

Bondage vs. Freedom

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

Sin that has become a habit often requires help from a trusted brother or sister in Christ. James 5:16 says, **Confess your sins to each other and pray for each other so that you may be healed.** Remember, confession is not saying, "I'm sorry"; it is openly admitting "I did it." Pray the following prayer aloud:

Dear Heavenly Father,

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

For each sin the Lord shows you, pray a prayer of confession from your heart. There is a sample prayer following the list.

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|-------------------------|--------------------|---------------------|
| 0 Stealing | 0 Stealing | 0 Cheating |
| 0 Quarreling/fighting | 0 Apathy/laziness | 0 Procrastination |
| 0 Jealous/envy | 0 Lying | 0 Greed/materialism |
| 0 Complaining/criticism | 0 Hatred | 0 Others |
| 0 Sarcasm | 0 Anger | _____ |
| 0 Lustful actions | 0 Lustful thoughts | _____ |
| 0 Gossip/slander | 0 Drunkenness | _____ |

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

Resolving Sexual Sin

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

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

Ask the Lord bring to your mind every wrong sexual use of your body, whether it was done to you- rape, incest, sexual molestation- or willingly by you (including pornography, masturbation, sexual immorality), renounce every occasion:

SEXUAL SINS		

Lord, I renounce _____ (name the specific use of your body) _____ with _____ (name of person involved) _____ and I ask You to break that sinful bond and any negative soul ties with _____ (name) _____ spiritually, physically and emotionally.

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

Lord Jesus, I renounce all these uses of my body as an instrument of unrighteousness and I admit to my willful participation. I choose now to present my eyes, mouth, mind, heart, hands, feet and sexual organs to You as instruments of righteousness. I

present my whole body to You as a living sacrifice, holy and acceptable, and I choose to reserve the sexual use of my body for marriage only (Hebrews 13:4). I reject the devil's lie that my body is not clean or that it is dirty or any way unacceptable to You as a result of my past sexual experience. Lord, Thank You that You have totally cleansed and forgiven me and that You love and accept me just the way I am. Therefore, I choose now to accept myself and my body as clean in Your eyes. In Jesus' name, Amen.

SPECIAL PRAYERS FOR SPECIAL NEEDS

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

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

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

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

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

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

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

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