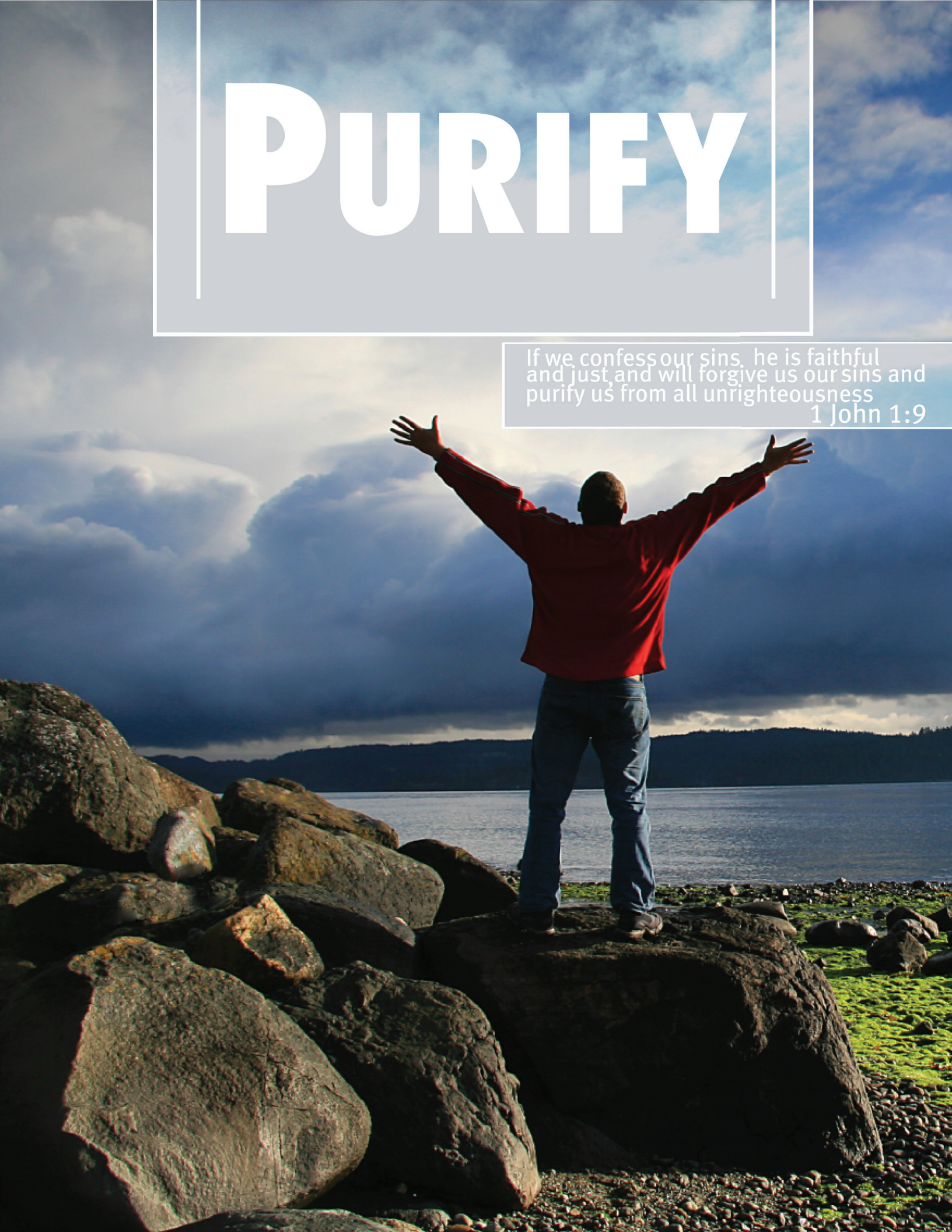


# PURIFY

If we confess our sins, he is faithful  
and just and will forgive us our sins and  
purify us from all unrighteousness  
1 John 1:9





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## **BRINGING THINGS INTO THE LIGHT**

Before you begin this journey, it's important to state that this workbook and the sessions that follow are intended to be a guide that assists you in recognizing and removing barriers to your freedom and in your relationship with God, yourself and others.

Throughout this entire process you will need to call on the assistance and guidance of the greatest counselor there is, the Holy Spirit. He has promised to be with us forever (*John 14:16*) and His counsel is always Truth. He promises to teach us all things and will remind you of everything that Jesus taught (*John 14:26*).

As you go through this workbook, it is imperative that you ask the Lord to help you hear His voice. You will have, for your assistance, sample prayers. These are just suggestions to help facilitate your conversation with God. Please feel free to change the words to fit your personal communication with Heavenly Father, however be mindful to keep the proper spirit and meaning behind your prayers.

Remember it is very important to be open and honest with God, yourself and others. This process will not set you free, it is Jesus alone that sets us free, and you will progressively experience greater measures of that freedom as you respond to Him in faith and repentance. Repentance literally means a change of mind. When the Holy Spirit brings conviction to an area or thought in your life the next step is confession (bringing that deception into the light of God's truth.) By standing in agreement with God and calling what he calls sin sin, we can experience the breaking of deception's influence in our lives. "He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy". (*Proverbs 28:13*) Through repentance we reclaim all that we have been given in Christ.

Let's begin by praying the following:

### **Prayer**

*Jesus, I thank You that You came to show me how to live, that You came to give me life, by showing me how to die to my selfish ways and thoughts. I thank You, Jesus, that You came to destroy the works of the enemy. I confess I do not know You or Your ways as I should; I desire to know You more. I confess that at times I assume I know You instead of asking You to reveal Yourself to me.*

*Father, I confess that I have not always found my true identity from my blood relationship to You; I choose to pick up my new identity as Your child. Lord, I confess that I have not always depended on You to defeat my enemies. I have unsuccessfully tried to battle what comes my way in my own strength, wisdom and abilities. I choose now to be dependent on Your truth that says I am assured of triumph because You have given me victory over my enemies. I choose to believe Your truth that assures me You are greater in power than anything that comes against me. I ask You to fill me with Your Spirit and to guide me into all truth. I ask for Your protection and guidance as I seek to know and do Your will.*

*In the powerful and mighty name of Jesus, Amen*

## SESSION ONE

# LET'S GET REAL- DECEPTION vs TRUTH

With the assistance of the Holy Spirit, this session will help you on our journey to uncover and confess areas in which your heart hides itself from the truth. Unfortunately, in the same way that Adam and Eve hid behind fig leaves and excuses when they realized they had sinned, we also hide behind all kinds of things to keep others from seeing us as we truly are. We have gotten so good at hiding and defending ourselves that we are often hiding from even ourselves, and we stop being aware that it's happening. The difficulty with this deception is that, by nature, the one who is deceived doesn't even realize it. We begin to think things like "it's just my way" or "it's just how I am" or "that's just how I handle things." In reality, these defenses or wrong ways we have developed are used to shield ourselves from pain and rejection and have become rooted and ingrained in our lives. Many of these defenses and mental strongholds, which are really flesh patterns, have been developed over long periods of time and can be embedded deeply into our belief system. Due to hurts and disappointments in life, each of us has developed a degree of hardness in our heart. It is God's desire to soften us and give us a heart of flesh so that we can fully experience His love and the love of others (*Ezekiel 36:26, Matthew 13:15a*). The more you learn how loving, powerful and protective God is, the more you'll be able to let go of the ways in which you try to protect and guard yourself. It takes time to develop trust and vulnerability before God and others. The more you realize God's complete acceptance of you in Christ, the greater your ability to step out from that which you hide behind.

With the help and guidance of the Holy Spirit, you will uncover and confess areas in which your heart has become hardened and tries to hide from truth. Let's begin by surrendering the ways in which we hide. Ask the Lord to show you any strategies of your mind, will or emotions which hide, distort, twist or minimize your view of reality.

Because of the very nature of this area of our lives, you will need help and revelation. Ask the Holy Spirit for help in discerning the truth.

### Prayer

*Heavenly Father, You are truth, and I desire to live by faith according to Your truth. I know that my own heart can be hidden from me in many ways. I also acknowledge that the father of lies, the influences of this world, and my own thoughts and ways have deceived me. Your Word says that it is the truth that will set me free (John 8:32). I ask You to show me any ways in which I have deceived myself or others; reveal hidden motives, agendas, and strategies that are of the flesh and not under the influence of the Holy Spirit. I no longer desire to cover, protect, or hide my heart, nor do I desire to hinder the work You desire to do in my heart and life. I release the job of protecting my heart over to the only One who can, Jesus. Holy Spirit guide me into all truth. In Jesus name, Amen*

A heart of stone hinders you from feeling, experiencing and knowing God as well as being a hindrance to all other relationships. *Jeremiah 24:7* "I will give them a **heart to know Me**, that I am the Lord. They will be My people, and I will be their God, for they will return to Me with all their heart."

### Heart Inventory: Do you ... ? *(check any that apply)*

- ☐ keep people at a distance
- ☐ protect yourself
- ☐ keep up a good front but have trouble being genuine
- ☐ find it difficult to show emotions in front of others
- ☐ stuff or suppress your emotions
- ☐ find it difficult to feel emotions
- ☐ work very hard at “keeping it all together”
- ☐ you live a life of “always being the strong one”
- ☐ find it extremely difficult to ask for help
- ☐ minister to others but hinder others from ministering to you
- ☐ wish others would “keep it together” like you do
- ☐ believe those who express emotions are weak or immature

If you checked any of the statements above pray the following...

#### Prayer

*Lord, thank You for revealing to me areas of my heart that have become hardened. I confess that these areas (name areas)\_\_\_\_\_ have built various walls around my heart that keep me from giving and receiving the love You have designed me to express and receive as Your Child. I confess that as I closed off my heart in these areas, I also closed my heart off to You, myself and others. I confess that it is my desire to have You soften my heart, release my ability to feel and express emotions, forgive me Father for hardening my heart. Take this heart of stone and give me a heart of flesh. In Jesus powerful name, Amen*

Now, let's allow the Holy Spirit to examine and know your anxious ways and see if there be any offensive way in you (*Psalms 139:23,24*).

### Ways you may be defending yourself: *(check any that apply)*

- ☐ Emotional insulation (staying detached from your feelings)
- ☐ Denial (not acknowledging facts about your behavior or attitudes)
- ☐ Minimizing (downplaying the negative in yourself or your motives)
- ☐ Rationalizing (trying to convince yourself that a wrong thing is fine)
- ☐ Fantasy (using your mind and imagination as an escape from reality)
- ☐ Blame (seeing other people's sin as an excuse for your own)
- ☐ Lying (consciously or unconsciously speaking or thinking an untruth or partial truth)
- ☐ Addictions (compulsive behaviors distracting your heart from painful truths or emotions)
- ☐ Anger (unhealthy anger used to avoid root issues)
- ☐ Television and other forms of media (escape through numbing senses)
- ☐ Putting on a false front (hiding real self from others)
- ☐ Dissociation (checking out)
- ☐ Control (controlling others, not examining self)
- ☐ Avoidance (retreating from truth that convicts)
- ☐ Intellectualizing (processing in the mind, bypassing the heart)
- ☐ Busyness (in order that you don't have to slow down to feel)
- ☐ Confrontation (distracting attention to others so you don't have to take an honest look at self)

Now, confess and surrender these obstacles that are blocking you from the truth that Jesus is your defense and the only defense you will ever need (*1 John 2:1, Psalms 35:23*).

**Prayer**

*Heavenly Father, I confess that I have been wrong in my defense of myself by way of \_\_\_\_\_ (personalize your confession by stating the areas of deception you checked on the previous page). I now surrender my attempts at self defense to You and trust that You will be my covering and protection.*

**After your confession and removal of your defenses, trust that God is faithful to His Word and that He will be your covering. Agree with Him as you begin to declare truth by confessing the Word of God into your heart, mind and spirit. (Read aloud the following declarations of truth.)**

*I recognize that there is only one true and living God 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. (Exodus 20:2-3; Colossians 1:16-17) I recognize that Jesus Christ is the Messiah, the Word who became flesh and dwelt among us. I believe that He came to destroy the works of the devil and that He disarmed the rulers and authorities and made a public display of them, having triumphed over them. (John 1:1; John 1:14; Colossians 2:15; 1 John 3:8)*

*I believe that God demonstrated His own love for me in that while I was still a sinner, Christ died for me. I believe that He has delivered me from the domain of darkness and translated me into His kingdom, and in Him I have redemption and the forgiveness of sins. Nothing can separate me from the love of God that is in Christ Jesus my Lord-not tribulation or distress, not persecution, famine or nakedness; not peril, sword, angels, principalities, powers, death, or life; neither things present nor things to come-absolutely nothing can separate me from the love of God which is in Christ Jesus my Lord. (Romans 5:8; Colossians 1:13-14; Romans 8:38-39;*

*I believe that I am now a child of God and that I am seated with Christ in the heavenlies. 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. I choose to be strong in the Lord and in the strength of His might. I put no confidence in the flesh, for the weapons of warfare are not of the flesh but are divinely powerful for the destruction of strongholds. I put on the full armor of God. I resolve to stand firm in my faith and resist the evil one. I do not listen to Satan's accusations for he is a liar, the father of lies. I gird up my loins with truth. Sin does not have dominion over me. No weapon that is formed against me shall prosper, and I shall confute every tongue that rises up against me in judgement. My mind is renewed by the Word of God. (Ephesians 2:6-9; 1 John 3:1-3; 2 Corinthians 10:4; Ephesians 6:10-20; Philippians 3:3; John 8:44; Ephesians 6:14; Isaiah 54:17; Ephesians 4:23)*

*I believe that apart from Jesus I can do nothing, so I declare my complete dependence on Him. I choose to abide in Christ in order to bear much fruit and glorify my Father. I announce to Satan that Jesus is my Lord. I reject any and all counterfeit gifts or works of Satan in my life. I believe that Jesus is the Truth and the Truth will set me free. If He sets me free, I will be free indeed. I recognize that walking in the light is the only path of true fellowship with God and man. Therefore, I stand against all of Satan's deception by taking every thought captive in obedience to Christ. I declare that the Bible is the only authoritative standard for truth and life. (John 15:5-8; 1 Corinthians 12:3; John 8:32-36; 2 Corinthians 10:5; 2 Timothy 3:15-17; 1 John 1:3-7)*



*I choose to present my body to God as a living and holy sacrifice and the members of my body as instruments of righteousness. 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. I put off the old self with its evil practices and put on the new self. I declare myself to be a new creation in Christ. (Romans 6:13; Romans 12:1-2; 2 Corinthians 5:17; Colossians 3:9-10)*

*By faith I choose to be filled with the Holy Spirit so that I can be guided into all truth. I choose to walk by the Spirit so that I will not carry out the desires of the flesh. (John 16:13; Galatians 5:16; Ephesians 5:18)*

*I renounce all selfish goals and choose the ultimate goal of love. 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. (Deuteronomy 6:5; Matthew 22:37-39; 1 Timothy 1:5)*

*I believe that the Lord Jesus has all authority in heaven and on earth, and He is the head over all rule and authority. I am complete in Him. I believe that Satan and his demons are subject to me in Christ since I am a member of Christ's body. Therefore, I obey the command to submit to God and resist the devil, and I command Satan in the name of Jesus Christ to leave my presence. (Matthew 28:18; Ephesians 1:19-23; Colossians 2:10; James 4:7)*

*I confess that the Word of God is eternal in the heavens and that as it goes forth it will not return to me empty but will accomplish what God has desired, for the Word of God will achieve the purpose for which it was sent. I choose by faith to hold on to the Word of God for it is life to me. (Isaiah 55:11; Philippians 2:16)*

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## SESSION TWO

# TRUTH vs COUNTERFEIT

The Bible tells us not to “give place” or to “resist” the devil, (*Ephesians 4:27; James 4:7; 1 Peter 5:9*) so that he will flee and not have access to our lives. However, we give Satan opportunity, or the keys to the door of our lives, in a variety of ways often without realizing what we are doing. Frequently, in our desperation to heal, fix, or redeem ourselves and our lives, the enemy entices us to find freedom, counsel, relief, and comfort for our pain and wounds from counterfeit sources. God has given us the answers to life’s questions, the solutions to everything we face, and the provision for all that we lack. There is only one legitimate source for the wisdom we seek, and that is Jesus Christ and the Word of God which is all wisdom. In order for you to take steps toward experiencing the freedom Christ purchased for you at Calvary, you must renounce (verbally reject) all past and present experiences with occult practices, cult teachings, rituals and non-Christian religions. Occult involvement is forbidden by the Lord (*Deuteronomy 18:9-14; Acts 16:16-18*). The Scripture is clear that if any man lack wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him (*James 1:5*).

### Prayer

*Father God, You alone are truth, please bring to my mind any thoughts or experiences I have had with the occult whether knowingly or unknowingly, I want to be free from the influence of any counterfeit influence in my life.*

(Wait and listen for the Lord to show you what He wants you to know about your past or present experiences. Below you will see a sample list of possible practices and involvement; this is not an exhaustive list. It is imperative that you follow the leading of the Holy Spirit and make note of what He speaks to you.

### Occult Experiences and Practices: *(circle any that apply)*

Astrology	Free Masonry	Palm reading
Astro-Projection	Fortune Telling	Rebellion
Automatic Handwriting	Handwriting Analysis	Rod/Pendulum
Black or White Magic	Horoscopes	Satanism
Blood pacts	Hypnotism	Se`ances
Charms	Incantations	Self-Hypnosis
Conjuration	Incubi & Succubi ( <i>Sexual Spirits</i> )	Spirit Guides
Cults	Levitation	Transcendental Meditation
Dungeons and Dragons	Magic 8-ball	Tarot Cards
Eastern Religions	Manipulation	Witchcraft/Wicca
ESP	Necromancy	
Fetishes	Ouija Boards	

**False Religions:** *(circle any that apply)*

Baha'ism	Hinduism	Science of the Mind
Black Muslim	Islam	Scientology
Buddhism	Jehovah's Witnesses	Silva Mind Control
Children of God	Kabbalah	Theosophical Society
Christian Science	Masons	Transcendental Meditation
Church of the Living Word	Mormonism ( <i>Church of Jesus Christ of the Latter Day Saints</i> )	Unification Church
Echankar	New Age	Unitarianism
Faith Divine	Religion of Martial Arts	The Way International
The Forum (EST)	Roy Masters	Yoga ( <i>the religion not the exercise</i> )
Hare Krishna		

**Prayer**

*God, Your Word tells me to not have any other gods besides You. I confess that I have participated in \_\_\_\_\_ (list what you have circled). I ask for Your forgiveness. Come now Lord Jesus and cleanse me from any deception and darkness in my life as a result of these practices. I break off any influence or access to my life due to these experiences by the power of the blood Jesus shed for me on the cross. I thank You Lord that I am forgiven. Heal me Lord, fill the void in my heart that enticed me to search for answers apart from You. You alone are my God, come Holy Spirit and empower me to live a life surrendered to the wisdom and influence of the Word of God in order that I may live for You alone, O God. Amen*

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## SESSION THREE

# FORGIVENESS

## DEALING WITH THE HURT AND TRAUMA OF YOUR LIFE

Jesus regularly taught on the importance of forgiveness. Forgiveness releases us from the power and pain of sins committed against us. Forgiveness is a two-part process which helps you receive the benefits of Christ's completed work on the cross. Unfortunately, many of us were never taught a godly model of forgiveness. Many of us were taught on the playground of our youth to practice forgiveness without engaging our hearts. Jesus showed us the two aspects of forgiveness when He purchased forgiveness for us on the cross by choosing first to forgive and secondly, entrusting His Heavenly Father with the consequences and impact of our sin. We must make the exact same choice that Jesus made, by not taking responsibility for the person's sin but taking responsibility for what you will do with the consequences of the sin. This is extremely difficult, but it's the only choice that allows you to regain control of your mind and life. This choice to forgive opens the door to the healing work God wants to do in the area of pain caused by another's sin or indifference.

For many believers in Christ, the issue isn't that we haven't heard or are unaware of the issue of forgiveness. We have probably heard more lessons and teachings on this message than we care to recall. For many of us the issue lies in that we have refused to recognize or acknowledge unforgiveness in our hearts or we have simply believed the lie that it is too difficult and therefore we have made the choice to live with unforgiveness.

I wonder how many of you would want God to forgive you in the same way you have forgiven those who have hurt you. Yet, Scripture is very clear: that is exactly the way in which you will be forgiven.

*Matthew 6:14-15*

"For if you forgive men their trespasses, your Heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

*Luke 6:37*

"Forgive, and you will be forgiven."

*Matthew 6:12*

"And forgive us our debts as we forgive our debtors."

The way in which we forgive, release, and restore another person is the way in which we will be forgiven.

Please note - Jesus knew the enormity of what He asks you to do. A person who says they cannot forgive has forgotten the great debt for which Christ forgave them. Forgiveness isn't easy; it will never be the depth of your love or your power that causes you to overlook the wickedness of another, the lies, or the heartless acts and attitudes of those who have hurt, wounded or offended you. It will only be the love and power of Christ flowing in and through you that will make forgiveness possible.



Forgiveness isn't meant to be free or easy. One look at the cross tells you that it is hard: it's agony, it's costly, and it is painful. Jesus experienced forgiveness unto death. But if you are believing the lie that it is impossible, you are allowing the influence of deception to keep you in bondage to the very person or circumstance you are trying so hard to find relief from. Jesus makes forgiveness possible.

### **What happens when you refuse to forgive?**

**1. The unforgiving servant is turned over to the tormentor to be tortured (*Matthew 18*).**

Webster's dictionary says torture is "agony of body or mind" or "the infliction of intense pain to punish, coerce or afford sadistic pleasure." When you refuse or withhold forgiveness either towards others or yourself, you open up your mind to the torture of the evil one. He inflicts pain with each memory or thought of the wound and rips and tears at it every chance he can get.

**2. When you refuse to forgive, chains of bitterness, resentment, and hatred bind you to the very person, situation or event that wounded you.**

Unforgiveness allows the cycle of hurt and wounding to continue. To forgive literally means to cast away. When you choose to forgive you separate yourself and your life from the negative influence of what hurt you. You take back the pieces and places of your heart and mind that are captive to unforgiveness.

**3. When you refuse to forgive, you place yourself in the seat of judge.**

Holding on to an offense of unforgiveness is like holding the certificate of debt against someone. When you are wronged you believe that the other person owes you something. We expect payment. Problem is, Scripture says that there is only one merciful and just judge, and that is Jesus! (*Romans 12:19; James 4:12; 5:9*)

Jesus didn't just die for the sins you committed: He also died for the sins that others committed against you. Through forgiveness, you open the door for God to come heal the pain and effects of sin's destruction in your life. The healing can be immediate or, more often, is a process in which you will need to remind yourself and Satan that you have already forgiven such person and are waiting on the Lord to finish the healing work He has begun.

### **Prayer**

Heavenly Father, I choose to forgive \_\_\_\_\_ (*name person*) for \_\_\_\_\_ (*name the wound or sin*). Father, it is my desire to take back my heart that was wounded; because, when they offended me, it made me feel \_\_\_\_\_ (*release the emotions of how you were affected*). I now come to You, Father, for healing of these damaged emotions by releasing \_\_\_\_\_ (*name person*) from the obligation and responsibility of bringing restitution for this offense. I confess that I have judged \_\_\_\_\_ (*name person*), and I confess that judgment as sin and ask You to forgive me. Please wash me of my sin and restore to me Your heart for \_\_\_\_\_ (*name the wound or sin*). Thank You for setting me free.

*In Jesus name, Amen*

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## SESSION FOUR

# INWARD AND OUTWARD SINS OF THE WILL

We were designed uniquely different from all other creation in that when God formed us He placed within our nature the ability to exercise our will through the gift of choice. Within our ability to choose is the choice of good or evil, life or death, sin or obedience, blessing or curse. Satan understands your will and tries to use it against you every chance he can get. Satan uses your will against you when you succumb to his temptations to live independently from God by exercising your will to choose sinful behaviors or when he convinces you of a particular lie that you internalize as a mind-set or vow. In this session we will ask the Holy Spirit to examine both areas of our lives, the inward and the outward workings of our will.

### Inner Vows

An inner vow is a vow usually made early in life. It is made with deep emotion, often in response to a person, an experience or a desire. It's a vow we make to ourselves usually involving another person and it is based on judgments of persons or experiences. Such vows bind us to a mindset or course of action which is fleshly and prevents our spiritual and emotional growth and development in that area of our life. When we become believers in Christ, and the Holy Spirit fills us, He is prevented from penetrating that area of our heart and lives because we have not broken the vow and are still allowing our flesh and emotions to rule that area of our hearts and lives. To find freedom from inner vows you will need the help of the Holy Spirit as the very nature of these vows is to try to remain hidden.

### Prayer

*Father God, I know that you have given me the Holy Spirit as a helper to lead me into all truth. In order for me to find freedom from inner vows I need Your help. Please search my inner-most being and reveal to me any hidden destructive vows I have made and the reasons why I've made them.*

Examples of inner vows: (not an exhaustive list-allow the Holy Spirit to bring to the surface any vows He would have you deal with)

_____ I will never be weak.	_____ I will never be like _____
_____ I will never trust anyone.	_____
_____ I will never allow myself to need anyone.	_____
_____ No one will ever hurt me again.	_____
_____ I will be the best at everything I do.	_____
_____ I will never try_____.	_____
_____ No one could ever love me, if they knew who I really am.	_____
_____ I will always be broke.	_____.

### **Prayer**

*Lord, I confess that I have made the vow of \_\_\_\_\_ (**name the inner vow**). I repent now for the vow I made and for the sinful ways I have behaved as a result of this vow. (**Repeat for each vow, the Lord reveals.**) By the power and authority of Jesus Christ I break this vow. I release my spirit, soul and body to no longer remember or react under the influence of this vow. I am no longer required to think, feel or act according to this vow in my life. I am free, restored and released to the influence of the Holy Spirit and truth in this area of my life. Thank You Jesus for shedding Your blood that sets me free.*

### **Willful Sins**

When we speak of sins, the area that comes to the mind of most people is behavioral sins. Behavior is often just the symptom of a deeper deception or condition of the heart. The following list contains some examples of sins of the flesh/will. Prayerfully examine areas of your life where you have chosen to not say “no” to the flesh.

### **Prayer**

*Lord, it is my desire to recognize the ways my behaviors have not been pleasing to You. I confess that I do not want to practice behaviors that are outside the parameters You have set for me in Your Word. I acknowledge that, as my Lord, You have the right to determine what my behaviors should be. I surrender my actions to You and commit to following Your will and purpose for my life to the best I know how. I confess I need your help and guidance.*

#### **I confess that I have...**

- |               |                    |                        |
|---------------|--------------------|------------------------|
| ___gossiped.  | ___lied.           | ___angry outbursts.    |
| ___cheated.   | ___manipulated.    | ___stolen.             |
| ___cursed.    | ___been greedy.    | ___been argumentative. |
| ___lusted.    | ___hated.          | ___been jealous.       |
| ___been lazy. | ___procrastinated. | ___controlled others.  |
| _____         | _____              | _____                  |

*Lord, I confess that I have committed the sin of \_\_\_\_\_ (**name the sin**). Thank You Father for Your forgiveness and for Your cleansing. I now repent from this sin and choose to turn from it as I turn to You, Lord. I confess I need You to strengthen me by Your Holy Spirit, so that I can walk in obedience to Your Word.*

*In Jesus name, Amen*

**SPECIFIC PRAYERS****Prayers for Suicidal Thoughts and Actions**

*Lord, I realize that the enemy comes to steal, kill and destroy but Jesus came to give life. I confess that I have partnered with the lies of the enemy and stood in agreement through entertaining thoughts that my life is not worth living. I choose now to believe that even when I don't understand or can't see, You have a plan for my life and You will carry out that plan. My life belongs to You not me, and I surrender to You all the days of my life.*

**Abortion**

*Lord, I confess that I am responsible for taking a life that You entrusted to me either through the act of abortion or by way of promoting an abortion. I stand in agreement with You that this act is sin, and I ask for Your forgiveness. I thank You that You forgive me and that because of Your forgiveness I can forgive myself and others that had an influence in this decision.*

**Prayer for Addictions and Compulsive Behaviors**

*Lord, I confess that I have escaped reality by way of misusing substances or behaviors that are destructive. As a result, I have hurt my body, my mind and my will all the while hurting myself and others that I love. I confess that I am powerless to keep myself from these behaviors unless you empower me to do so. I need You to help me in my moments of weakness and temptations. Show me how to recognize the source and roots of these behaviors so that I can cut off the enemies access to my life.*

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## SESSION FIVE

# HEART ISSUES

## PRIDE AND REBELLION

Pride is a condition of the heart that takes credit for the things God has provided and done in our lives. Rebellion is an attitude of the heart which resists submission. Rebellion pushes against authority and against God and is very serious because it gives Satan an opportunity to attack. Being under authority requires faith! By submitting, you are trusting God to work through His established lines of authority. God's desire is that we yield to Him and demonstrate that allegiance by living in a spirit of cooperation by surrendering our will and right to God's will. Pride puts us in opposition to God.

*James 4:7* "Submit yourselves, then to God. Resist the devil, and he will flee from you."

*1 Samuel 15:23* "For rebellion is like the sin of witchcraft, and stubbornness is as iniquity and idolatry."

### Prayer

*Heavenly Father, I give you permission to reveal areas of pride in my heart. I confess that my own pride can keep me from recognizing areas that need attention, so I am dependent on You to intervene and reveal the sin of pride.*

The following are examples of pride to assist you in your confession (*check any that apply*).

\_\_\_ I often rely on my own strengths and abilities rather than placing my dependence on the Holy Spirit.

\_\_\_ I believe that no one, or at least not many people, know as much as I do.

\_\_\_ Not many people can understand or "get" me.

\_\_\_ I sometimes think that the death and resurrection of Jesus is not enough for me.

\_\_\_ I have a tendency to believe that I am so bad that Jesus can't help me.

\_\_\_ I sometimes believe that my bondage or sin is more powerful than God.

\_\_\_ I have considered myself better than others because of my human qualifications.

\_\_\_ I have thought of myself as more humble, spiritual or more devoted than others.

\_\_\_ I find it hard to admit that I am ever wrong.

\_\_\_ I find it difficult apologize.

\_\_\_ I am often more concerned about pleasing people than pleasing God.

\_\_\_ I am often too busy to think or be concerned about others; my needs are more important.

\_\_\_ Other ways that I am prideful: \_\_\_\_\_

## **Pride**

### **Prayer**

*Lord, I confess the sin of pride in that \_\_\_\_\_ (**name the areas you checked**). I choose now to humble myself and acknowledge that You are Lord. I confess that apart from You I can do nothing. Your Word declares that pride goes before a fall, I confess that I do not want to fall. I repent of my pride and selfishness and ask You to regain any ground taken by the enemy. I confess that I have placed my will before Yours and I no longer want to be the center of my life. I ask for Your forgiveness and thank You for cleansing me of my selfishness. Amen.*

## **Rebellion**

### **Prayer**

*Father God, I confess I have been rebellious in action and or attitude in the area of \_\_\_\_\_ (**list specific way you've been rebellious**). I confess the sin of rebellion towards those You have placed in authority over me. I choose now to submit my actions and attitudes towards these authorities over to You. I acknowledge that You are my supreme authority, and I choose to submit to You as Lord of my life. Thank you for Your forgiveness. In Jesus name, Amen.*

## **Humility**

### **Prayer**

*Father, please fill me now with a humble spirit that desires to do Your will. Lord, Your Word says that my soul shall make its boast in the LORD; the humble shall hear and be glad. Lord, I thank you that a benefit of submitting myself to You is that when I humble myself to You, I hear Your voice. Place in me, by the power of Your Holy Spirit, a healthy fear of the Lord that drives me to submit my will, my thoughts, my actions and my entire life to Your wisdom and plan for my life. Amen.*

---

## SESSION SIX

# BREAKING UNHEALTHY CONNECTIONS

## RESOLVING SEXUAL SIN/SOUL TIES

The two most common areas where an unhealthy connection can manifest in a person's life are the areas of sexual relationships and family relationships. God intended us to have healthy relationships. Take a moment and let the Lord examine your relationships, past and present by praying the following prayer.

### Prayer

*Father, I need Your assistance in leading me in truth to face the true condition of the relationships in my life. I know that You desire that I have healthy relationships that are not based on ungodly connections. I am asking You now to come in truth and show me any relationship that is unhealthy. I believe by faith that You will give me the courage to break what is unhealthy and establish righteousness to my body. I ask You now to bring to my mind every sexual or ungodly use of my body or emotions so that I can renounce these uses and break their sinful bondage. In Jesus' name I pray. Amen.*

It is important to mention that there are godly soul ties. A godly soul tie respects the free-will of others and chooses not to dominate or control or desire dependence on another. God wants all of our relationships to be healthy; however, it's important to allow Him to examine our relationships and teach us if there is any aspect of these relationships that is ungodly. If so, it is important for us to confess, repent and, where possible, to restore back to His original design. God may reveal relationships He NEVER intended for you to have.

**Here are some examples of ungodly relationships and soul ties. Prayerfully look over this list keeping in mind your personal relationships.**

- Husband with wife - when there is wrong emotional dependency, control, or domination
- Parent with child - when the parents do not allow the child to be an individual and become a mature adult who is free from their control and domination
- Child with parent - when the child controls or manipulates the parent
- Any relationship/friendship where there is a dominance of one person over another
- All abusive relationships - where there is sexual, physical and or emotional manipulation, domination and control
- Authority/leadership relationships in which authority has been misused through domination and control
- Any sexual relationship outside the covenant of marriage. (One can develop a soul tie through repetitive viewing of pornography; would also include but not be limited to - inappropriate touching and/or fondling, molestation, all types of sexual immorality, masturbation, lustful thoughts/actions )

Now as the Lord brings to your mind any relationship He desires for you to deal with whether inappropriate actions were done to you or willingly by you, renounce every experience and ask Him to cleanse you from the effects of that relationship.

In the space below write any name or relationship that is coming to your mind.

---

For each name/relationship pray the following prayer:

**Prayer**

*Lord, I repent from any wrong way I have acted or responded in my relationship with \_\_\_\_\_ (**name person**). I confess the sinful act of \_\_\_\_\_ (**name the ungodly act**). I ask You, Lord, for Your forgiveness and cleansing. I choose to forgive \_\_\_\_\_ (**name person**) for their part in this sinful relationship. I choose now to receive your cleansing and I ask You to erase all ungodly images, emotional ties and soul ties with \_\_\_\_\_ (**name person**). I ask You, Lord, to heal and cleanse me from any evil spirit or evil influence that may have been transferred through inappropriate sexual relationships or material. I renounce all misuse of my body and relationships and choose this moment to present my physical body to You as a holy sacrifice. I choose to present my body as an instrument of righteousness and I choose to reserve my body and relationships for Your purposes alone. I reject any lie of the enemy that tries to tell me that I am not clean and unacceptable to You as a result of past sin. I ask You now, Lord, to come and heal my wounded soul, heal my fractured relationships, heal my physical body as well as reinstating me to sexual purity. O God, I thank You that You have cleansed me and forgiven me and right now by the blood of Jesus that covers and washes sin, I declare myself to be forgiven and cleansed, holy in Your sight. Amen.*

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## SESSION SEVEN

# PULLING DOWN MY IDOLS

*Exodus 20:3* “You shall have no other gods before me.”

We often allow our affections and worship to get entangled by people or things other than God, we were created to worship the one and only God Almighty. An idol can be anything we give a higher priority or place in our lives other than God Himself. 1 John 5:21 warns us to “guard ourselves from idols,” to protect our lives from anything that might take God’s place in our hearts and lives. In this section we are going to ask God to reveal to us things that we have allowed to consume our time, attention and affections; those things we have allowed to become a false god in our hearts and lives.

The following is a list of potential areas where people or things have become more important in your life than relationship with God. At glance you will find that there may be nothing wrong with most of the things listed below, however anything out of balance and in excess is a potential area that is in danger of taking the place of God in our hearts. Let’s begin with prayer.

### Prayer

*Father, I confess that I have not always given you priority in my life. I confess that there have been relationships and things I have given my time and attention to that may be out of the bounds of moderation. I confess that I have not followed Your command to love the Lord my God with all my heart, soul and mind. And I ask You to reveal to me any idol in my life. I desire to always place you first in my life. I confess my weakness and ask that Your strength be made perfect through the pulling down of idols in my life.*

**Consider the following areas:** *(Circle any that may apply)*

Alcohol	Entertainment	Physical Fitness
Appearance	Food	Possessions <i>(car, home, jewelry etc.)</i>
Approval of Others	Finances	Power
Busyness	Friends	Relationships <i>(boyfriend/girlfriend)</i>
Career/Job	Hobbies	Self
Celebrities	Ministry	Sex
Children	Nature	Sports
Computers	Success	Spouse
Drugs	Parents	Worry
Education/knowledge/learning	Perfection	

**Prayer**

*Father God, I confess that I have allowed \_\_\_\_\_ (**name the person or thing**) to become first place in my life and I have placed \_\_\_\_\_ (**name idol**) above my relationship with You. I ask You for Your forgiveness and I choose to worship You and You alone. You did not intend for me to worship anything or anyone before You. Please guide me and teach me to properly place things and people in my life. Teach me to prioritize as You would have me order things in my life. I choose to set my affections on You. In the name and by the power of Jesus Christ I break the spirit of idolatry over my life. I break any influence and access the enemy has had in my life due to my involvement and participation with these skewed priorities in my life. Jesus, I properly place my relationship with You over all else in my life. In Jesus name, Amen.*

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## SESSION EIGHT

# FREEDOM FROM FEAR

We are going to allow God to examine our lives and to surface any and all irrational fears; those fears that are without reason or understanding. Irrational fears are not based on truth, but are in fact false belief systems. Were you aware that we worship the opposite of what we fear? Example: if you fear rejection, you will worship acceptance. If you fear failure, you will worship success. Jesus links fear to a lack of faith. (*Matt. 8:26*) Irrational fears are cast out when we receive a fresh revelation of God's perfect and powerful love for us. Behind every irrational fear is a lie that must be identified. Allow the Lord to surface any controlling fears in your life and the root lie that they are attached to by praying that the Holy Spirit would come and divide light and darkness, truth and lie.

### Take a moment to examine yourself to see if you exhibit any of the symptoms of fear:

Apprehension	Anxiety	Burdens
Extreme Carefulness	False Responsibility	Fatigue
Fretting	Fright	Heaviness
Horror	Insomnia	Inability to make decisions/feeling paralyzed
Nervousness	Nightmares	Phobias
Restlessness	Stress	Superstitions
Suspensions	Tension	Terror
Timidity	Trembling	Torment
Worry	Weariness	

### Prayer

*Lord, I confess that I have allowed fear to control me in areas of my life, and that lack of faith is sin. It is my desire to allow You to come and show me areas that fear has had a negative influence on my life, where fear has prevented me from moving as You lead and from responding to what You have for me in my life. You have NOT given me a spirit of fear, but of power, love and a disciplined mind. (2 Timothy 1:7) I ask You now to reveal any and all controlling fears in my life as well as the lie behind them. I desire to live by faith in You and in the power of your Holy Spirit. In Jesus name, Amen.*

### As you look over this list check any fears that have kept you from experiencing freedom in Christ.

- |  |  |   |                                     |
|--|--|---|-------------------------------------|
| <input type="checkbox"/> Death   | <input type="checkbox"/> Being loved   | <input type="checkbox"/> Never loving               | <input type="checkbox"/> Satan      |
| <input type="checkbox"/> Embarrassment                                     | <input type="checkbox"/> Failure       | <input type="checkbox"/> Rejection                  | <input type="checkbox"/> Divorce    |
| <input type="checkbox"/> Being vulnerable                                  | <input type="checkbox"/> Disapproval   | <input type="checkbox"/> Going crazy                | <input type="checkbox"/> The future |
| <input type="checkbox"/> Pain/Illness                                      | <input type="checkbox"/> Confrontation | <input type="checkbox"/> Being a victim             | <input type="checkbox"/> Old age    |
| <input type="checkbox"/> Becoming/being homosexual                         |  | <input type="checkbox"/> Financial problems/poverty |                                     |
| <input type="checkbox"/> Never getting married                             |  | <input type="checkbox"/> The death of a loved one   |                                     |
| <input type="checkbox"/> Being a hopeless case                             |  |   |                                     |
| <input type="checkbox"/> Individuals (authority figures)(list names) _____ |  |   |                                     |

For each fear you have identified, let's now ask the Lord to reveal to you the lie or wrong belief system behind each of these fears. As He reveals the lie confess it and renounce it.

**Example:**

*Lord, I confess the lie that my future is full of pain and sorrow, I confess the lie that I am a victim, etc.*

Then, for each identified, confessed lie ask the Holy Spirit to speak truth to you. Write down next to that fear what the truth is.

**Example:**

*fear of going crazy...the lie-I am going to go crazy...the truth-I have the mind of Christ, He has given me a sound mind, I have the wisdom of God.*

Write what you sense Him saying to you...it may be a Scripture that comes to mind.

Don't worry if nothing comes to mind right now. Take your list and in a quiet moment take your Bible and look up in the concordance the opposite of what your fear is. Arm yourself with the Word of God. When the enemy prowls around you tempting you to pick up fear choose to stand on the truth of God in faith and watch the enemy and the fears flee!

If you have operated under the influence of fear for a long period of time it may take some time to allow the Holy Spirit to release and convince you of the truth. He (Holy Spirit) does this through revelation. Ask Him to place a deep revelation of God's truth that will set you free deep down in your spirit. Begin to confess truth not your fears.

Let's close this session with prayer:

**Prayer**

*Dear Heavenly Father, I confess that I have allowed fear to control me and that my lack of faith is sin. I thank You for Your forgiveness. Would you give me a fresh revelation of Your perfect love that casts out fear. Enlarge my ability to believe in You, Your Word, Your promises, Your ways and Your power. Give me the ability to trust that what You say You will do, You will do. What You promise in Your Word is a promise to me as Your child. Convince me that You are all that I need and that You will meet all my needs. I pray that I will live the faith-filled life You have called me to experience. I choose this day to walk in faith, trusting You by submitting to You my hopes, dreams, fears and my future for Your plans are for my good and not to harm me. In Jesus name, Amen.*

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## SESSION NINE

# TRUE CHARACTER OF FATHER GOD

God's true character can sometimes become distorted in your mind when you experience unhealthy relationships. The enemy often takes advantage of these relationships early in your life to get you to pick up false beliefs and ideas about God's character. You tend to project the character traits of those authority figures in your life onto your Heavenly Father. Relationships such as parents, guardians, grandparents, teachers, and pastors can sometimes misrepresent the heart and nature of your Father in Heaven.

2 Corinthians 10:5 tells you to demolish arguments and every pretension that sets itself up against the knowledge of God, taking captive every thought to make it obedient to Christ, Truth!

As you read over the following, please take your time. Ask God to show you if there is even a hint of believing a lie about His true nature. Ask Him to show you where you have believed a lie and allow the truth to soak deeply in your heart. You may need to reread over and over again the truth for it to sink in.

**LIE:** God's approval is conditional.  
**TRUTH:** God's grace is unconditional and freely given. (*Romans 3:23-24; Romans 11:6*)

**LIE:** God is distant and disinterested. He is absent when we need Him.  
**TRUTH:** God is intimate and involved. (*Psalms 139:1-18*)

**LIE:** God is insensitive and uncaring.  
**TRUTH:** God is kind and compassionate. (*Psalms 103:8-14*)

**LIE:** God is stern and demanding.  
**TRUTH:** God is accepting and filled with joy and love. (*Romans 15:7; Zephaniah 3:17*)

**LIE:** God is passive and cold.  
**TRUTH:** God is warm and affectionate. (*Isaiah 40:11; Hosea 11:3-4*)

**LIE:** God is absent and too busy for me.  
**TRUTH:** God is always with me and eager to be with me. (*Hebrews 13:5; Jeremiah 31:20; Ezekiel 34:11-16*)

**LIE:** God is impatient and angry, and nothing I do is good enough for Him.  
**TRUTH:** God is patient and slow to anger. (*Exodus 34:6; 2 Peter 3:9*)

**LIE:** God is abusive, mean and cruel.  
**TRUTH:** God is loving, gentle and protective of me. (*Jeremiah 31:3; Isaiah 42:3; Psalm 18:2*)

**LIE:** God is a killjoy who tries to take all the fun out of life.  
**TRUTH:** God is trustworthy, and He wants to give me a full life. (*Lamentations 3:22-23; John 10:10; Romans 12:1-2*)

**LIE:** God is controlling and manipulative.  
**TRUTH:** God is full of grace and mercy. (*Hebrews 4:15-16; Luke 15:11-16*)

**LIE:** God is unforgiving and harsh.  
**TRUTH:** God is nurturing, affirming, tenderhearted and forgiving. (*Psalms 130:1-4; Luke 15:17-24*)

**LIE:** God is a perfectionist.

**TRUTH:** God is committed to my growth, and He is proud of me as His growing child. (*Romans 8:28-29; Hebrews 12:5-11; 2 Corinthians 7:14*)

**LIE:** God is partial, unfair and unjust.

**TRUTH:** God is impartial, fair and just. (*Romans 2:11; Ephesians 6:9; 1 Peter 1:17*)

**LIE:** God is untrustworthy and unpredictable.

**TRUTH:** God is always steadfast and reliable. (*Hebrews 13:5; Psalm 27:10*)

**LIE:** God loves others more than He loves me.

**TRUTH:** God has never withheld His love from me. (*Psalms 66:20; Acts 10:34; Romans 2:11*)

## Prayer

*Father God I confess that I have leaned on my own understanding instead of acknowledging Your Word. I choose now to accept the truth of Your Word. I choose to place all my trust and confidence in the Lord. I choose the truth that old things have passed away and all things have become new. Your truth transforms my life. Convince me of who You truly are. I willingly hold to the truth that I am unconditionally loved and accepted in Christ and nothing can separate me from the love of God that is in Christ Jesus my Lord. His love for me will NEVER fail. Amen.*

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## SESSION TEN

# CURSING vs BLESSING

## BREAKING GENERATIONAL SINS AND INIQUITY

Even after you have dealt with personal sins, sometimes troubling patterns and circumstances in your life can often remain. You may have to deal with those patterns or those things (spirits) that seem “familiar” that are transmitted to you in the form of propensities, desires, or strong tendencies from family lines. The Hebrew word for “iniquity” means a bent toward, rebellion, or perversity, a moral evil. It’s more than an act of sin, it is a system of behavior, a way of life that seems to have a life of its own. We are given the choice to walk in righteousness or yield to the bent of our ancestors’ tendencies toward particular sins. We are not guilty for the sins of our families but we are heavily influenced by the environment in which we were raised. To experience more freedom, it is necessary to break the power of these sinful predispositions off of our lives. God has the power to turn any curse into a blessing because He loves us. (*Deut. 23:5*) In this session you will break the chains of your destructive history and begin to walk out your true legacy in Christ.

Sin is like a seed that is planted in receptive soil. It will, in time, reproduce it’s own kind unless it is uprooted and dealt with. So how do you get free from the curses and the sin that you have inherited from your family line? The great news is that Jesus took our sin upon Himself. But if our forefathers engaged in sinful practices which were not repented of or dealt with before Jesus, the curses resulting from those sins can and do affect the souls and physical lives of the succeeding generations from the third and fourth generations. (*Exodus 20:5*)

When you come before the Lord to deal with generational sin you must acknowledge your own sin and take responsibility for it. You also repent for the sins of your forefathers. You take responsibility for the areas in which they have sinned and bring it before the Lord. Examples from Scripture: *Ezra 9:6-7; Nehemiah 1:6-7*

**We are going to start this session by taking a look at your family tree.**

### Things to look for:

Dominant issues	Patterns/habits
Tragic deaths/premature	Occult involvement
Emotional issues-anger, rejection, abandonment, fear	Financial/business failures
Issues with miscarriages/closed wombs	Sexual issues
Diseases, allergies, heart problems, terminal illness	Marriage issues
Family feuds/unresolved conflicts	Addictions
Mental problems-prejudices, unbelief, suicide	

### Prayer

*Father God, I come before You now and ask You to bring to my mind all the ways my ancestors have sinned and done evil in Your sight.*

Use the family tree that follows as a worksheet. List for each family member any known characteristics, behaviors, attitudes, sins that would reveal a pattern of curses being passed down the generational line. If a family member is unknown to you, ask the Holy Spirit to show you if there is anything for that family member that He would have you confess.

## Confessing Generational Curses

### 1. Occult and Witchcraft.

Psychic sensitivity  
Blasphemous thoughts to God  
Fear of Satan or evil, Hearing voices, Supernatural powers...

### 2. Addictions.

Alcoholism, Drugs, Food, Sex (including pornography), Other - TV, gambling, sports, caffeine...

### 3. Mental Problems.

Anxiety, Worry, Depression, Schizophrenia, Suicide, Compulsions, Senility...

### 4. Sexual Problems.

Adultery (or fornication, promiscuity), Lust, Incest, Homosexuality, Lesbianism, Frigidity, Pornography, Sexual Abuse...

### 5. Religious Restrictions.

Cults, Legalism, Denominational or doctrinal errors, False religions, Other religions...

### 6. Sickness/Diseases.

Allergies, Diabetes, Epilepsy, Heart Problems, Blood Disorders/Circulation, Cancer, Dyslexia, Bulimia, Migraines, Physical Abnormalities, Barrenness/Miscarriages, Female Problems...

### 7. Emotional and other Disorders.

Rejection, Bitterness, Hatred, Prejudice, Anger, Violence, Fears, Paranoia, Deathm Suicide, Failure, Financial Problems, Poverty, Destitution, Pride, Unbelief...

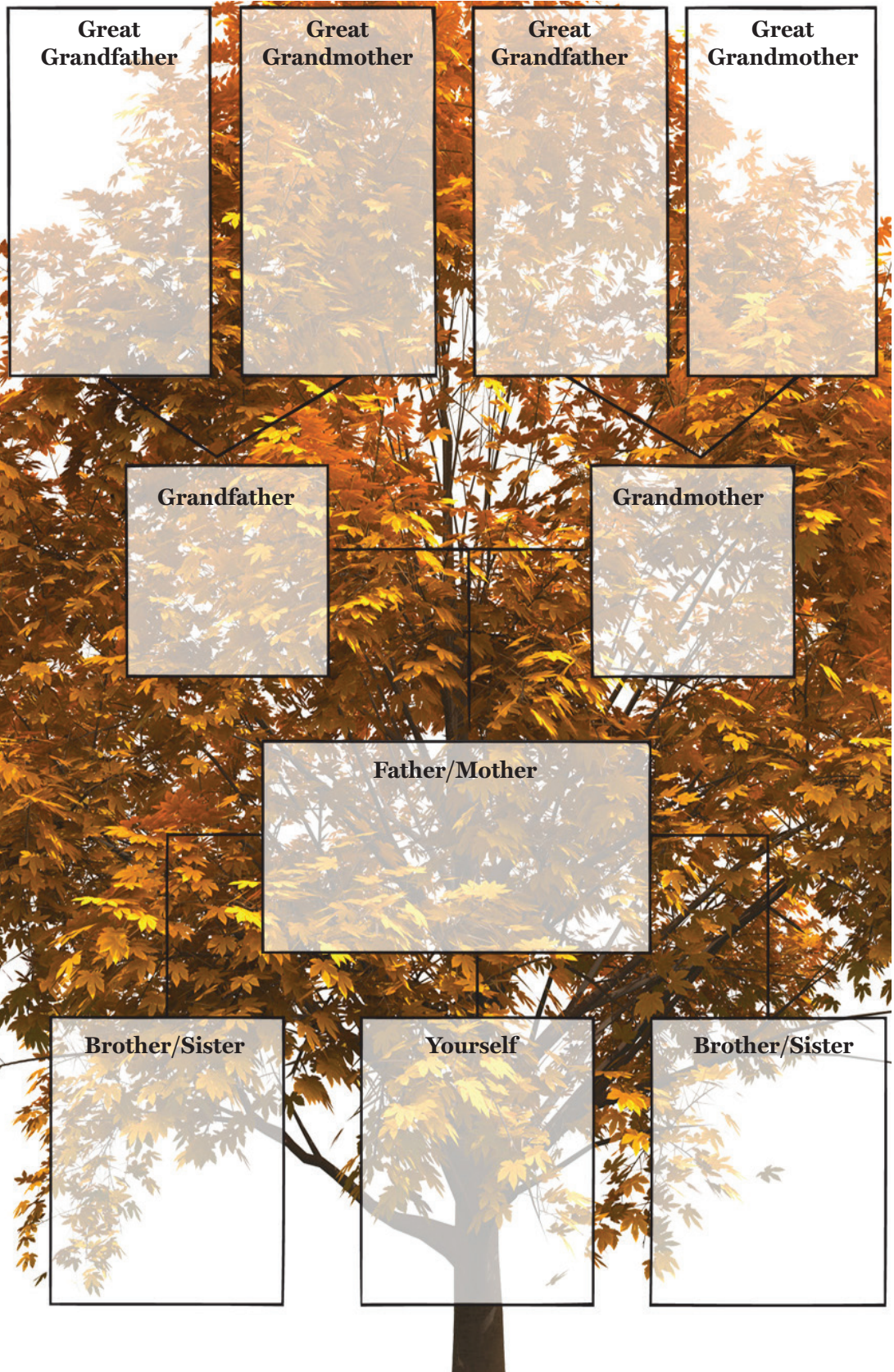
### 8. Death.

Murder, Death from War, Abortion, Still Birth, Miscarriages, Untimely Death, Traumatic or Early Death...

### 9. Culture/Ethnic/Nations of Origin.

Prejudice, Male Domination, Violence, Anger.

\*These are just some examples, let the Holy Spirit lead you in making your own personal lists.





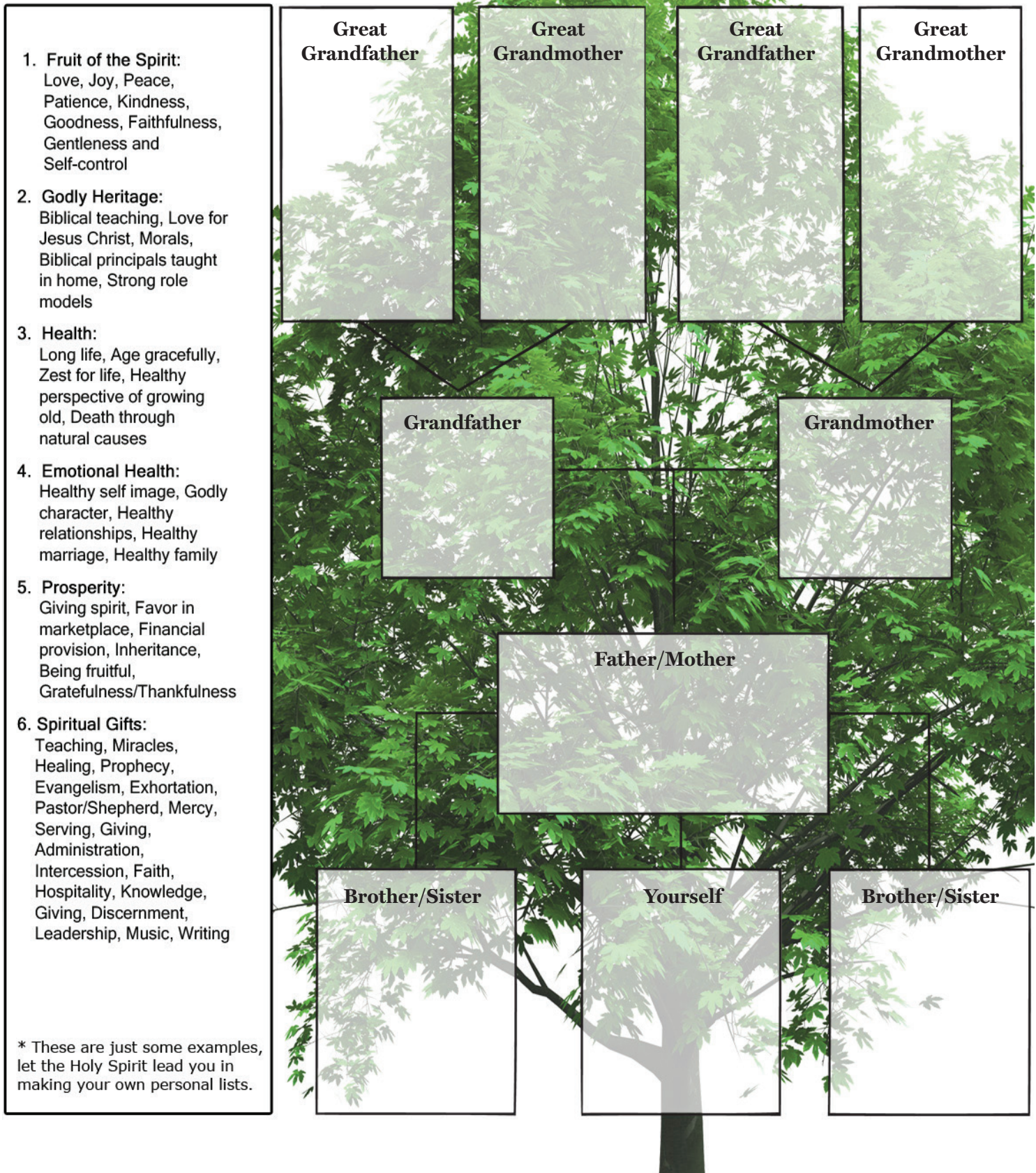
# WHEN FINISHED

## Prayer

*Father God, I come before You in the name of Jesus to specifically renounce the sins of \_\_\_\_\_ (name all the areas of family sins as the Lord has revealed to you.) I stand before the cross confessing the truth that Jesus bore the punishment for these sins on the cross and I choose now to walk in the freedom and release of the effects of these sins on my life. I release my ancestors into the freedom of my forgiveness, I choose to no longer blame them for the effects their sins have had on my life. I confess and take responsibility for my own sin in these areas, especially in the areas where my actions have affected my spouse and/or family. I ask for Your forgiveness Lord, cleanse me from all unrighteousness due to generations of unconfessed sin. Thank You, Lord, for forgiving me and washing me clean. I choose to believe that all the sins and iniquities of my family line have been confessed and I am forgiven. I choose by faith to believe that Jesus has broken every curse passed on to me as a result of these sins. I submit myself to the instruction, guidance and influence of the Holy Spirit in my life. I commit myself to my Heavenly Father to do His will from this day forward. I ask You, Lord, to renew my mind as I submit my life to You. Heal me and lead me into paths of righteousness. In Jesus name, Amen.*

Take a few minutes and ask the Lord to reveal to you any generational blessings He would like to highlight for you. Take time to praise Him (you may only recall a few - that's okay.) Praise the Lord for His influence in your Family. "Every good and perfect gift is from above, coming down from the Father of Lights, who does not change like shifting shadows." *James 1:17*

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**Declaring Generational Blessings**



## APPENDIX

# MAINTAINING YOUR FREEDOM

*To experience your freedom on a continual basis you must continue to renew your mind according to the truth of God's Word. This is not a one time experience you must make receiving and believing the truth of God a priority in your daily living by continuing to make the great exchange, your thoughts and beliefs for God's truth.*

### HERE ARE SOME ADDITIONAL SUGGESTIONS TO HELP YOU TO CONTINUE TO GROW AND MAINTAIN YOUR FREEDOM IN CHRIST AS WELL AS YOUR RELATIONSHIP TO GOD AND OTHERS:

- Read, meditate and put to memory God's Word each day.
- Ask the Lord if there are any objects and or material possessions that He would have you destroy or remove.
- Get involved in a small-group in which you can be real with yourself and others.
- Get plugged into a church where God's truth is taught with grace.
- Don't let your guard down. Be careful what you watch and listen to, take every thought captive to the obedience of Christ.
- Make sure you are regularly getting still and quiet before the Lord, asking Him to examine and search your heart. Take time to do business with the Lord allowing Him to bring conviction. Don't hide; stay open and vulnerable before the Lord allowing Him to bring the healing you desire.
- Testify often to what the Lord has done to set you free. There is power in your testimony!
- Continue to daily proclaim truths about your Father God as well as truths about who you are in Christ.

### DAILY DECLARATIONS

**I declare** that I am a child of the living God. I am strong in the Lord and in the strength of His might. I choose now, to put on the full armor of God, for it is in Christ that I can do all things because He strengthens me. In Christ I have an eternal everlasting covenant in which all His promises are "Yes" and "Amen." I declare myself to be completely dependent upon my Father God. I confess that I have not always found my true identity in my blood relationship to Jesus. I choose this day to pick up my new identity as a child of God.

**I deliberately** choose to submit to God and resist the devil by denying myself. I confess that I have not always depended on Christ to defeat my enemies. I have tried to walk in my own strength, wisdom, and abilities to defeat what comes my way. No more, I declare I need your help today, Father.

**I choose** the Truth that assures me that You Lord, are greater in power than anything that comes against me. I choose to lay down the fear of my circumstances overtaking me for You, Jesus, have overcome the world!

**I declare** that I am transformed by the renewing of my mind and I choose to believe the truth regardless of my feelings and circumstances. I choose to take every thought captive to the obedience of Christ. I commit my mind to think upon that which is true, honorable, right, pure and lovely.

**I am committed** to being conformed to the image of God by adapting the attitude of Christ and doing nothing from selfishness or empty conceit. I choose to place all my trust and confidence in the Lord. I place no confidence in the flesh. I am a new creation in Christ. Old things have passed away and all things have become new.

**The weapons of my warfare** are not carnal but mighty through God to the pulling down of strongholds. I cast down imaginations and every high thing that exalts itself against the knowledge of Christ.

**I declare** that the Lord is my strength and shield, an ever present help in my times of trouble. My help comes from the Lord and He neither sleeps nor slumbers, His eye is always watching over me. The Lord gives me strength when I am weak and when I lack might, He gives me power. I choose to wait on the Lord who renews my strength.

**I willingly hold to the truth** that I am unconditionally loved and accepted in Christ. I am confident that the good work God has begun in me will be perfected. I am free from condemnation. Absolutely NOTHING can separate me from the love of my Abba Father. God's love towards me is patient and kind and His love will never ever fail me. I am complete in Christ

### Who God is...

#### GOD SAID, "I AM WHO I AM"

**I am** a rock. My works and ways are perfect and just. *Deuteronomy 32:4*

**I am** flawless. **I am** a shield for all who take refuge in Me. *2 Samuel 22:31*

**I am** a consuming fire, a jealous God. *Deuteronomy 4:24*

**I am** the everlasting God, Creator of the ends of the earth. I do not grow tired or weary. *Isaiah 40:28*

**I am** slow to anger and great in power. *Nahum 1: 2,3*

**I alone am** good. *Luke 18:19*

**I am** the Word. *John 1:1*

**I am** Spirit. *John 4:24*

**I am** all-surpassing power. *2 Corinthians 4:7*

**I am** light; in Me there is no darkness at all. *1 John 3:20*

**I am** love. *1 John 4:16*

**I am** the Good Shepherd, **I am** He who leads, restores and guides you in paths of righteousness. *Psalms 23*



I am a sure foundation for your times, a rich house of salvation and wisdom and knowledge. *Isaiah 33:6*

I am with you. *Matthew 1:23*

I am the first and the last, Lord of Hosts, Redeemer. *Isaiah 44:6*

I AM the God who heals you.  
*Exodus 15:26*

I am great and mighty in power.  
*Psalms 73:26*

I am great and awesome. *Daniel 9:4*

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I am living and active. *Hebrew 4:12*

I am not unjust. *Hebrew 6:10*

I am life and favor. *Proverbs 8:35*

I am the only true God. *John 17:3*

I am the Alpha and the Omega,  
the Beginning and the End.  
*Revelations 21:6*

Be still and know that I am God!  
*Psalms 46:10*







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Family of Churches

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