

## STEPS TO 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, 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 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 into 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 heavenly 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 hopeless or that you are helpless against the devil's attacks.

Satan knows you have authority over him in Christ, but he doesn't want you to know it. 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 accusing or threatening thoughts. If you are working through this with a trusted friend, pastor or counselor (which we heartily encourage), then tell him/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 call the shots.

As believers in Christ, we can pray with authority to stop any interference by Satan. Here is a prayer and declaration to get you going. Read these and all the 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 we command Satan and all evil spirits to release their hold on \_\_\_\_\_ (name) \_\_\_\_\_ in order that \_\_\_\_\_ (name) \_\_\_\_\_ can be free to know and choose to do the will of God. As children of God, raised up and seated with Christ in the heavenly places, we agree that every enemy of the Lord Jesus Christ be bound. We say to Satan and all his evil workers that you cannot inflict any pain or in any way prevent God's will from being done today in \_\_\_\_\_ (name's) \_\_\_\_\_ life.

Before going through the Steps to Freedom, review the events of your life to discern specific areas that might need to be addressed. For a more detailed review of your life, complete the Confidential Personal Inventory in the appendix.

### Family History

- Religious history of parents and grandparents
- Home life from childhood through high school
- History of physical or emotional illness in the family
- Adoption, foster care, guardians

### Personal History

- Eating habits (bulimia, bingeing and purging, anorexia, compulsive eating)
- Addictions (drugs, alcohol)
- Prescription medications (what for?)
- Sleeping patterns and nightmares
- Rape or any other sexual, physical or emotional abuse.
- Thought life (obsessive, blasphemous, condemning, distracting thoughts, poor concentration, fantasy)
- Mental interferences during church, prayer or Bible study
- Emotional life (anger, anxiety, depression, bitterness, fears)
- Spiritual journey (salvation: when, how, and assurance)

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 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. Take short breaks, as you need them, but don't allow yourself to become discouraged and give up. Remember, the freedom that Christ purchased for all believers on the cross is meant for you!

## STEP 1

### Counterfeit v. 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, ceremonial promises or pacts should also be renounced. Begin this step by praying aloud:

**Dear Heavenly Father:**

**I ask You to bring to my mind anything and everything I have done knowingly or unknowingly that involves occult, cult or non-Christian teachings or practices. I want to experience Your freedom by renouncing these things right now. 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 it at the time that what was going on was evil. Still, go ahead and renounce it.

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 during this time of personal evaluation.

## Non-Christian Spiritual Checklist

- Out-of-body experience (astral-projection)
- Ouija Board
- Bloody Mary
- Light-as-a-feather (or other occult game)
- Table lifting
- Magic Eight Ball
- Spells or curses
- Mental telepathy or mental control of others
- Automatic writing
- Trances
- Spirit guides
- Fortune-telling/divination (i.e., tea leaves)
- Tarot cards
- Levitation
- Witchcraft/sorcery
- Satanism
- Palm reading
- Astrology/horoscopes
- Hypnosis (amateur or self-induced)
- Seances
- Black or white magic
- Dungeons & Dragons (and similar games such as Magic)
- Blood pacts or cutting yourself on purpose
- Objects of worship/crystals/good luck charms
- Sexual spirits
- Martial arts (mysticism/devotion to sensei)
- Superstitions
- Occult or violent video or computer games. List them:
- Movies, TV shows, music, books, magazines or comics that the Lord is bringing to your mind – *especially those that glorified Satan, caused fear or nightmares, were gruesomely violent or stimulated the flesh.* List them.
- New Age (books, objects, seminars, medicine)
- Mormonism (Latter Day Saints)
- Jehovah's Witnesses (Watchtower)
- Masons
- Christian Science
- Mind Science cults
- The Way International
- Unification Church (Moonies)
- The Forum (EST)
- Church of the Living Word
- Children of God (Children of Love)
- Church of Scientology
- Unitarianism/Universalism
- Roy Masters
- Silva Mind Control
- Transcendental Meditation (TM)
- Yoga
- Hare Krishna
- Bahaism
- Native American spirit worship
- Islam
- Hinduism
- Buddhism (including Zen)
- Black Muslim
- Rosicrucianism
- Other non-Christian religions

1. Have you ever seen, heard or felt a spiritual being in your room?

2. Do you have recurring nightmares? Specifically renounce any accompanying fear.

3. Do you now have, or have you ever had, an imaginary friend, spirit guide, or “angel” offering you guidance or companionship? (If it has a name, renounce it by name.)

4. Have you ever heard voices in your head or had repeating, nagging thoughts such as *I’m dumb, I’m ugly. Nobody loves me. I can’t do anything right*, etc. as if there were a conversation going on inside your head? List any specific nagging thoughts.

5. Have you ever consulted a medium, spiritist or channeler?

6. Have you ever seen or been contacted by beings you thought were aliens?

7. Have you ever made a secret vow or pact?

8. Have you ever been involved in a satanic ritual of any kind or attended a concert in which Satan was the focus?

9. What other spiritual experiences have you had that would be considered out of the ordinary?

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

**Lord, I confess that I have participated in \_\_\_\_\_ . I know that it was evil and offensive in Your sight. Thank You for Your forgiveness. I renounce any and all involvement with \_\_\_\_\_ , and I cancel out any and all ground that the enemy gained in my life through this activity. In Jesus’ name, amen.**

We were created to worship the true and living God. In fact, the Father seeks those who will worship Him in spirit and in truth (see John 4:23). As children of God, “We know also that the Son of God has come and has given us understanding, so that we may know him who is true. And we are in him who is true—even in his Son, Jesus Christ. He is the true God and eternal life.” (I John 5:20).

Who or what is the most important to us becomes that which we worship. Our thoughts, love, devotion, trust, adoration and obedience are directed to this object above all others. This object of worship is truly our God or god.

The apostle John follows the above passage with a warning, “Little children, guard yourselves from idols” (I John 5:21, NASB). An idol is a false god, any object of worship other than the true God.

Though we may not bow down to statues, it is easy for people and things of this world to subtly become more important to us than the Lord Himself. The following prayer expresses the commitment of a heart that chooses to “worship the Lord (our) God and serve him only.” (Matthew 4:10)

**Dear Lord God,**

**I know how easy it is to allow other things and other people to become more important to me than You. I also know that this is terribly offensive to Your Holy eyes as You have commanded that I shall have no other gods before You (See Exodus 20:3).**

**I confess to You that I have not loved You with all my heart and soul and mind (see Matthew 22:37) and as a result I have sinned against You, violating the first and greatest commandment. I repent of and turn away from this idolatry and now choose to return to You, Lord Jesus, as my first love, once again (see Revelation 2:4).**

**Please reveal to my mind now any and all idols in my life. I want to renounce each of them and in so doing cancel out any and all ground Satan may have gained in my life through any idolatry. In the name of Jesus, the true God, amen.**

As the Holy Spirit brings to your mind the things or people that have become more important to you than the true God, Jesus Christ, use the prayer following the checklist to renounce them. The checklist may be a help to you in recognizing these areas. Notice that most, if not all, of the areas listed below are not evil in themselves; they become idols when they usurp God’s rightful place as Lord of our lives.

- |   |   |
|---|---|
| <input type="checkbox"/> Ambition                             | <input type="checkbox"/> Appearance/image             |
| <input type="checkbox"/> Food or any substance                | <input type="checkbox"/> Work                         |
| <input type="checkbox"/> Money/possessions                    | <input type="checkbox"/> Busyness/activity            |
| <input type="checkbox"/> Computers/games/software             | <input type="checkbox"/> Friends                      |
| <input type="checkbox"/> Financial security                   | <input type="checkbox"/> Power/control                |
| <input type="checkbox"/> Rock stars/media celebrities/thieves | <input type="checkbox"/> Boyfriend/girlfriend         |
| <input type="checkbox"/> Church activities                    | <input type="checkbox"/> Popularity/opinion of others |
| <input type="checkbox"/> TV/movies/music/other media          | <input type="checkbox"/> Spouse                       |
| <input type="checkbox"/> Sports or physical fitness           | <input type="checkbox"/> Knowledge/being right        |
| <input type="checkbox"/> Fun/pleasure                         | <input type="checkbox"/> Children                     |
| <input type="checkbox"/> Ministry                             | <input type="checkbox"/> Hobbies                      |
|   | <input type="checkbox"/> Parents                      |

**In the name of the true and living God, Jesus Christ, I renounce my worship of the false god of \_\_\_\_\_ . I choose to worship only You, Lord, and ask You, Father, to enable me to keep this area of \_\_\_\_\_ in its proper place in my life.**

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 on the following page.

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.

### Special Renunciations for Satanic Ritual Involvement

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 the Bride of Christ.
I renounce any and all covenants, agreements or promises that I made to Satan.	I announce that I have made a new covenant with 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 sacrifice 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 ritual 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.

For now, walk through the rest of the Steps to Freedom in Christ as best you can. It is important that you remove any demonic strongholds in your life first before trying to integrate the personalities.

Eventually, every alter personality (if this is the case with you) must be identified and guided into resolving the issues that caused its formation. Then, all true alters can agree to come together in Christ.



## STEP 2

### DECEPTION VS. TRUTH

God's Word is true and we need to accept His trust 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 believer in Christ has no business 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 truth. After confessing his sin, King David wrote, "Blessed (happy) is the man...in whose spirit there is no deceit." (Psalm 32:2)

How can we find the strength to walk in the light (see I John 1:7)? When we are sure that God loves and accepts us, 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 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 of Satan's demons 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 in your mind and confess it, using the prayer following this list.

#### WAYS YOU CAN BE DECEIVED BY THE WORLD

- Believing that acquiring money and things will bring lasting happiness (see Matthew 13:22; I Timothy 5:10)
- Believing that consuming food and alcohol excessively will make you happy (see Proverbs 20:1; 23:19-21).
- Believing that a great body and personality will get you what you want (see Proverbs 31:10; I Peter 3:3, 4)
- Believing that gratifying sexual lust will bring lasting satisfaction (see Ephesians 4:22-24; I Peter 2:11).
- Believing that you can sin and get away with it and not have it affect your heart (see Hebrews 3:12, 13).
- Believing that you need more than what God has given you in Christ (see 2 Corinthians 11:2-4, 13-15).

- Believing that you can do whatever you want and no one can touch you (see Proverbs 16:18, Obadiah 3; 1 Peter 5:5).
- Believing that people can live a life of sin and still go to heaven (see I Corinthians 6:9-11).
- Believing that you can hang around bad company and not become corrupted (see I Corinthians 15:33, 34).
- Believing that there are no consequences on earth for your sin (see Galatians 6:7, 8).
- Believing that you must gain the approval of certain people in order to be happy (see Galatians 1:10).
- Believing that you must measure up to certain standards in order to feel good about yourself (see Galatians 3:2, 3; 3:1).

**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, 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 what it says (see James 1:22).
- Saying you have no sin (see I John 1:8).
- Thinking you are something you're really not (see Galatians 6:3).
- Thinking you are wise in this world age (see I Corinthians 3:18, 19).
- Thinking you can be truly religious but not bridle your tongue (see 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.**

#### **WAYS YOU CAN WRONGLY DEFEND YOURSELF**

- Denial of reality (conscious or unconscious)
- Fantasy (escaping reality through daydreaming, TV, movies, music, computer or video games, etc.)
- Emotional insulation (withdrawing from people or keeping people at a distance to avoid rejection)
- Regression (reverting back to a less threatening time)
- Displaced anger (taking out your frustrations on innocent people)
- Projection (blaming others for your problems)
- Rationalization (making excuses for your own poor behavior)

**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, amen.**

Choosing the truth may be hard for you if you have been believing lies for many years. 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 to place all your dependence on Him.

Faith is the biblical response to the truth and believing what God says is a choice 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.

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 the Spirit of sonship. And by him we cry, ‘Abba, Father.’” The following exercise will help break the chains of those lies and enable you to begin to experience that intimate Abba Father relationship with Him.

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. Read through the list *aloud*.

<b>I renounce the lie that my Father God is....</b>	<b>I joyfully accept the truth that my Father God is...</b>
Distant and disinterested.	Intimate and involved (see Psalm 139:18).
Insensitive and uncaring.	Kind and compassionate (see Psalm 103:8-14)
Stern and demanding.	Accepting and filled with joy and love (see Romans 15:7; Zephaniah 3:17).
Passive and cold.	Warm and affectionate (see Isaiah 40:11; Hosea 11:3, 4).
Absent or too busy for me.	Always with me and eager to be with me (see Hebrews 13:5; Jeremiah 31:20; Ezekiel 34:11-16).
Never satisfied with what I do, impatient or angry.	Patient and slow to anger (see Exodus 34:6; 2 Peter 3:9).
Mean, cruel or abusive.	Loving, gentle and protective of me (see 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, perfect and acceptable for me (see 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 fail (see Hebrews 4:15, 16; Luke 15:11-16).
Condemning or unforgiving.	Tenderhearted and forgiving; His heart and arms are always open to me (see Psalm 130:1-4; Luke 15:17-24).
Nitpicking, exacting or perfectionistic.	Committed to my growth and proud of me as His growing child (see Romans 8:28, 29; Hebrews 12:5-11; 2 Corinthians 7:4).

**I Am the Apple of His Eye!  
Deuteronomy 32:9, 10**

A central part of walking in the truth and rejecting deception is to deal with the fears that plague our lives. First Peter 5:8 says that our enemy, the devil, prowls around like a roaring lion, seeking people to devour. Just as a 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 the thing that frightens us. But fear can only control us if we let it.

God, however, does not want us to be mastered by anything, including fear (see I Corinthians 6:12). Jesus Christ is to be our only Master (see 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:

**Dear Heavenly Father, 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 (see 2 Corinthians 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 a sound mind (see 2 Timothy 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.**

**I thank You for the freedom You give me to walk by faith and not by fear. 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. Write down any others that the Spirit of God brings to your mind. Then, one by one renounce those fears aloud, using the suggested renunciation below.

- |  |  |
|--|--|
| <input type="checkbox"/> Fear of death                                 | <input type="checkbox"/> Fear of being victimized by crime           |
| <input type="checkbox"/> Fear of Satan                                 | <input type="checkbox"/> Fear of marriage                            |
| <input type="checkbox"/> Fear of failure                               | <input type="checkbox"/> Fear of divorce                             |
| <input type="checkbox"/> Fear of rejection by people                   | <input type="checkbox"/> Fear of going crazy                         |
| <input type="checkbox"/> Fear of disapproval                           | <input type="checkbox"/> Fear of pain/illness                        |
| <input type="checkbox"/> Fear of becoming/being homosexual             | <input type="checkbox"/> Fear of the future                          |
| <input type="checkbox"/> Fear of financial problems                    | <input type="checkbox"/> Fear of confrontation                       |
| <input type="checkbox"/> Fear of never getting married                 | <input type="checkbox"/> Fear of special individuals. List them:     |
| <input type="checkbox"/> Fear of the death of a loved one              | <input type="checkbox"/> Other specific fears that come to mind now: |
| <input type="checkbox"/> Fear of being a hopeless case                 |  |
| <input type="checkbox"/> Fear of losing my salvation                   |  |
| <input type="checkbox"/> Fear of having committed the unpardonable sin |  |
| <input type="checkbox"/> Fear of not being loved by God                |  |
| <input type="checkbox"/> Fear of never loving or being loved by others |  |
| <input type="checkbox"/> Fear of embarrassment                         |  |

**I renounce the \_\_\_\_\_ (name of fear) \_\_\_\_\_ because God has not given me a spirit of fear (see 2 Timothy 1:7). 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 (see Psalm 27:1; Matthew 6:33, 34).**

After you have finished renouncing all the specific fears you have allowed to control you, pray the following prayer from your heart:

**Dear Heavenly Father, I thank You that You are trustworthy. I choose to believe You, even when my feelings and circumstances tell me to be fearful. You have told me not to fear, for You are with me; to not anxiously look about me, for You are my God. You will strengthen me, help me and surely uphold me with Your righteous right hand (see Isaiah 41:10). I pray with faith in the name of Jesus my Master. Amen.**

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**

I recognize that there is only one true and living God (see 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 (see Colossians 1:16, 17).

I recognize that Jesus Christ is the Messiah, the Word who became flesh and dwelt among us (see John 1:1, 14). I believe that He came to destroy the works of the devil (see I John 3:8), and that He disarmed the rulers and authorities and made a public display of them, having triumphed over them (see Colossians 2:15).

I believe that God has proven His own love for me because when I was still a sinner, Christ died for me (see 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 – the forgiveness of sins (see Colossians 1:13, 14).

I believe that I am now a child of God (see I John 3:1-3) and that I am seated with Christ in the heavenlies (see 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 (see Ephesians 2:8, 9).

I choose to be strong in the Lord and in the strength of His might (see Ephesians 6:10). I put no confidence in the flesh (see Philippians 3:3), for the weapons of warfare are not of the flesh but are divinely powerful to the destruction of strongholds (see 2 Corinthians 10:4). I put on the full armor of God (see Ephesians 6:10-20). I resolve to stand firm in my faith and resist the evil one.

I believe that apart from Christ I can do nothing (see 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 (see John 15:8). I announce to Satan that Jesus is my Lord (see I Corinthians 12:3), and I reject any and all counterfeit gifts or works of Satan in my life.

I believe that the truth will set me free (see John 8:32) and that Jesus is the truth (see John 14:6). If He sets me free, I will be free indeed (see John 8:36). I recognize that walking in the light is the only path of true fellowship with God and man (see I John 1:3-7). Therefore, I stand against all of Satan's deceptions by taking every thought captive in obedience to Christ (see 2 Corinthians 10:5). I declare that the Bible is the only authoritative standard for truth and life (see 2 Timothy 3:15-17).

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

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

I renounce all selfish goals and choose the ultimate goal of love (see I 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 (see Matthew 22:37-39).

I believe that the Lord Jesus has all authority in heaven and on earth (see Matthew 28:18) and that He is the head over all rule and authority. I am complete in Him (see 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 (see Ephesians 1:19-23). Therefore, I obey the command to submit to God and resist the devil (see James 4:7), and I command Satan in the name of Jesus Christ to leave my presence.

## STEP 3

### BITTERNESS V. FORGIVENESS

We need to forgive others so Satan cannot take advantage of us (see 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 (see Ephesians 4:31, 32). Ask God to bring to your mind the people you need to forgive by praying the following prayer aloud:

**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 (see 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.**

On a separate sheet of paper, 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" at the bottom of your list so you can forgive yourself. 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 us and Him so we must let them go.

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

Forgiveness is not forgetting. People who want to forget all that was done to them will find 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 they've caused us. But we are told by God never to take our own revenge (see 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 them. 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 the person hurt me!" You're right. We don't, but Jesus does; and He tells you to forgive. And don't you see? Until you let go of your anger and hatred, the person is still hurting you. You can't turn back 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.

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, but 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 knew no sin to be sin on our behalf, that we might become the righteousness of God in Him" (2 Corinthians 5:21, NASB). We, however, often suffer the temporary consequences of other peoples' 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 him or her. 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).

How do you forgive them from your heart? You allow God to bring to the surface the painful emotions you feel toward those who have hurt you. If your forgiveness doesn't touch the emotional core of your life, it will be incomplete. Too often we're 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.

Don't wait to forgive 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.

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 until you are sure you have dealt with all the remembered pain. Then work your way down the list in the same way.

As you begin forgiving people, God may bring to your mind painful memories you've totally forgotten. Let Him do this even if it hurts. God wants you to be free; forgiving these people is the only way. Don't try to excuse the offender's behavior, even if it is someone you are really close to.

Don't say, "Lord please help me to forgive." He is already helping you and will be with you all the way through the process. Don't say, "Lord, I want to forgive..." because that bypasses the hard choice you have made. Say instead, "Lord, I choose to forgive...."



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 any of these things against \_\_\_\_\_ (name) \_\_\_\_\_ any longer. I  
thank You for setting me free from the bondage of my bitterness toward \_\_\_\_ (name)\_\_\_\_\_. I  
now ask You to bless \_\_\_\_\_ (name)\_\_\_\_\_ in Jesus’ name I pray. Amen.**

## STEP 4

### REBELLION V. 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 a violation of Scripture, but we are to "honor all men; love the brotherhood, fear God, honor the king" (I Peter 2:17, NASB).

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 (see I Timothy 2:1, 2) and to submit to them (see 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 (see I Samuel 14:23). 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 agency. If there is continuing abuse – physical mental, emotional or sexual – you may need further counseling from a local agency 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 (see Acts 4:19, 20). Be careful though. Don't assume that an 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 (see Ephesians 5:21). In addition, however, God has set up specific lines of authority to protect us and to give order to our daily 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 your mind.

- Civil government, including traffic laws, tax laws; attitude toward government officials (see Romans 13:1-7; I Timothy 2:1-4; I Peter 2:13-17).
- Parents, stepparents or legal guardians (see Ephesians 6:1-3).
- Teachers, coaches, school officials (see Romans 13:1-4).
- Employer – past or presents (see I Peter 2:18-23).
- Husband (see I Peter 3:1-5) or wife (see Ephesians 5:21; I 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 Ephesians 5:22.
- Church leaders (see Hebrews 13:17).
- God (see Daniel 9:5, 9).

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 \_\_\_\_\_ by \_\_\_\_\_ (say what you did specifically)\_\_\_\_\_. Thank You for forgiving my rebellion. I choose now to be submissive and obedient to Your Word. In Jesus' name I pray. Amen.**

## STEP 5

### Pride v. 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 desperately 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 mine).

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 3:3-7 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 shun evil.”

James 4:6-10 and I Peter 3:1-10 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 (see 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 (See 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 my members by the enemies of the Lord Jesus Christ would be canceled. I choose to rely on the Holy Spirit’s power and guidance as I will do nothing from selfishness or empty conceit, but with humility of mind I will regard others as more important than myself (see Philippians 2:5). And I choose to make You, Lord, the most important of all in my life (see 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 (see 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 in your confession.

- Having a stronger desire to do my will than God’s will
- Leaning too much on my own understanding and experience rather than seeking God’s guidance through prayer and His Word
- Relying on my own strengths and abilities rather than depending on the power of the Holy Spirit
- Being more concerned about controlling others than in developing self-control
- Often being too busy doing “important” things to take time to do little things for others
- Having a tendency to think that I have no needs
- Finding it hard to admit when I am wrong
- Being more concerned about pleasing people than pleasing God

- Being concerned about getting the credit I feel I deserve
  - Thinking I am more humble, spiritual, religious, or devoted than others
  - Being driven to obtain recognition by attaining degrees, titles or positions
  - Often feeling that my needs are more important than another's needs
  - Considering myself better than others because of my academic, artistic, or athletic abilities or accomplishments
  - Other ways I have thought more highly of myself than I should: \_\_\_\_\_
- 

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

**Lord, I agree I have been proud in \_\_\_\_\_. 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.**

Pride is the original sin of Lucifer. It sets one person or group against another and divides. Satan's strategy is always to divide and conquer, but God has given us a ministry of reconciliation (see 2 Corinthians 5:19).

Consider for a moment the work of Christ in breaking down the long-standing barrier of racial prejudice between Jew and Gentile.

For he himself (Christ) is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility, by abolishing in his flesh the law with its commandments and regulations. His purpose was to create in himself one new man out of the two, thus making peace, and in this one body to reconcile both of them to God through the cross, by which he put to death their hostility. He came and preached to you who were far away and peace to those who were near. For through him we both have access to the Father by one Spirit (Ephesians 2:14-18).

Many times we deny that there is prejudice or bigotry in our hearts, yet "nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account." (Hebrews 4:13). The following is a prayer, asking God to shine His light upon your heart and reveal any areas of prideful prejudice.

**Dear Heavenly Father,**  
**I know that You love all people equally and that You do not show favoritism but You accept men from every nation who fear You and do what is right (see Acts 10:34, 35). You do not judge people based on skin color, race, ethnic background, gender, denominational preference or any other worldly matter (see 2 Corinthians 5:16). I confess that I have too often prejudged others or regarded myself as superior because of these things. I have not always been a minister of reconciliation but have been a proud agent of division through my attitudes, words and deeds. I repent of all hateful bigotry and prideful prejudice and I ask You, Lord, to now reveal to my mind all the specific ways in which this form of pride has corrupted my heart and mind. In Jesus' name, amen.**

For each area of racial or ethnic prejudice, gender superiority or denominational bigotry that the Lord brings to mind, pray the following prayer aloud from your heart:

**I confess and renounce the prideful sin of prejudice against \_\_\_\_ (name of group) \_\_\_\_\_. I thank You for Your forgiveness, Lord, and ask now that You would change my heart and make me a loving agent of reconciliation with \_\_\_\_ (name of group) \_\_\_\_\_. In Jesus' name, amen.**

## STEP 6

### BONDAGE V. 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 and walking in the truth.

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 I 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 (see Romans 13:14). I confess that I have given in to sinful desires which wage war against my soul (see I 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 (see Romans 6:12, 13; James 4:1; I Peter 5:8). I come to You now to confess and renounce these sins of the flesh (see 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, abortions, suicidal tendencies and perfectionism will be dealt with later in this Step.*

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Stealing              | <input type="checkbox"/> Quarreling/fighting | <input type="checkbox"/> Jealousy/envy    |
| <input type="checkbox"/> Complaining/criticism | <input type="checkbox"/> Lustful actions     | <input type="checkbox"/> Gossip/slander   |
| <input type="checkbox"/> Swearing              | <input type="checkbox"/> Apathy/laziness     | <input type="checkbox"/> Lying            |
| <input type="checkbox"/> Hatred                | <input type="checkbox"/> Anger               | <input type="checkbox"/> Lustful thoughts |
| <input type="checkbox"/> Drunkenness           | <input type="checkbox"/> Cheating            | <input type="checkbox"/> Procrastination  |
| <input type="checkbox"/> Greed/materialism     | <input type="checkbox"/> Others _____        |   |

**Lord,**

**I confess that I have committed the sin of \_\_\_\_\_ . 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. In Jesus’ name, amen.**

It is our responsibility not to allow sin to have control over our bodies. We must not use our bodies or another persons' body as an instrument of unrighteousness (see Romans 6:12, 13). Sexual immorality is sin against your body, the temple of the Holy Spirit (See I Corinthians 6:18, 9). 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:*

**Lord, I renounce \_\_\_\_\_ (name the specific use of your body)\_\_\_ with \_\_\_\_\_ (name any other person involved)\_\_\_\_\_ and I ask You to break that sinful bond with \_\_\_\_\_ (name)\_\_\_\_\_.**

After you are 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 (see 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 experiences. 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. Amen.**

## **SPECIAL PRAYERS FOR SPECIAL NEEDS**

### **Divorce**

Lord, 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 destiny 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, 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 through Your Church and, if it be Your will, through another spouse. I pray all this in the healing name of Jesus, my Savior and Lord and closest friend. Amen.

### **Homosexuality**

Lord, 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 cancel out 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, Amen.

### **Abortion**

Lord, 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, 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 (see 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.

### **Driverness and Perfectionism**

Lord, 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, 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, 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 any 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.

After you have confessed all known sin, pray:

**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 this in the wonderful name of my Lord and Savior, Jesus Christ. Amen.**



## STEP 7

### CURSES V. BLESSINGS

The next Step to Freedom is to renounce the sins of your ancestors, as well as any curses that they may have been placed on you by deceived and evil people or groups.

In giving the Ten Commandments, God said, “You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them, for I, the Lord your God, am a jealous God, punishing the children for the sins of the fathers to the third and fourth generations of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments” (Exodus 20:4-6).

Demonic or familiar spirits can be passed on from one generation to the next if you don’t renounce the sin of your ancestors and claim your new spiritual heritage in Christ. You are not guilty for the sin of any ancestor, but because of their sin, Satan may have gained access to your family.

Some problems, of course, are hereditary or acquired from an immoral environment. But some problems are the result of generational sin. All three conditions can contribute toward causing someone to struggle with a particular sin.

Ask the Lord to show you specifically what sins are characteristic of your family by praying the following prayer. Then list those sins in the space provided below.

**Dear Heavenly Father, I ask You to reveal to my mind now all the sins of my fathers that are being passed down through family lines. I want to be free from those influences and walk in my new identity as a child of God. In Jesus’ name, Amen.**

As the Lord brings those areas of family sin to your mind, list them. You will be specifically renouncing them later in this Step.

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

In order to walk free from the sins of your ancestors and any curses and assignments targeted against you, read the following declaration and pray the following prayer aloud. Remember, you have all authority and protection you need in Christ to take your stand against such activity.

#### DECLARATION

**I here and now reject and disown all of the sins 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 now been delivered from the domain of darkness into the kingdom of God’s Son, I cancel out all demonic working that has been passed down to me from my**

**family. 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 and my ministry. I cancel out every curse that Satan and his workers have put on me. I announce to Satan and all his forces that Christ became a curse for me when He died for my sins on the cross (See Galatians 3:13). I reject any and every way to which Satan may claim ownership of me. I belong to the Lord Jesus Christ who purchased me with His own blood. I reject all blood sacrifices whereby Satan may claim ownership of me. I declare myself to be fully and eternally signed over and committed to the Lord Jesus Christ. By the authority I have in Christ, I now command every familiar spirit and every enemy of the Lord Jesus that is influencing me 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, bought out of slavery to sin by the blood of the Lord Jesus Christ. You are the Lord of the universe and the Lord of my life. I submit my body to You as an instrument of righteousness, a living and holy sacrifice that I may glorify You in my body. I now ask You to fill me with the Holy Spirit. I commit myself to the renewing of my mind in order to prove that Your will is good, acceptable and perfect for me. All this I pray in the name and authority of the risen Lord Jesus Christ. Amen.**

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 (see James 4:7).

The Devil is attracted to sin like flies are attracted to garbage. Get rid of the garbage and the flies will depart for smellier places. In the same way, walk in the truth, confessing all sin and forgiving those who hurt you, and the devil will have no place in your life to set up shop.

Realize that one victory does not mean the battles are over. Freedom must be maintained. After completing these Steps to Freedom, one happy lady said, "Will I always be like this?" I told her she would stay free as long as she remained in right relationship with God. "Even if you slip and fall," I encouraged, "you know how to get right with God again."

One victim of horrible atrocities shared this illustration: "It's like being forced to play a game with an ugly stranger in my own home. I kept losing and wanted to quit, but the ugly stranger wouldn't let me. Finally I called the police (a higher authority) and they came and escorted the stranger out. He knocked on the door trying to regain entry, but this time I recognized his voice and didn't let him in."

What a beautiful picture of gaining and keeping your freedom in Christ! We call upon Jesus, the ultimate authority and He escorts the enemy of our souls out of our lives.

## MAINTAINING YOUR FREEDOM

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*.

To maintain your freedom in Christ, we strongly suggestion 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 in Step Two 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.

## 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 of 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 upon 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 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 pastor or present occupants including me, to leave and never 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 from 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.

Continue to walk in the truth that your identity and sense of worth comes through who you are in Christ. Renew your mind with the truth that your acceptance, security and significance are in Christ alone.

We recommend that you meditate on the following truths daily, perhaps reading the entire list aloud, morning and evening, for the next few weeks. Think about what you are reading and let your heart rejoice in the truth.

# In Christ

## **I AM ACCEPTED:**

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

## **I AM SECURE:**

Rom. 8;1,2	I am free forever from condemnation.
Rom. 8:28	I am assured that all things work together for good.
Rom. 8:31f	I am free from any condemning charges against me.
Rom. 8:35f	I cannot be separated from the love of God.
2 Cor. 1:21, 22	I have been established, anointed, and sealed by God.
Col. 3:3	I am hidden with Christ in God.
Phil. 1:6	I am confident that the good work that God has begun in me will be perfected.
Phil. 3:20	I am a citizen of heaven.
2 Tim. 1:7	I have not been given a spirit of fear but of power, love, and a sound mind.
Heb. 4:16	I can find grace and mercy in time of need.
1 Jn. 5:18	I am born of God, and the evil one cannot touch me.

## **I AM SIGNIFICANT:**

Matt. 5:13, 14	I am the salt and light of the earth.
Jn. 15:1, 5	I am a branch of the true vine, a channel of His life.
Jn. 15:16	I have been chosen and appointed to bear fruit.
Acts 1:8	I am a personal witness of Christ's.
I Cor. 3:16	I am God's temple.
2 Cor. 5:17f	I am a minister of reconciliation for God.
2 Cor. 6:1	I am God's coworker (I Cor. 3:9)
Eph. 2:6	I am seated with Christ in the heavenly realm.
Eph. 2:10	I am God's workmanship.
Eph. 3:12	I may approach God with freedom and confidence.
Phil. 4:13	I can do all things through Christ who strengthens me.

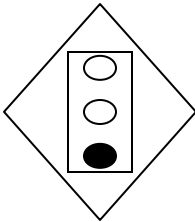
## Seeking the Forgiveness of Others

“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother, then come and offer your gift. Settle matters quickly with your adversary who is taking you to court. Do it while you are still with him on the way, or he may hand you over to the judge, and the judge may hand you over to the officer and you may be thrown into prison. I tell you the truth, you will not get out until you have paid the last penny.” Matthew 5:23-26

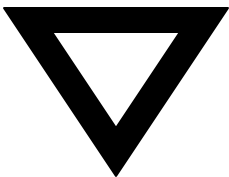
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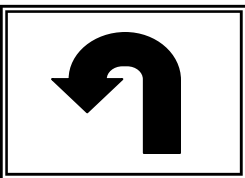
**Stop!** “Leave your gift in front of the altar.”



**Go!** “First go”



**Yield!** “And be reconciled to your brother”



**U-turn:** “Then come and offer your gift.”

## **THE MOTIVATION FOR SEEKING FORGIVENESS**

(Matthew 5:23-26 is the key passage on seeking forgiveness. Several points in these verses bear emphasizing)

The worshiper, coming before God to offer a gift, remembers that someone has something against him. The Holy Spirit is the One who brings to his mind the wrong he has done.

Only the actions that have hurt other people need to be confessed to them. If you have had jealous, lustful or angry thoughts toward others which they don't know about, these are to be confessed to God alone.

An exception to this principle occurs when restitution needs to be made. If you stole or broke something, damaged someone's reputation, etc., you need to go to that person and make it right even if he or she is unaware of what you did.

### **The Process of Seeking Forgiveness**

1. Write out what you did wrong and why you did it.
2. Make sure you have already forgiven that person for whatever he or she may have done to you.
3. Think through exactly how you will ask him or her to forgive you. Be sure to:
  - a. Label your actions as "wrong"
  - b. Be specific and admit what you did
  - c. Make no defenses or excuses
  - d. Do not blame the other and do not expect or demand that he or she ask you for your forgiveness.
  - e. Your confession should lead to the direct question, "Will you forgive me?"
4. Seek the right place and the right time to approach the offended person.
5. Ask for forgiveness in person with anyone with whom you can talk face-to-face with the following exception: DO NOT go alone when your safety is in danger.
6. Except where no other means of communication is possible, DO NOT write a letter.
  - a. A letter can be very easily misread or misunderstood.