

# WORKSHEET STEP 1

## 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"/> C 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.*

## WORKSHEET STEP 1

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.

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## WORKSHEET STEP 2

### WAYS YOU CAN BE DECEIVED BY THE WORLD

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

- ? Believing that acquiring money and things will bring lasting happiness (Matthew 13:22; 1 Timothy 6:10)
- ? Believing that consuming food/alcohol excessively will make me happy/relieve stress (Proverbs 20:1; 23:19-21)
- ? Believing that a great body and personality will get me what I want (Proverbs 31:10; 1 Peter 3:3,4)
- ? Believing that gratifying sexual lust will bring lasting satisfaction (Ephesians 4:22-24; 1 Peter 2:11)
- ? Believing that I can sin and get away with it and not have it affect my heart (Hebrews 3:12,13)
- ? Believing that I need more than what God has given me in Christ (2 Corinthians 11:2-4, 13-15)
- ? Believing that I can do whatever I want and no one can touch me (Proverbs 16:18 Obadiah 3; 1 Peter 5:5)
- ? Believing that I can live a life of sin and refuse to accept Christ and still go to heaven (1 Corinthians 6:9-11)
- ? Believing that I can hang around bad company and not become corrupted.(1 Corinthians 15:33-34)
- ? Believing that I can read/see/listen to anything (anyone) and not be corrupted.(Prov.4 23-27; 6:27-28 Matt. 5:28)
- ? Believing that there are no consequences on earth for my sin (Galatians 6:7, 8)
- ? Believing that I must gain the approval of certain people in order to be happy (Galatians 1:10)
- ? 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

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

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.

## WORKSHEET STEP 2

### WAYS YOU CAN WRONGLY DEFEND YOURSELF

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

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

### WORKSHEET STEP 3

*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.....*

<i>Name:</i> <i>(People Who Hurt Me)</i>	<i>Offense(s):</i> <i>(What They Did)</i>	<i>Made My identity</i> <i>What I Believe About Myself</i>
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- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
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- 11.
- 12.
- 13.
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- 15.
- 16.
- 17.
- 18.
- 19.

### WORKSHEET STEP 3

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.

## WORKSHEET STEP 4

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')

- |   |  |
|---|--|
| ? 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) | ? *Husband (1 Peter 3:1-5) or wife (Ephesians 5:21; 1 Peter 3:7)<br>*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 |
| ? Parents, stepparents or legal guardians (Ephesians 6:1-3)   | ? Church leaders (Hebrews 13:17)   |
| ? Teachers, coaches, school officials (Romans 13:1-4)   | ? God (Daniel 9:5,9)   |
| ? Employer- past or present (1 Peter 2:18-23)   |  |

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 person, 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 confess that I have been rebellious toward (name or position) by (say what you did specifically). 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 be submissive and obedient to Your Word. In Jesus' Name, I pray. Amen.**

## WORKSHEET STEP 5

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.

<i>Write an 'F' if any of these are a family issue that should be covered in Step 7 (Generational Issues)</i>	
? Having a stronger desire to do my will than God's	? Finding it difficult to admit that I was wrong
? Being more dependent upon my strengths and resources than seeking God's guidance.	? Having a tendency to be more of a people-pleaser than a God-pleaser
? Too often believe my own ideas/opinions are better than others	? Being overly concerned about getting the credit I deserve
? Being more concerned about controlling others than developing self-control	? Being driven to obtain the recognition that comes from degrees, titles, positions
? Having a tendency to think I have no needs	? Often thinking I am more humble or spiritually devoted than others
? Controlling others through manipulation / intimidation	? Vanity-thinking I'm better because of accomplishments
? Feelings of unworthiness	? Feeling too responsible for others
? Thinking what I say/do controls another person	? Not waiting for God for His timing
? Self-pity	? 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 I pray, Amen.

# WORKSHEET STEP 6

(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.

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

## WORKSHEET STEP 6

Lord, I renounce \_\_\_\_\_ (name the specific use of your body) \_\_\_\_\_ with \_\_\_\_\_ (name of other 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, 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 in 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.

## WORKSHEET STEP 7

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.  
(It may be helpful to review issues addressed in Steps 1-6)

### Possible Generational Sins / Weaknesses:

Abuse - Emotional, Physical	Discouragement	Occult
Abuse - Sexual, Spiritual	Despair/ suicidal thoughts	Pornography
Adultery/ premarital sex	Envy/ jealousy	Pride
Alcohol/ drugs	Evil speaking	Rebellion
Anger	Fear	Self-pity
Anxiety/ worry	Ingratitude	Stealing
Bitterness	Laziness	Temporal values - list them
Covetousness	Lying	Other ---
Depression	Lust	

### Declaration:

I here and now reject and disown all the sins and iniquities of my ancestors. I specifically renounce the sins of (list 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 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 sins 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.