

SPIRITUAL FREEDOM MANUAL



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Seven Steps To Spiritual Freedom

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Note: See ADDENDUMS for additional information or to address issues not covered in this document.

The ABC's of Salvation

The Problem:

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

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

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

God's Solution:

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

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

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

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

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

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

Our Part:

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

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

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

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

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

Prayer for Salvation

Dear Heavenly Father,

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

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

Spiritual Freedom in Christ

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

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

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

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

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

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

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

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

OPENING PRAYER

Dear Heavenly Father,

We know that You are right here in this room with us and that You are present in our lives right now. You are the only all-knowing, all-powerful, and ever-present God. We are completely dependent upon You because without Jesus Christ we can do nothing. We choose to stand in the truth of Your Word and we refuse to believe the devil's lies.

We thank you that the risen Lord Jesus has all authority in heaven and on earth. Father, thank You that because we are in Christ we share His authority in order to make disciples and set captives free. We ask You to protect our minds and bodies during this time.

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

DECLARATION

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

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

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

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

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

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

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

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

Remember, the freedom that Christ purchased for all believers on the cross is meant for You

Step 1

Counterfeit vs. Real

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

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

Dear Heavenly Father,

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

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

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

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

Following the checklist, there are some additional questions designed to help you become aware of other things you may need to renounce. Below those questions is a short prayer of confession and renunciation. **Pray it aloud**, filling in the blanks with the groups, teachings or practices that the Holy Spirit has prompted you to renounce.

V. NON-CHRISTIAN SPIRITUAL EXPERIENCE INVENTORY WRITE AN (F) IN ANY OF THESE ARE A FAMILY ISSUE:

- | | | |
|---|---|---|
| <input type="checkbox"/> Ancestor worship | <input type="checkbox"/> Parapsychology | <input type="checkbox"/> Rosicrucianism |
| <input type="checkbox"/> Astral projection/travel (out of body) | <input type="checkbox"/> Pokemon | <input type="checkbox"/> Silva Mind Control |
| <input type="checkbox"/> Astrology /horoscopes (read or follow) | <input type="checkbox"/> Psychic readings | <input type="checkbox"/> Transcendental Meditation TM |
| <input type="checkbox"/> Automatic(spirit) writing | <input type="checkbox"/> Reikki / touch therapy / massage | <input type="checkbox"/> Unification Church (Moonies) |
| <input type="checkbox"/> | <input type="checkbox"/> Satanic books, tapes, websites | <input type="checkbox"/> Music, Books, Video (horror based) |
| <input type="checkbox"/> Blood pact | <input type="checkbox"/> Seance | <input type="checkbox"/> Unitarianism/Universalism |
| <input type="checkbox"/> Clairvoyance (seeing the unseen) | <input type="checkbox"/> Sorcery | <input type="checkbox"/> Buddhism (including Zen) |
| <input type="checkbox"/> Crystal ball / crystal gazing | <input type="checkbox"/> Spirit Guides | <input type="checkbox"/> Mormonism/(Latter- Day Saints) |
| <input type="checkbox"/> | <input type="checkbox"/> Tarot cards | |
| <input type="checkbox"/> Fortunetelling | <input type="checkbox"/> Telepathy (mind reading) | <input type="checkbox"/> Black Muslim |
| <input type="checkbox"/> Hypnosis (by self or another person) | <input type="checkbox"/> Horror Films | |
| <input type="checkbox"/> Levitation / Lifting (body/table) | <input type="checkbox"/> Voodoo | <input type="checkbox"/> Eastern religions |
| <input type="checkbox"/> Magic (black or white) | <input type="checkbox"/> Witchcraft / Wicca | <input type="checkbox"/> Hinduism |
| <input type="checkbox"/> Magic 8 ball | <input type="checkbox"/> Trance | <input type="checkbox"/> I Ching (Chinese philosophy) |
| <input type="checkbox"/> Medium, Spiritist, or Channeler | <input type="checkbox"/> Yoga | <input type="checkbox"/> Islam |
| <input type="checkbox"/> Mystical meditation | <input type="checkbox"/> Christian Science | <input type="checkbox"/> Martial arts |
| <input type="checkbox"/> Ouija board | <input type="checkbox"/> Hare Krishna | <input type="checkbox"/> Mind control philosophies |
| <input type="checkbox"/> Palm reading | <input type="checkbox"/> Jehovah Witness (Watchtower) | <input type="checkbox"/> Native religions |
| <input type="checkbox"/> Spirit worship | <input type="checkbox"/> Church of Scientology | <input type="checkbox"/> Masons |
| <input type="checkbox"/> Bahai faith | <input type="checkbox"/> Harry Potter | <input type="checkbox"/> Cabala/kabala |

Additional Questions to help you become aware of Counterfeit Religious Experiences.

1. Have you ever attended a New Age or parapsychology seminar, consulted a medium, Spiritist, or channeler?
 YES NO Explain.
 2. Do you have, or have you ever had, an imaginary friend or spirit guide offering you guidance or companionship?
 YES NO Explain.
 3. Have you ever heard voices in your mind, like there was a dialogue going on in your head?
 YES NO
- Have you had repeating , nagging thought such as, *I'm dumb, I'm ugly, Nobody loves me, I can't do anything right?* YES
 NO
4. What other spiritual experiences have you had that would be considered out of the ordinary /frightening (such as sensing an evil presence in your room at night, or in your dreams), as a child?
 5. Have you ever been a victim of satanic ritual abuse? YES NO Have you ever participated or been made to participate in a human sacrifice, or attended a concert or event where Satan was the focus? Explain:
 6. Have you ever made a secret vow or pact (or inner vow; i.e., I will never . . .)? list here any vow made.

Add *anything* you think might possibly be helpful.

Once you have completed the checklist, confess and renounce each item you were involved in by praying the following prayer aloud:

Lord Jesus,

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

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

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

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

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

Step 2

Deception vs. Truth

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

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

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

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

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

Dear Heavenly Father,

I know that You want me to know the Truth, believe the Truth, speak the truth and live in accordance with the truth. Thank You that it is the Truth that will set me free. In many ways I have been deceived by Satan, the father of lies, and philosophies of this fallen world, and I have deceived myself as well.

Father, I pray in the name of the Lord Jesus Christ, by virtue of His shed blood and resurrection, asking You to rebuke all evil spirits that are deceiving me.

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

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

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

WAYS YOU CAN BE DECEIVED BY THE WORLD

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

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

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

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

WAYS YOU CAN DECEIVE YOURSELF

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

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

WAYS YOU WRONGLY DEFEND YOURSELF

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

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

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

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

See ADDENDUMS 2a1, 2a-2 and 2b

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

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

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

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

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

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

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

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

STATEMENTS OF TRUTH

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

Step 3

Bitterness vs. Forgiveness

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

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

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

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

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

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

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

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

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

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

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

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

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

Let's look at some Scriptures about forgiveness:

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

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

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

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

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

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

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

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

Anger

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

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

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

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

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

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

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

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

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

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

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

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

Step 4

Rebellion vs. Submission

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

It is easy to believe the lie that those in authority over us are only robbing us of the freedom to do what we want. The truth is, however, that God has placed them there for our protection and liberty.

Rebelling against God and His authorities is a very serious sin for it gives Satan a wide-open avenue to attack. Submission is the only solution. God requires more, however, than just the outward appearance of submission; He wants us to sincerely submit to those in authority from the heart. When you stand under the authority of God and those he has placed over you, you cut off this dangerous avenue of demonic attack.

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

Dear Heavenly Father,

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

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

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

If authorities abuse their position by requiring you to break God's law or compromise your commitment to Him, then you need to obey God rather than man (Acts 4:19,20). Be careful, though. Don't assume that authority is violating God's Word just because they are telling you to do something you don't like!

We all need to adopt a humble, submissive spirit to one another in the fear of Christ (Ephesians 5:21). In addition, however, God has set up specific lines of authority to protect us and to give order to our lives.

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

(Mark family issues with an F)

- o Civil government, including traffic laws, tax laws; attitude toward government officials/Military (Romans 13:1-7; 1 Tim. 2:1-4; 1 Peter 2:13-17)
- o *Husband (1 Peter 3:1-5) or wife (Ephesians 5:21; 1 Peter 3:7)
*Note to husbands: Take a moment and ask the Lord if your lack of love for your wife could be fostering a rebellious spirit within her. If so, confess that now as a violation of Eph. 5:22-23
- o Parents, stepparents or legal guardians (Ephesians 6:1-3)
- o Church leaders (Hebrews 13:17)
- o Teachers, coaches, school officials (Romans 13:1-4)
- o God (Daniel 9:5,9)
- o Employer- past or present (1 Peter 2:18-23)

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

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

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

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

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

See ADDENDUMS 4a and 4b.

Step 5

Pride vs. Humility

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

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

Proverbs 3:5-7 expresses a similar thought: "Trust in the Lord with all your heart and lean not on your own understanding; in **all** your ways acknowledge Him and He will make your paths straight. Do not be wise in your own eyes; fear the Lord and turn away from evil."

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

Dear Heavenly Father,

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

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

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

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

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

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

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

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

See ADDENDUM 5

Step 6

Bondage vs. Freedom

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

Sin that has become a habit often requires help from a trusted brother or sister in Christ. James 5:16 says, "**Confess your sins to each other and pray for each other so that you may be healed**". The prayer of a righteous man is powerful and effective." Sometimes the assurance of 1 John 1:9 is enough: "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness." Remember, confession is not saying, "I'm sorry"; it is openly admitting "I did it." Whether you need help from other people or just the accountability of walking in the light before God, pray the following prayer aloud:

Dear Heavenly Father,

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

There are many sins of the flesh that can control us. The following list contains many of them, but a prayerful examination of **Galatians 5:19-21; Ephesians 4:25-31, and Mark 7:20-23** will help you to be even more thorough. After reading these three passages, look over the following list and ask the Holy Spirit to bring to your mind the ones you need to confess. He may reveal to you others as well. For each one the Lord shows you, pray a prayer of confession from your heart. There is a sample prayer following the list.

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

(Write an "F" if any of these are family issues that should be covered in Step 7 (Generational)
 Check any of the following that you do now, or have in the past, struggled with.

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

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

Resolving Sexual Sin

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

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

As the Lord brings 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 confess and renounce _____ (name the specific use of your body) with _____ (name of person involved) _____ and I ask You to break that sinful bond and any negative 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.

See ADDENDUMS 6a,6b,and 6c.

SPECIAL PRAYERS FOR SPECIAL NEEDS

PORNOGRAPHY

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

DIVORCE

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

HOMOSEXUALITY

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

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ABORTION

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

SUICIDAL TENDENCIES

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

DRIVENNESS AND PERFECTIONISM

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

EATING DISORDERS OR SELF-MUTILATION

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

SUBSTANCE ABUSE

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

Lord,

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

Overcoming Fear - legitimate or illegitimate fear

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

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

Lord Jesus, I confess to You that I have listened to the devil's roar and have allowed fear to master me. I have not always walked by faith in You but instead have focused on my feelings and circumstances, (2 Cor. 4:16-18; 5:7). Thank You for forgiving me for my unbelief. Right now I renounce the spirit of fear and affirm the truth that You have not given me a spirit of fear, but of power, love, and sound mind (2 Tim.1:7) Lord, please reveal to my mind now all the fears that have been controlling me so I can renounce them and be free to walk by faith in You. In Jesus' powerful name, I pray, Amen.

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

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

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

Now pray the following prayer from your heart.

Dear Heavenly Father, You are trustworthy. I acknowledge You as the only legitimate fear object in my life. You are the only always present and all-knowing God and the only means by which all other fears can be expelled. You are my sanctuary. I confess that I have allowed fears to exercise control over me, but I choose now to trust You, even when my feelings and circumstances tell me to fear. You have told me not to fear, for You are with me. You will strengthen me, help me and surely uphold me with Your righteous right hand (Isa. 40:10). I renounce all the effects that fears have had in my life. I choose to worship You only. I ask that you would empower me with Your Holy Spirit that I may live my life and speak Your Word with boldness. I pray this with faith in the name of Jesus, my Lord. Amen.

Step 7

Generational Sin

Scripture teaches that the iniquities of one generation can be visited on the third and fourth generation of those who hate Him, but God's blessings will be poured out on thousands of generations of those who love and obey Him. (Exodus 20:4-6).

While we are not guilty of the sins of our ancestors, because of their sin, Satan may have gained access to our family. These things may control us until we renounce them. This is not to deny that many problems are transmitted genetically, or acquired from an immoral atmosphere. In addition, deceived people may try to curse you.

You have all the authority and protection you need in Christ to stand against such curses and assignments.

Scripture tells us that there is a cleansing when generational sin is confessed (Leviticus 26:30-42). So it is important to confess these sins.

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

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

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

Declaration:

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

PRAYER:

Dear Heavenly Father,

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

Possible Generational Sins/Weakness

Exodus 20:4-5

Abuse – Emotional, Physical, Sexual or Spiritual

Adultery/premarital sex

Alcohol/drugs/Food Addictions

Anger

Anxiety/worry

Bitterness

Covetousness

Depression

Discouragement

Despair/suicidal thoughts

Envy/jealousy

Evil speaking

Fear

Gambling

Ingratitude

Laziness/or avoiding problems

Lying

Lust

Occult

Physical and mental disorders/illnesses

Pornography

Pride/Prejudice

Rebellion/Stubbornness

Religious legalism

Self Pity

Stealing

Temporal values

Maintaining Your Freedom

Even after finding freedom in Christ by going through these seven steps, you may still be attacked by demonic influences trying to regain control of your mind; hours, days, or even weeks later. But you don't have to let them. As you continue to walk in humble submission to God, you can resist the devil and he will flee from you (James 4:7).

Realize that one victory does not mean the battles are over. ***Freedom must be maintained.*** Even if you slip and fall, you know how to get right with God again.

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

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

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

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

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

DAILY PRAYER AND DECLARATION

Dear Heavenly Father,

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

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

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

BEDTIME PRAYER

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

CLEANSING HOME/APARTMENT/ROOM

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

Heavenly Father,

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

LIVING IN A NON-CHRISTIAN ENVIRONMENT

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

In Christ

I renounce the lie that I am rejected, unloved, dirty or shameful because

*IN CHRIST I am completely accepted. **God says:***

John 1:12	I am God's child.
John 15:15	I am Christ's friend.
Romans 5:1	I have been justified.
1 Corinthians 6:17	I am united with the Lord and I am one spirit with Him.
1 Corinthians 6:19,20	I have been bought with a price, I belong to God.
1 Corinthians 12 : 27	I am a member of Christ's Body.
Ephesians 1:1	I am a saint, a holy one.
Ephesians 1:5	I have been adopted as God's child.
Ephesians 2:18	I have direct access to God through the Holy Spirit.
Colossians 1:14	I have been redeemed and forgiven of all my sins.
Colossians 2:10	I am complete in Christ.

I renounce the lie that I am guilty, unprotected, alone or abandoned because

*IN CHRIST I am totally secure. **God says:***

Romans 8:1,2	I am free forever from condemnation.
Romans 8:28	I am assured that all things work together for good.
Romans 8:31-34	I am free from any condemning charges against me.
Romans 8:35-39	I cannot be separated from the love of God.
2 Corinthians 1:21,22	I have been established, anointed and sealed by God.
Philippians 1:6	I am confident that the good work God has begun in me will be perfected.
Philippians 3:20	I am a citizen of heaven.
Colossians 3:3	I am hidden with Christ in God.
2 Timothy 1:7	I have not been given a spirit of fear, but of power, love and a sound mind.
Hebrews 4:16	I can find grace and mercy to help me in time of need.
1 John 5:18	I am born of God and the evil one cannot touch me.

I renounce the lie that I am worthless, inadequate, helpless or hopeless because

*IN CHRIST I am deeply significant. **God says:***

Matthew 5:13,14	I am the salt of the earth and the light of the world.
John 15:1,5	I am a branch of the true vine, Jesus, a channel of His life.
John 15:16	I have been chosen and appointed by God to bear fruit.
Acts 1:8	I am a personal, Spirit-empowered witness of Christ.
1 Corinthians 3:16	I am a temple of God.
2 Corinthians 5:17-21	I am a minister of reconciliation for God.
2 Corinthians 6:1	I am God's co-worker.
Ephesians 2:6	I am seated with Christ in the heavenly realm.
Ephesians 2:10	I am God's workmanship, created for good works.
Ephesians 3:12	I may approach God with freedom and confidence.
Philippians 4:13	I can do all things through Christ who strengthens me!

*I am not the great "I Am" of Exodus 3:14; John 8:24,28, 58.
"but by the grace of God I am what I am" (1 Corinthians 15:10).*