening times)
- Displacing anger (taking out frustrations on innocent people)
- Projecting (attributing to another what I find unacceptable in myself)
- Rationalizing (making excuses for my own poor behavior)
- Lying (protecting self through falsehoods)
- Being Hypocritical (presenting a false image)
- Other:

***Dear Heavenly Father, I confess that I have wrongly defended myself by _____.
Thank You for Your forgiveness. I trust You to defend and protect me. In Jesus'
name I pray, Amen.***

Statements of Truth

(My Daily Vitamins)

1. **I believe** in the One True God, existing as Father, Son, and Holy Spirit, the Creator and Sustainer of all. (Exodus 20:2-3, Colossians 1:16-17).
2. **I acknowledge** Jesus Christ as the Messiah, who came to destroy the works of the devil through His victory on the cross. (John 1:1,14; 1 John 3:8, Colossians 2:15).
3. **I believe** that God's love is evident in Christ's sacrifice for me, delivering me from darkness to His kingdom, offering redemption and forgiveness. (Romans 5:8, Colossians 1:13-14).
4. **I believe** I am now a child of God, saved by grace through faith, not by my works. (1 John 3:1-3, Ephesians 2:6,8-9).
5. **I choose** to stand strong in the Lord, and rely on His power to resist evil and wear the full armor of God. (Ephesians 6:10-20, Philippians 3:3, 2 Corinthians 10:4).
6. **I choose** to depend on Christ completely, abiding in Him to bear fruit and rejecting anything not of Him. (John 15:5-8, 1 Corinthians 12:3).
7. **I believe** that Jesus is the Truth, and I seek freedom through Him, walking in the light and taking every thought captive to the Word of God. (John 8:32,36; John 14:6, 2 Corinthians 10:5, 2 Timothy 3:15-17).
8. **I choose** to present myself as a living sacrifice to God, renewing my mind through His Word. I declare that I am a new creation in Christ. (Romans 12:1-2, Colossians 3:9-10, 2 Corinthians 5:17).
9. **I choose** to be filled with the Holy Spirit, guided into truth, and walking in the Spirit to overcome fleshly desires. (Ephesians 5:18, John 16:13, Galatians 5:16).
10. **I renounce** selfish goals and embrace the ultimate goal of love, obeying the two greatest commandments. (1 Timothy 1:5, Deuteronomy 6:5, Matthew 22:37-39).
11. **I believe** that the Lord Jesus has all authority in heaven and on earth, and He is the head over all rule and authority. I am complete in Him. I believe that Satan and his demons are subject to me in Christ since I am a member of Christ's body. Therefore, I obey the command to submit to God and resist the devil, and I command Satan, in the name of Jesus Christ, to leave my presence and report to Jesus to be dealt with. (Matthew 28:18, Colossians 2:10, Ephesians 1:19-23, James 4:7).

The following list will help renew your knowledge of your heavenly Father and how much He loves you.

I renounce the lie that my Father God is...	I joyfully accept the truth that my Father God is..
Distant and disinterested	Intimate and involved with me Psalm 139:1-18
Insensitive and uncaring	Kind and compassionate to me Psalm 103:8-14
Stern and demanding	Accepting and filled with joy and love for me Romans 15:7, Zephaniah 3:17
Passive and cold	Warm and affectionate to me 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 with me 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 and 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, 2 Corinthians 7:4
Unjust or Unfair	Perfectly just to me Deuteronomy 32:4, Romans 2:6

I am the Apple of His Eye! (Deuteronomy 32:9-10)



The following list will help renew your knowledge of who you are in Christ.

I Renounce the Lie that:	I Declare the Truth that in Christ:
I am unlovable	I am very Loved! John 15:9, Romans 8:35-39, Ephesians 2:4-6
I am not good enough	I am Chosen! John 15:15-16, Ephesians 1:3-6
I am unworthy	I am Righteous! Romans 8:31-34, 1 Corinthians 6:19-20, 2 Corinthians 5:21
I am inadequate	I can do all things through Him! 2 Corinthians 2:14, 3:5-6, 12:9, Philippians 4:13
I am a failure	I am Victorious! Romans 8:37, 2 Corinthians 2:14, 1 John 5:4
I am fearful	I am Free from fear in Jesus name! Psalms 4:8, 27:1, 32:7; 2 Timothy 1:7, 1 John 4:18
I am anxious	I am Peaceful! Psalms 4:8, 37:5; Philippians 4:6-7,11; Hebrews 13:5
I am not smart enough	I have God's Wisdom! John 15:15,16:13-14; 1 Corinthians 1:30, James 1:5
I am in bondage	I am Set Free! John 8:32-36, 2 Corinthians 3:17, Galatians 5:1, 13
I am unwanted and belong to no one	I have been Adopted by God and am His Child! Romans 8:16-17, Galatians 4:5-7, 1 John 3:2
I am guilty	I am totally Forgiven! Ephesians 1:7, 2:13; Colossians 1:14
I am depressed.	I have the Joy of the Lord! John 15:11, 17:13; Romans 15:13, 1 John 1:4
There is nothing special about me	I have been Chosen, and Set Apart by God! John 15:16, 1 Corinthians 1:30, 6:11
I am hopeless	I have Hope in Jesus! Romans 8:20-25, 15:4,13; Colossians 1:26-27, 1 Peter 1:3
I am condemned	I am Blameless! John 3:18, 5:24; Romans 8:1
I am alone	I am never Alone! Romans 8:38-39, Hebrews 13:5
I can't reach God	I have access to God anytime! Ephesians 2:18, Hebrews 4:14-16, 1 Peter 2:5- 9
I am afraid of Satan	I have Authority over Satan! Colossians 1:13, 1 John 4:4, Revelation 12:7-11

The Father's Love Letter

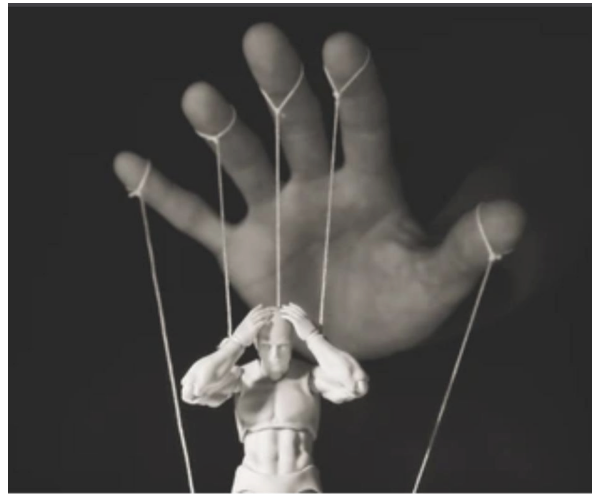
To My Child,

You may not know me, but I know everything about you..... Psalm 139:1
Even the very hairs on your head are numbered..... Matthew 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..... Psalm 139:13
You are not a mistake, for all your days are written in my book..... Psalm 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. Psalm 139:17
And I rejoice over you with singing..... Zephaniah 3:17
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..... Psalm 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..... Psalm 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

Love, Your Father.

Step 3

Bitterness vs. Forgiveness



We are called to be merciful just as our Heavenly Father is merciful (Luke 6:36) and forgive others as we have been forgiven (Ephesians 4:31). Doing so sets us free from our past and doesn't allow Satan to take advantage of us (2 Corinthians 2:10-11). *Ask God to bring to your mind the people you need to forgive by praying this prayer.*

Dear Heavenly Father, I thank You for the riches of Your kindness and patience towards me, knowing that Your kindness has led me to repentance. I confess that I have not shown that same kindness and patience toward those who have hurt or offended me. Instead, I have held onto my anger, bitterness, and resentment toward them. Please bring to my mind all the people I need to forgive to be totally free. In Jesus' name, I pray. Amen.

Forgiveness is not merely forgetting. People who want to forget all that was done to them will find that they can't 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. We don't heal in order to forgive; we forgive in order to heal.

Forgiveness is a choice, a decision of your will. Since God requires you to forgive, it is something you can do. Sometimes it's 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 can't 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.

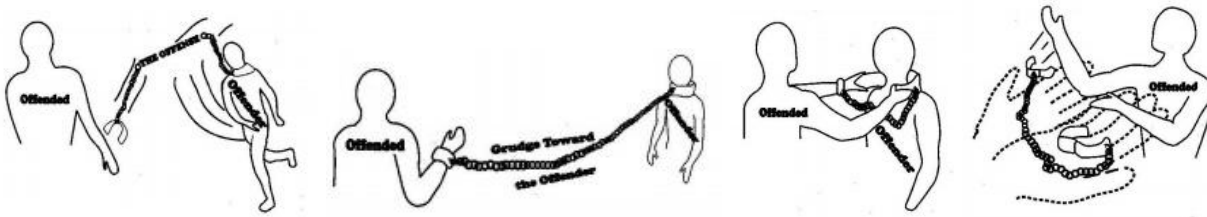
Forgiveness is agreeing to live with the consequences of another person's sin. You're going to live with those consequences anyway whether you like it or not. The choice you have is whether you will do so in the bondage of bitterness or in the freedom of forgiveness. But no one truly forgives without 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, so that in Him we might become the righteousness of God." (2 Corinthians 5:21).

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).

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 these damaged emotions to the surface, so He can begin to heal them.

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. (Ephesians 4:29-32)

Forgiveness cannot wait until you feel like forgiving. You'll 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 an immediate change in feelings.



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

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 accept forgiveness for, and all the feelings or sense of false identity that were created. Accepting God's forgiveness is accepting the truth that God has already forgiven you in Christ. If God forgives you, you are forgiven!

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.

Once you have completed the list, pray the following:

Dear Heavenly Father, I choose to forgive _____ for _____, even though it made me feel _____.

After you have forgiven every person for every painful memory, pray as follows:

Lord Jesus, I choose not to hold on to my resentment. I relinquish my right to seek revenge and ask You to heal my damaged emotions. 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.

Use the following prayer for accepting God's forgiveness of yourself:

Dear Heavenly Father, I choose to accept your forgiveness for _____. I now accept your complete forgiveness and I relinquish my right to beat myself up or carry guilt. Thank you for setting me free from the bondage of bitterness in Jesus' name, Amen.

Use the following prayer for thoughts against God:

Dear Heavenly Father, I confess I've harbored angry thoughts and held these things against you _____ it made me feel _____. I am sorry for sinning against you. Thank you for setting me free from the bondage of my bitterness and doubt. Please heal my damaged emotions. I now choose to thank and praise you and give you honor and glory. In Jesus' name, Amen.

Emotional Pain Words

A joke	Foolish	Publicly shamed
Abandoned	Forced	Rejected
Accused	Framed	Rejection
Afraid	Frustrated	Repulsed
All my fault	Good for nothing	Revenge
Alone	Guilty	Ruined
Always wrong	Gross	Sad
Angry	Hatred	Scared
Anxious	Hate myself	Secluded
Ashamed	Helpless	Self-disgust
Belittled	Hopeless	Shamed
Betrayal	Humiliated	Stressed
Betrayed	Hurt	Stupid
Bitter	Impure	Suffocated
Blamed	Inadequate	Suicidal
Can't do anything right	Indecent	Taken advantage of
Can't trust anyone	Inferior	Terrified
Cheap	Insecure	Traumatized
Condemned	Insensitive to my needs	Torn apart
Confused	Insignificant	Trapped
Controlled	Invalidated	Ugly
Cut off	Left out	Unable to communicate
Crushed	Lied to	Unaccepted
Deceived	Lonely	Uncaring
Defeated	Made fun of	Uncared for
Defenseless	Manipulate	Unchosen
Defrauded	Mindless	Unclean
Degraded	Mistreated	Unfairly judged
Depressed	Misunderstood	Unfairly treated
Desires were rejected	Molested	Unfit
Despair	Neglected	Unimportant
Destroyed	No good	Unlovable
Devalued	Not being affirmed	Unloved
Didn't belong	Not cherished	Unnecessary
Dirty	Not deserving to live	Unprotected
Disappointed	Not listened to	Unsafe
Disgusted	Not measure up	Unsympathetic
Disrespected	Not valued	Unwanted
Dominated	Numb	Used
Embarrassed	Out of control	Violated
Empty	Overwhelmed	Victimized
Exposed	Pathetic	Vulnerable
Failure	Pressured	Worthless
Fear	Pressure to perform	Wounded

Soul Ties (Complete in step 3 for Women)

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.

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

Negative soul ties are created every time there is any sexual relationship between two unmarried people. Sometimes, even natural relationships (ties), such as parents and children, can be used against us by our enemy. **Please note:** we are not trying to break relationships with others that are empowered by God, just any part of a relationship that has been empowered by the kingdom of darkness.

After praying the following prayer, make a list of the names of all persons with whom you have had a close relationship but also include an unhealthy dimension in your past. This may include family members, former sexual partners outside of marriage, close friends (even from childhood) therapists/doctors, special teachers, employers/co-workers, clients, etc. Remember, forgiveness must occur before a negative soul tie can be broken.

Dear Heavenly Father, please reveal and bring to my mind any relationship that has an unhealthy soul tie that needs 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.

(Tear out page)

Soul Ties

(family members, sexual partners outside of marriage, close friends, therapists, doctors, special teachers, employers, co-workers, clients, etc.)

1.

2.

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Soul Ties

(family members, former sexual partners outside of marriage, close friends, therapists, doctors, special teachers, employers, co-workers, clients, etc.)

21.

22.

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40.

Use the following declaration to cancel each relationship set up by the enemy.

In the name of the Lord Jesus Christ, I cancel, break, and renounce all negative soul ties between _____ and me. I renounce in Jesus' name any tie empowered by Satan and reject all ways the enemy used these relationships against me. I cancel all the ungodly, destructive and hurtful effects these relationships currently have or have had upon me (*my marriage, my family and my ministry*). I claim the blessing of the Lord Jesus on any part of these relationships that are empowered by God. I pray this in the name and the power of my Lord Jesus Christ, Amen.

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 or unwillful participation. I choose now to present my eyes, ears, 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. I reject the devil's lie that my body is not clean or that it is dirty or any way unacceptable to You. 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.



Step 4

Rebellion vs. Submission



We live in rebellious times. Many people sit in judgment of those in authority over us, and only submit when it is convenient or because they fear being caught. The Bible instructs us to pray for those in authority over us (1 Timothy 2:1-2) and submit to governing authorities (Romans 13:1-7). Rebelling against God and His established positions of authority leaves us spiritually vulnerable. The only time God permits us to disobey earthly leaders is when they require us to do something morally wrong or attempt to rule outside the realm of their authority. *To have a submissive spirit and servant's heart, pray the following prayer.*

Dear Heavenly Father, You have said that rebellion is like the sin of witchcraft and arrogance like the evil of idolatry. I know that I have not always been submissive, but instead have rebelled in my heart against You and against those You have placed in authority over me in attitude and in action. Please show me all the ways I have been rebellious. I choose now to adopt a submissive spirit and a servant's heart. In Jesus' name I pray, Amen.

It is an act of faith to trust God to work in our lives through leaders who are less than perfect, but God commands us to do just that. Should those in positions of leadership abuse their authority and break the laws designed to protect innocent people, you need to seek help from a higher authority. Don't, however, assume that someone in authority is violating God's Word just because they are telling you to do something you don't like. God has set up specific lines of authority to protect us and give order to society. Without governing authorities, every society would be chaos.

From the list below, allow God to show you who you have been rebellious toward and how you have been rebellious. Use the prayer that follows to confess the sins He brings to mind.

- Civil government (including traffic laws, tax laws, and attitude toward government officials), (Romans 13:1-7, 1 Timothy 2:1-4, 1 Peter 2:13-17)
- Parents, step-parents, or legal guardians (Ephesians 6:1-3)
- Teachers, coaches, school officials (Romans 13:1-4)
- Employers (past and present), (1 Peter 2:18-23)
- Husband (1 Peter 3:1-4) or wife (Ephesians 5:21, 1 Peter 3:7)
- Church leaders (Hebrews 13:7)
- God (Daniel 9:5-9)
- Other:

Heavenly Father, I confess that I have been rebellious toward _____ by _____. Thank You for Your forgiveness. I choose to be submissive and obedient to Your Word. In Jesus' name, I pray, Amen.

Rebellion will often be expressed through an uncooperative attitude and a critical spirit. *The following actions may stem from rebellion.*

- Refusing to obey or follow legitimate instructions.
- Ignoring instructions or requirements or adjusting them to suit myself.
- Believing it is my right to criticize, rather than pray for, 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 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.
- Other:

Lord, I renounce my sinful attitude of rebellion by _____ and claim these areas of my life for You. Thank You for forgiving my rebellion. I choose now to be submissive and obedient to Your Word. In Jesus' name I pray, Amen.

Step 5

Pride vs. Humility



Pride comes before a fall, but God gives grace to the humble (James 4:6, 1 Peter 5:1-10). Humility is confidence properly placed in God, and we are instructed to, "Put no confidence in the flesh" (Philippians 3:3). We are to be, "Strong in the Lord and in his mighty power." (Ephesians 6:10). Proverbs 3:5-7 urges us to, "Trust in the Lord with all our hearts and to not lean on our own understanding." *Use the following prayer to ask for God's guidance:*

Dear Heavenly Father, You have said that pride goes before destruction and an arrogant spirit before stumbling. I confess that I have focused on my own needs and desires and not those of others. I have not always denied myself, picked up my cross daily, and followed You. I have placed my will before Yours and centered my life around myself instead of You. I confess my pride and selfishness and pray that all ground gained in my life by the enemies of the Lord Jesus Christ would be canceled as I repent and overcome these sinful flesh patterns. I choose to rely upon the Holy Spirit's power and guidance so that I will do nothing from selfishness or empty conceit. I acknowledge You as my Lord, and confess that apart from You I can do nothing of lasting significance. Please examine my heart and show me the specific ways I have lived my life in pride. In the gentle and humble name of Jesus I pray, Amen.

Pray through the list below and use the prayer following to confess any sins of pride the Lord brings to mind.

- Having a stronger desire to do my will than God's will
- Leaning too much on my own understanding and experience rather than seeking God's guidance through prayer and His Word
- Relying on my own strengths and resources instead of depending on the power of the Holy Spirit
- Being more concerned about controlling others than in developing self-control
- Being too busy doing "important" and selfish things rather than seeking and doing God's will
- Having a tendency to think that I have no needs
- Finding it hard to admit when I am wrong
- Being more concerned about pleasing people than pleasing God
- Being overly concerned about getting the credit I feel I deserve
- Thinking I am more humble, spiritual, religious, or devoted than others
- Being driven to obtain recognition by attaining degrees, titles, and positions
- Often feeling that my needs are more important than another person's needs
- Considering myself better than others because of my academic, artistic, athletic, or other abilities and accomplishments
- Thinking that I'm more humble, spiritual, or mature than others.
- Other:

Dear Heavenly Father, I agree I have been proud by _____. Thank You for Your forgiveness. I choose to humble myself before You and others. I choose to place all my confidence in You and put no confidence in my flesh. In Jesus' name I pray, Amen.

Pride says:

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

False Humility says:

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

True Humility says:

Let me point you 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
Give as God directs you
Jesus is important
The Bible says
God's church/ministry of which I am a steward

Prejudice Worksheet

Consider the work of Christ in breaking down the long-standing barriers of racial prejudice between Jew and Gentile: “For He Himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, by setting aside in his flesh the law with its commands and regulations.” Ephesians 2:14-15.

Many times we deny that there is prejudice 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.” Hebrews 4:13.

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

Dear Heavenly Father, I know that You love all people equally and that You do not show favoritism but You accept people from every nation who fear You. 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 prejudice, and I ask You, Lord to now reveal to my mind all the specific ways in which prejudice has corrupted my heart and mind. In Jesus name, Amen.

Check any area of prejudice that applies to you:

- | | | |
|--------------------------------------------|-----------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Addiction | <input type="checkbox"/> Gender | <input type="checkbox"/> Personality |
| <input type="checkbox"/> Age | <input type="checkbox"/> Handicaps | <input type="checkbox"/> Political preference |
| <input type="checkbox"/> Appearance | <input type="checkbox"/> Homeless | <input type="checkbox"/> Race / skin color |
| <input type="checkbox"/> Denominations | <input type="checkbox"/> IQ | <input type="checkbox"/> Refugees |
| <input type="checkbox"/> Education | <input type="checkbox"/> Lifestyle | <input type="checkbox"/> Religions |
| <input type="checkbox"/> Entitlement | <input type="checkbox"/> Marital status | <input type="checkbox"/> Tattoos / Body piercings |
| <input type="checkbox"/> Ethnic background | <input type="checkbox"/> Material possessions | <input type="checkbox"/> Work Ethic |
| <input type="checkbox"/> False humility | <input type="checkbox"/> Mental Illness | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Financial status | <input type="checkbox"/> Opposite sex | |

For each area of prejudice that the Lord brings to mind, pray the following prayer.

Lord, I confess and renounce the sin of prejudice against _____. I thank You for Your forgiveness, Lord, and ask now that You would change my heart and make me a loving agent of reconciliation in these areas. In Jesus’ name, Amen.

Step 6

Bondage vs. Freedom



We often feel trapped in a vicious cycle of "sin confess, sin confess" that never seems to end, but God's promises say, "No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it." 1 Corinthians 10:13, and "Submit yourselves, then, to God. Resist the devil, and he will flee from you."

Sin that has become a habit often may require help from a trusted brother or sister in Christ. James 5:16 says, "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." 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 openly admitting "I did it" and I want to renounce and repent of it. *Whether you need help from other people or just the accountability of walking in the light before God, pray the following prayer.*

Dear Heavenly Father, You have told me to put on the Lord Jesus Christ and make no provision for the flesh in regard to its lust. I confess that I have given in to fleshly lusts that wage war against my soul. I thank You that in Christ my sins are already forgiven, but I have broken Your holy law, and I have allowed sin to wage war in my body. I come to You now to confess and renounce these sins of the flesh so that I might be cleansed and set free from the bondage of sin. Please reveal to my mind all the sins of the flesh I have committed and the ways I have grieved the Holy Spirit; so that I can repent. In Jesus' holy name, I pray. Amen.

- **Galatians 5:19-21** “The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.”
- **Ephesians 4:25-31** “Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. “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. Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 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.”
- **Mark 7:20-23** “He (Jesus) went on: “What comes out of a person is what defiles them. For it is from within, out of a person’s heart, that evil thoughts come, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.”

Look over the following list and ask the Holy Spirit to bring to your mind the ones you need to confess. Use the prayer following to confess.

- | | | |
|--------------------------------------------------|-------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Alcohol Abuse | <input type="checkbox"/> Gambling | <input type="checkbox"/> Revenge |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Gossiping | <input type="checkbox"/> Sarcasm |
| <input type="checkbox"/> Arrogance | <input type="checkbox"/> Greed / Materialism | <input type="checkbox"/> Self-condemnation |
| <input type="checkbox"/> Avoiding responsibility | <input type="checkbox"/> Hatred | <input type="checkbox"/> Stealing |
| <input type="checkbox"/> Blasphemous thoughts | <input type="checkbox"/> Intimidation of others | <input type="checkbox"/> Swearing |
| <input type="checkbox"/> Cheating | <input type="checkbox"/> Jealousy | <input type="checkbox"/> Tobacco Abuse |
| <input type="checkbox"/> Complaining | <input type="checkbox"/> Judgmental | <input type="checkbox"/> Vaping |
| <input type="checkbox"/> Controlling | <input type="checkbox"/> Lack of cooperation | <input type="checkbox"/> Quarreling / Fighting |
| <input type="checkbox"/> Criticizing | <input type="checkbox"/> Laziness | <input type="checkbox"/> Worry / Anxiety |
| <input type="checkbox"/> Divisiveness | <input type="checkbox"/> Lying | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Dominating others | <input type="checkbox"/> Manipulation | |
| <input type="checkbox"/> Drug Abuse | <input type="checkbox"/> Pessimism | |

Dear Heavenly Father, I confess that I have sinned against You by _____. Thank You for Your forgiveness and cleansing. I now turn away from these expressions of sin and turn to You, Lord. Strengthen me by Your Holy Spirit so that I will 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.

Check each moral failure in which you participated and use the prayer following to confess.

- | | |
|----------------------------------------------------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Abortion (had one or got a woman pregnant who then had an abortion) | <input type="checkbox"/> Masturbation |
| <input type="checkbox"/> Adultery | <input type="checkbox"/> Peeping Tom |
| <input type="checkbox"/> Adult Stores | <input type="checkbox"/> Pornography |
| <input type="checkbox"/> Bestiality | <input type="checkbox"/> Premarital sex - all forms |
| <input type="checkbox"/> Cyber sex / Phone sex | <input type="checkbox"/> Promiscuous dating |
| <input type="checkbox"/> Defrauding (sexual arousal of another) | <input type="checkbox"/> Prostitution |
| <input type="checkbox"/> Dirty sexual talk | <input type="checkbox"/> Rape |
| <input type="checkbox"/> Exposing oneself | <input type="checkbox"/> Sexual abuse |
| <input type="checkbox"/> Fantasy | <input type="checkbox"/> Sexual harassment |
| <input type="checkbox"/> Homosexual activity | <input type="checkbox"/> Topless / Nude bars |
| <input type="checkbox"/> Incest | <input type="checkbox"/> Transgender |
| <input type="checkbox"/> Lust | <input type="checkbox"/> Wife swapping |
| | <input type="checkbox"/> Other: |

Dear Heavenly Father, I confess that I have sinned against You, or I have been sinned against, willingly or unwillingly, by_____. Thank You for Your forgiveness and cleansing. I now turn away from these expressions of sin and turn to You, Lord. Strengthen me by Your Holy Spirit so that I will not carry out the desires of the flesh. In Jesus' name I pray, Amen.

Soul Ties (Complete in Step 6 for Men)

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.

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 this:

“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 you are 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.”

Negative soul ties are created every time there is any sexual relationship between two unmarried people. Sometimes, even natural relationships (ties), such as parents and children, can be used against us by our enemy. **Please note:** we are not trying to break relationships with others that are empowered by God, just any part of a relationship that has been empowered by the kingdom of darkness.

After praying the following prayer, make a list of the names of all persons with whom you have had a close relationship but also include 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. Remember, forgiveness must occur before a soul tie can be broken.

Dear Heavenly Father, please reveal and bring to my mind any relationship that has an unhealthy soul tie that needs 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.

(Tear out page)

Soul Ties

(any family members, all former sexual partners, close friends, therapists, doctors, special teachers, employers, co-workers, clients, etc.)

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Soul Ties

(any family members, all former sexual partners, close friends, therapists, doctors, special teachers, employers, co-workers, clients, etc.)

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Use the following declaration to cancel 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 between _____ 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 (*my marriage, my family and my ministry*), 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.

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 or unwillful participation. I choose now to present my eyes, ears, 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. I reject the devil's lie that my body is not clean or that it is dirty or any way unacceptable to You. 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.



Special Prayers for Specific Situations

Pornography

Dear Heavenly Father, 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 is associated with my sexual sin. I commit myself to the renewing of my mind. In Jesus' name I pray, Amen.

Marriage

Dear Heavenly Father, I choose to believe that You created us male and female, and that marriage is a spiritual bond between one man and one woman who become one in Christ. I believe that bond can only be broken by death, adultery, or desertion by an unbelieving spouse. I choose to stay committed to my vows and to remain faithful to my spouse until physical death separates us. Give me the grace to be the spouse You created me to be, and enable me to love and respect my partner in marriage. I will seek to change only myself and accept my spouse as You have accepted me. Teach me how to speak the truth in love, to be merciful as You have been merciful to me, and to forgive as You have forgiven me. In Jesus' name I pray, Amen.

Divorce

Dear Heavenly Father, I confess to You any part that I played in my divorce. Thank You for Your forgiveness. I renounce the lie that my identity is in being divorced. I am a child of God, and I reject the lie that says I am a second-class Christian because of 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 Jesus' name I pray, Amen.

Abortion

Dear Heavenly Father, I confess that I was not a proper guardian of the life You entrusted to me, and I confess that I have sinned. I choose to accept the forgiveness that you have graciously given me. I commit the child to You for all eternity, and believe that they are in Your caring hands. In Jesus' name I pray, Amen.

Gender Identity

Dear Heavenly Father, I choose to believe that You have created all humanity to be either male or female and commanded us to maintain a distinction between the two genders. I confess that I have been influenced by the social pressures of this fallen world and the lies of Satan to question my biological gender identity. I renounce all the accusations and lies of Satan that would seek to convince me that I am somebody other than who You created me to be. I choose to believe and accept my biological gender identity, and I pray that You would heal my damaged emotions and enable me to be transformed by the renewing of my mind. I take up the full armor of God and the shield of faith to extinguish all the temptations and accusations of the evil one. I renounce any identities and labels that derive from my old nature, and I choose to believe that I am a new creation in Christ. In the wonderful name of Jesus I pray, Amen

Suicidal Tendencies

Dear Heavenly Father, 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 to remain alive in Christ who said He came to give me life and give it abundantly. Thank You for Your forgiveness. I choose to believe that there is always hope in Christ and that my Heavenly Father loves me. In Jesus' name I pray, Amen.

Substance Abuse

Dear Heavenly Father, I confess that I have misused substances (drugs, alcohol, tobacco / vaping etc.) 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 harmful ways. I have quenched the Holy Spirit as well. Thank You for Your forgiveness. 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 I pray, Amen.

Eating Disorders or Self Mutilation

Dear Heavenly Father, 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 trying to cleanse myself of evil. I announce that only the blood of the Lord Jesus Christ 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.

Drivenness and Perfectionism

Dear Heavenly Father, I renounce the lie that my sense of worth is dependent upon my ability to perform. I announce the truth that my identity and sense of worth are found in who I am as Your child. I choose to believe the truth that I have been saved, not by deeds done in righteousness, but according to Your mercy. 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 I pray, Amen.

Gambling

Dear Heavenly Father, I confess that I have been a poor steward of the financial resources that have been in my possession. The love of money has driven me to behave irrationally and sinfully. I commit myself to stay away from all gambling casinos, gambling websites, bookmakers, and lottery sales. I choose to believe that I am alive in Christ and dead to sin. Thank you for your gift of the Holy Spirit so that I can resist the desires of the flesh. Show me the way to escape when I am tempted to return to those addictive behaviors. I stand against all of Satan's accusations, temptations, and deceptions by putting on the armor of God and standing firm in my faith. I choose to believe that You will meet all my needs according to Your riches in glory. In Jesus' name I pray, Amen.

Bigotry

Dear Heavenly Father, You have created all humanity in Your image. I confess that I have judged others by the color of their skin, their national origin, their social or economic status, their cultural differences, or their sexual orientation. I renounce racism, elitism, and sexism. I choose to believe "There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female, for you are all one in Christ". Please show me the roots of my own bigotry so that I may confess it and be cleansed from such defilement. I pledge myself "to walk in a manner worthy of the calling to which I have been called, with humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace". In Jesus' name I pray, Amen.

Homosexuality

Dear Heavenly Father, 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.

Overcoming Fear

Fear is a God given natural response when our physical or psychological safety is threatened. Fear always has an object, that is something or someone, and is perceived to have some power over us. It ceases to be a fear object when only one of those attributes is eliminated.

The fear of God is the beginning of wisdom. He is the ultimate fear object because He is omnipresent and omnipotent. The Lord Almighty is the one you are to regard as holy, He is the one you are to fear.

Courage is not the absence of fear. Courage is choosing to live by faith and doing what is right in the face of perceived fear-objects. Behind every irrational fear is a lie, which must be identified. *Ask the Lord to reveal to your mind the nature of your fears and the irrational lies that compel them as follows.*

Dear Heavenly Father, I confess that I have allowed fear to control my life. Thank You for Your forgiveness. I choose to believe that You have not given me a spirit of fear, but of power, love, and self-control. I renounce any spirit of fear operating in my life and ask You to reveal any and all controlling fears in my life and the lies behind them. I desire to live by faith according to what You have said is true in the power of the Holy Spirit. In Jesus' name I pray, Amen.

- | | | |
|---------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Becoming / being homosexual | <input type="checkbox"/> Failure | <input type="checkbox"/> Miscarriage |
| <input type="checkbox"/> Being abandoned | <input type="checkbox"/> Fear of animals / Insects | <input type="checkbox"/> Never getting married |
| <input type="checkbox"/> Being betrayed | <input type="checkbox"/> Financial problems | <input type="checkbox"/> Never loving or being loved |
| <input type="checkbox"/> Being misunderstood | <input type="checkbox"/> Flying | <input type="checkbox"/> Not being loved by God |
| <input type="checkbox"/> Committing an unpardonable sin | <input type="checkbox"/> Future | <input type="checkbox"/> Not making a difference |
| <input type="checkbox"/> Confrontation | <input type="checkbox"/> Gaining / losing weight | <input type="checkbox"/> Pain / illness |
| <input type="checkbox"/> Darkness | <input type="checkbox"/> Giving God control | <input type="checkbox"/> Rejection |
| <input type="checkbox"/> Death | <input type="checkbox"/> Going crazy | <input type="checkbox"/> Satan |
| <input type="checkbox"/> Death of a loved one | <input type="checkbox"/> God won't be there for me | <input type="checkbox"/> Specific individuals (list them) |
| <input type="checkbox"/> Disappointing | <input type="checkbox"/> Hell | <input type="checkbox"/> Voices at night |
| <input type="checkbox"/> Disapproval | <input type="checkbox"/> Humiliation | <input type="checkbox"/> What God may ask of me |
| <input type="checkbox"/> Divorce | <input type="checkbox"/> Hurting family | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Embarrassment | <input type="checkbox"/> Losing my salvation | |
| | <input type="checkbox"/> Marriage | |

Lord Jesus, I have allowed the fear of _____ to control my life. I renounce all fears and the lies behind them. I choose to live by faith, and fear You alone. In Jesus' name I pray, Amen.

Overcoming Anxiety

Anxiety is different from fear, because it doesn't have an object. People are anxious because they are uncertain about an outcome or don't know what is going to happen tomorrow. It is normal to be concerned about things we value, but for some, the intensity and regularity of anxiety is out of proportion to the actual problem. We have been admonished to cast all our anxieties upon Jesus (1 Peter 5:7).

The root word for anxiety in scripture means "double mindedness". The first step to become single minded is to pray. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" Philippians 4:6-7. *Ask God to guide you to overcoming anxiety with the following prayer:*

Dear Heavenly Father, I am Your child bought by the blood of the Lord Jesus Christ. I am completely dependent on You and I need You. I know that without Jesus I can do nothing. You know the thoughts and intentions in my heart and You know my situation from the beginning to the end. I feel as though I am double-minded, and I need Your peace to guard my heart and my mind. I humble myself before You and choose to trust You to exalt me at the right time in any way You choose. I trust You to meet all my needs according to Your riches in glory in Christ Jesus, and to guide me into all truth. Please guide me so that I can fulfill my calling to live a responsible life by faith in the power of Your Holy Spirit. "Search me, O God, and know my heart; try me and know my thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way". In Jesus' precious name, Amen.

Step 7

Generational Sin



The Bible declares that the iniquities of one generation can be visited on to the third and fourth generations of those who hate God, but God's blessings will be poured out on thousands of generations of those who love and obey Him (Exodus 20:4-6). The iniquities of one generation can adversely affect future ones unless those sins are renounced, and your new spiritual heritage in Christ is claimed. You are not guilty of your ancestor's sins, but because of their sins you have been affected by their influence. Peter wrote that, "For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors" 1 Peter 1:18. *Ask the Lord to reveal your ancestral sins and then renounce them as follows.*

Dear Heavenly Father, Please reveal to my mind all the sins of my ancestors that have been passed down through family lines. Since I am a new creation in Christ, I want to experience my freedom from those influences and walk in my new identity as a child of God. In Jesus' name, I pray, Amen.

Listen carefully to what the Holy Spirit may reveal, and check anything that comes to your mind. Use the following prayer and declaration to reclaim your spiritual heritage.

- | | | |
|-------------------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------------|
| <input type="checkbox"/> Abortion | <input type="checkbox"/> Evil speaking | <input type="checkbox"/> Physical and mental disorders / illnesses |
| <input type="checkbox"/> Abuse - Emotional, Physical, Sexual, Spiritual | <input type="checkbox"/> Favoritism | <input type="checkbox"/> Pornography |
| <input type="checkbox"/> Adultery | <input type="checkbox"/> Gambling | <input type="checkbox"/> Pride / Prejudice |
| <input type="checkbox"/> Alcohol, drugs, food addictions | <input type="checkbox"/> Gluttony / Ingratitude | <input type="checkbox"/> Premarital sex |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Hypocrisy | <input type="checkbox"/> Procrastination |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Incest | <input type="checkbox"/> Racism |
| <input type="checkbox"/> Avoidance | <input type="checkbox"/> Isolation | <input type="checkbox"/> Rebellion |
| <input type="checkbox"/> Belittling | <input type="checkbox"/> Laziness / Avoiding problems | <input type="checkbox"/> Religious legalism |
| <input type="checkbox"/> Bitterness | <input type="checkbox"/> Lying | <input type="checkbox"/> Sarcasm |
| <input type="checkbox"/> Controlling | <input type="checkbox"/> Lust | <input type="checkbox"/> Self-Pity |
| <input type="checkbox"/> Cult | <input type="checkbox"/> Manipulation | <input type="checkbox"/> Sexual Immorality |
| <input type="checkbox"/> Cursing | <input type="checkbox"/> Narcissism | <input type="checkbox"/> Stealing |
| <input type="checkbox"/> Cutting | <input type="checkbox"/> Neglect | <input type="checkbox"/> Suicidal thoughts |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Occult | <input type="checkbox"/> Suicide |
| <input type="checkbox"/> Discouragement | <input type="checkbox"/> Passive men / Domineering women | <input type="checkbox"/> Unforgiveness |
| <input type="checkbox"/> Divorce | <input type="checkbox"/> Perfectionism | <input type="checkbox"/> Workaholic |
| | | <input type="checkbox"/> Other: |

Dear Heavenly Father, I come to you as Your child, purchased out of slavery to sin by the blood of the Lord Jesus Christ. You are the Lord of the universe, and the Lord of my life. I here and now reject and disown all the sins of my ancestors. I specifically renounce the sins of _____. As one who has been delivered from the domain of darkness and transferred into the kingdom of God's Son, I declare myself to be free from those harmful influences. I renounce any and all satanic attacks and assignments directed against me, my family, and my ministry. Every curse placed on me was broken when Christ died 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 precious blood. I declare myself to be fully and eternally signed over and committed to the Lord Jesus Christ. I put on the armor of God and I stand against Satan's temptations, accusations, and deceptions. From this day forward, I will seek to do only the will of my Heavenly Father. I pray and believe all this in the wonderful name of Jesus, my Lord and Savior, Amen.

Breaking Curses

Father, in the name of Jesus Christ, I come to you sincerely, with a desire to be free from ALL curses and their results. 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 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. I break the power and hold of every curse that came to me through sin: my sins and the sins of my forefathers. I break the power and hold of every curse that comes to me through words spoken. 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. 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. In the Name of Jesus Christ, I command all demonic spirits that controlled me through curses to leave me now. Go to the feet of Jesus to be dealt with by Jesus himself.

Maintaining Your Freedom

It is exciting to experience your freedom in Christ, but what you have gained must be maintained. You have won an important battle; but the war goes on. To maintain your freedom in Christ and grow as a disciple of Jesus in the grace of God, you must continue renewing your mind to the truth of God's word. If more painful memories surface, then forgive those who hurt you and renounce any sinful part you played.

It is not uncommon after going through The Steps for people to have thoughts like: *"Nothing has really changed, You're the same person You always were; It didn't work."* These thoughts are lies. Renounce them and choose to live in the light of God's truth.

To continue growing in the grace of God, we suggest:

1. Get involved with the Walking Free program at Set Free.
2. Get rid of or destroy any cult or occult objects in your home. (Acts 19:18-20)
3. Read and meditate on the truth of God's Word each day.
4. Go through *Who I am in Christ: The Study of the 33 Affirmations*. (In Envelope)
5. Develop your stronghold buster(s) where needed - see page 55.
6. Don't let your mind be passive, especially concerning what you watch and listen to. Actively take every thought captive to the obedience of Christ.
7. Be a good steward of your health and develop a godly lifestyle of rest, exercise, and proper diet.
8. Don't drift 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 truth, share your battles openly with a trusted friend who will pray for you and encourage you to stand firm.
9. Don't expect other people to fight your battles for you. They can help you, but they can't think, pray, read the Bible, or choose the truth for you.
10. Be part of a church where God's truth is taught with kindness and grace, and get involved in a small group where you can be honest and real.
(see map to get connected with our church friends!) (In Envelope)
11. Participate in a Bible study. (In Envelope)
12. Say the following daily prayer and read the "Who are you in Christ" statements on the bookmark in your packet for the next forty days. (In Envelope)
13. Pray additional prayers in Step 6 for special needs.

Stronghold-Busting!

Be Transformed Through the Renewing of Your Mind

You can think of your mind as being like an airport and you are the air traffic controller. A lot of thoughts ask for permission to land. But you have complete control over which will land and which will be turned away. We are in a battle between truths and lies. Every stronghold is an entrenched lie. The key to demolishing it is to uncover the lie behind it and then replace the lie with the truth. Stronghold-busting is a powerful tool that is extremely effective when applied consistently over a period of at least 40 days. Here's how it works:

Work out the lie you have been believing.

This is any way you have learned to think that is not in line with what God says in the Bible. Ignore what you feel because, by definition, the lie will feel true.

Say what effect believing the lie has had in your life.

Imagine how different your life would be if you did not believe this. What would you be able to do that you currently don't do?

Find as many Bible verses that say what is actually true and write them down.

If there are a lot of verses, pick the top seven or eight.

Write a declaration/prayer.

Base it on this formula: "I renounce the lie that..., and I announce the truth that...". Or, "I reject the lie that..., and I embrace the truth that...". Or, "I say no to the lie that..., and I say yes to the truth that...".

Read the Bible verses and say the declaration/prayer out loud every day for 40 days.

Remember that for a long time, the verses and the declaration will not **feel** true.

Remind yourself that God is the Truth and that if He has said it, it really is true. And it's not just true for other people, it's true for you! Every single one of us can know that absolutely nothing and no one can stop us from becoming the people God wants us to be as long as we play our part and use the weapons He has already put into our hands.

Example 1- Always feeling alone

The lie: I am abandoned and forgotten.

Effects: Withdrawing from others; thinking people don't like me; seeming aloof; frightened.

Deuteronomy 31:6- Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you.

Isaiah 46:4- Even to your old age and gray hairs I am He, I am He who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.

Jeremiah 29:11- For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.

Dear Heavenly Father,

I reject the lie that I am abandoned and forgotten and joyfully embrace the truth that You love me, that You have plans to give me hope and a future and that absolutely nothing can separate me from Your love. In Jesus' name, Amen!

My Stronghold-Buster

1. What lie do I want to tackle?
2. What effect does this faulty belief have on my life? How different would my life be if I replaced it with what is actually true?
3. List as many Bible verses as you can that state what God says is actually true, then pick the top seven or eight.
4. Write a prayer/declaration:

"I renounce the lie that... and I announce the truth that..."; or "I reject the lie that..., and I embrace the truth that..."; or "I say no to the lie that..., and I say yes to the truth that...".
5. Read the Bible verses and say the prayer/declaration out loud every day for 40 days

Mark off 40 days as you go.

Cleansing and Soul Tie Breaking Prayer

Lord Jesus, Thank You for the healing we have seen and experienced today. 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 our ministry has tempted us to anger, impatience, lust, judgment, or any unclean thing, cleanse us of these temptations and from any defilement that we have received, whether human or demonic. Please replace these with love, joy and peace. If any evil spirits have attached themselves to us or oppress us in any way, in the authority of Jesus Christ, we command all spirits from the kingdom of darkness 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, we cancel, break, and renounce all relationships set up by Satan and wicked spirits between _____ and us. We 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 us, our marriages, our families, and our ministries. We 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, we forbid the enemy to interfere or make any use of this relationship, by the crucifixion and resurrection power of Jesus Christ, our Savior and Lord. Strengthen us where we have felt weak, and clothe us with Your light. And, Lord Jesus, please send Your holy angels to minister to us and each member of our families, 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 us and keep us safe on our way, and give us a peaceful night of rest. We praise You now and forever, Father, Son, and Holy Spirit! In Jesus' name we pray, Amen.

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 the Lord of my whole life. I believe in You and receive You as my Lord and Savior. I hold nothing back. 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. In Jesus' Name, Amen.

Daily Prayer and Declaration

Dear Heavenly Father, I praise You and honor You as my Lord and Savior. 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. 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 choose to believe the truth of God's Word despite what my feelings may say. 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 You, and choose to renew my mind by Your living Word. By doing so, I will be able to prove that Your will is good, acceptable, and perfect for me. In the name of my Lord and Savior, Jesus Christ I pray, Amen.

Bedtime Prayer

Heavenly Father, Thank You, 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. May Your peace be upon this place of rest. In the name of the Lord Jesus Christ I pray, Amen.

Prayer for Spiritual Cleansing of Home

Dear Heavenly Father, I acknowledge that You are the Lord of heaven and earth. In Your sovereign power and love, You have entrusted many things to me. Thank You for this place to live. I claim my home as a place of spiritual safety for me and my family and ask for Your 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 and my family, to leave and never return. I renounce all demonic assignments directed against this place. I ask You, Heavenly Father, to post Your holy 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.

Prayer for living in a Non-Christian Environment

Thank You, Heavenly Father, for a place to live and to be renewed by sleep. I ask You to set aside my area 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 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 go straight to Jesus Christ for Him to deal with as He will. I ask You, Heavenly Father, to station Your holy angels to protect me while I live here. In Jesus' mighty name I pray, Amen.

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