

# The Steps to Freedom in Christ

## STEP 1

### COUNTERFEIT VERSUS REAL

The first step toward experiencing your freedom in Christ is to renounce (verbally reject) all involvement (past or present) with occult, cult or false religious teachings or practices. Participation in any group that denies that Jesus Christ is Lord and/or elevates any teaching or book to the level of (or above) the Bible must be renounced. In addition, groups that require dark, secret initiations, ceremonies, vows, pacts or covenants need to be renounced. God does not take lightly false guidance. "As for the person who turns to mediums and to spiritists . . . I will also set My face against that person and will cut him off from among his people" (Leviticus 20:6). Since you don't want the Lord to cut you off, ask Him to guide you as follows:

**Dear Heavenly Father, please bring to my mind anything and everything that I have done knowingly or unknowingly that involves**

**occult, cult, false religious teachings or practices. I want to experience Your freedom by renouncing any and all false guidance. In Jesus' name I pray. Amen.**

The Lord may bring things to your mind that you had forgotten, even things you participated in as a game or thought were jokes. You might even have been passively yet curiously watching others participate in counterfeit religious practices. The purpose is to renounce all counterfeit spiritual experiences and their beliefs.

To help bring these things to your mind, prayerfully consider the following Non-Christian Spiritual Checklist. Then pray the prayer following the checklist to renounce each activity or group the Lord brings to mind. He may reveal to you ones that are not on the list. Be especially aware of your need to renounce non-Christian folk religious practices if you have grown up in another culture. It is important that you prayerfully renounce them **out loud**.

### NON-CHRISTIAN SPIRITUAL CHECKLIST

(Check all in which you have participated.)

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Out-of-body experience     | <input type="checkbox"/> Hypnosis                       | <input type="checkbox"/> Silva Mind Control  |
| <input type="checkbox"/> Ouija board                | <input type="checkbox"/> Astral projection              | <input type="checkbox"/> Transcendental Meditation (TM)  |
| <input type="checkbox"/> Bloody Mary                | <input type="checkbox"/> Seances/mediums/channelers     | <input type="checkbox"/> Yoga (religion, not the exercise)   |
| <input type="checkbox"/> Occult games               | <input type="checkbox"/> Black or white magic           | <input type="checkbox"/> Hare Krishna  |
| <input type="checkbox"/> Magic Eight Ball           | <input type="checkbox"/> Blood pacts                    | <input type="checkbox"/> Bahaim  |
| <input type="checkbox"/> Spells or curses           | <input type="checkbox"/> Fetishism/crystals/charms      | <input type="checkbox"/> Native American spirit worship  |
| <input type="checkbox"/> Mental telepathy/control   | <input type="checkbox"/> Sexual spirits                 | <input type="checkbox"/> Islam   |
| <input type="checkbox"/> Automatic writing          | <input type="checkbox"/> Martial arts (mysticism)       | <input type="checkbox"/> Hinduism  |
| <input type="checkbox"/> Trances                    | <input type="checkbox"/> Superstitions                  | <input type="checkbox"/> Buddhism (including Zen)  |
| <input type="checkbox"/> Spirit guides              | <input type="checkbox"/> Mormonism (Latter-day Saints)  | <input type="checkbox"/> Black Muslim  |
| <input type="checkbox"/> Fortune-telling/divination | <input type="checkbox"/> Jehovah's Witness              | <input type="checkbox"/> Rosicrucianism  |
| <input type="checkbox"/> Tarot cards                | <input type="checkbox"/> New Age (teachings, medicine)  | <input type="checkbox"/> False gods (money, sex, power, pleasure, certain people)  |
| <input type="checkbox"/> Levitation                 | <input type="checkbox"/> Masons                         | <input type="checkbox"/> Other (non-Christian religions; cults; movies; music; books; video games; comics or fantasy games that glorify Satan, which precipitated nightmares or mental battles; and all other questionable spiritual experiences including spiritual visitations and nightmares) |
| <input type="checkbox"/> Witchcraft/wicca/sorcery   | <input type="checkbox"/> Christian Science/Mind Science |  |
| <input type="checkbox"/> Satanism                   | <input type="checkbox"/> Unification Church (Moonies)   |  |
| <input type="checkbox"/> Palm reading               | <input type="checkbox"/> The Forum (EST)                |  |
| <input type="checkbox"/> Astrology/horoscopes       | <input type="checkbox"/> Church of Scientology          |  |
|   | <input type="checkbox"/> Unitarianism/Universalism      |  |

- ☐ Buddhism 佛教
- ☐ Daoism 道教
- ☐ Falungong 法轮功
- ☐ Eastern Lightning 东方闪电, Church of almighty God 全能神教会
- ☐ Meditation practices like yoga 瑜伽 yújiā
- ☐ Martial arts (spiritual parts of): 武术 wushu, 功夫 kungfu, 拳法 quanfa
- ☐ Fate 缘分 yuanfen
- ☐ [Chinese fortune telling, suan ming 算命](#)
- ☐ New Year ceremonies in Buddhist temples
- ☐ [Energy healing \(mysticism\), qigong 气功 or reiki or tai chi 太极](#); spiritual ideas of yin and yang 阴阳
- ☐ Confucian's [ancestor worship, qing ming jie](#) (tomb sweeping)
- ☐ Mediums or Shamans: 巫婆, 巫师



## Additional Questions to Help You Become Aware of Counterfeit Religious Experiences

1. 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.)
2. Have you ever heard voices in your head or had repeating, nagging thoughts (such as *I'm dumb, I'm ugly, Nobody loves me* or *I can't do anything right*) as if there were a conversation going on inside your head?
3. Have you ever been hypnotized, attended a New Age seminar or consulted a medium or spiritist?
4. Have you ever made a secret vow or pact (or inner vow; i.e., *I will never . . .*)?
5. Have you ever been involved in a satanic ritual or attended a concert or event in which Satan was the focus?

Once you have completed your checklist and the questions, confess and renounce every false religious practice,

belief, ceremony, vow or pact in which you were involved by praying the following prayer **aloud**:

**Lord Jesus, I confess that I have participated in** [specifically name every belief and involvement related to all that you have checked above], **and I renounce them all as counterfeits. I pray that You will fill me with Your Holy Spirit so that I may be guided by You. Thank You that in Christ I am forgiven. Amen.**

## SATANIC WORSHIP

People who have been subjected to Satanic Ritual Abuse (SRA) need the help of someone who understands dissociative disorders and spiritual warfare. If you have been involved in any form of satanic worship, say **aloud** the following Special Renunciations. Read across the page, renouncing the first item in the column entitled "Kingdom of Darkness," and then announcing the truth in the column entitled "Kingdom of Light." Continue down the page in this manner. Notice that satanic worship is the antithesis of true worship.

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 ceremony in which I have been wed to Satan.	I announce that I am the bride of Christ.
I renounce any and all covenants I made with Satan.	I announce that I am under the 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 accept only His guidance.
I renounce all spirit guides assigned to me.	I accept only the leading of the Holy Spirit.
I renounce ever giving my blood in the service of Satan.	I trust only the blood of the Lord Jesus Christ.
I renounce ever eating flesh or drinking blood for satanic worship.	By faith I symbolically eat only the flesh and drink only the blood of Jesus in Holy Communion.
I renounce any and all guardians and satanist parents who were assigned to me.	I announce that God is my Father and the Holy Spirit is my guardian by whom I am sealed.
I renounce any baptism whereby I have been identified with Satan.	I announce that I have been baptized into Christ Jesus.
I renounce any and all sacrifices that were made on my behalf by which Satan may claim ownership of me.	I announce that only the sacrifice of Christ has any hold on me. I belong to Him. I have been purchased by the blood of the Lamb.



## STEP 2

### DECEPTION VERSUS TRUTH

The Christian life is lived by faith according to what God says is true. Jesus is the truth, the Holy Spirit is the Spirit of truth, God's Word is truth, and we are to speak the truth in love (see John 14:6; 16:13; 17:17; Ephesians 4:15). The biblical response to truth is *faith*, regardless of whether we *feel* it is true. In addition, Christians are to have no part in lying, deceiving, stretching the truth, or anything else associated with falsehood. Lies keep us in bondage, but it is the truth that sets us free (see John 8:32). David wrote, "How blessed [happy] is the man . . . in whose spirit there is no deceit" (Psalm 32:2). Joy and freedom come from walking in the truth.

We find the strength to walk in the light of honesty and transparency before God and others (see 1 John 1:7) when we know that God loves and accepts us just as we are. We can face reality, acknowledge our sins and not try to hide. Begin this commitment to truth 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, but I can't*, keep you from pressing forward. God will strengthen you as you rely on Him.

**Dear Heavenly Father, You are the truth and I desire to live by faith according to Your truth. The truth will set me free, but in many ways I have been deceived by the father of lies and the philosophies of this fallen world, and I have deceived myself. I choose to walk in the light, knowing that You love and accept me just as I am. As I consider areas of possible deception, I invite the Spirit of truth to guide me into all truth. Please protect me from all deception as You "search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way" [Psalm 139:23-24]. In the name of Jesus, I pray. Amen.**

Prayerfully consider the lists in the following three exercises, using the prayer at the end of each exercise in order to confess any ways you have given in to deception or wrongly defended yourself. You cannot instantly renew your mind, but the process will never begin unless you acknowledge your mental strongholds

or defense mechanisms, which are sometimes called flesh patterns.

### WAYS YOU CAN BE DECEIVED BY THE WORLD

- ☐ Believing that acquiring money and things will bring lasting happiness (see Matthew 13:22; 1 Timothy 6:10)
- ☐ Believing that excessive food and alcohol can relieve your stress and make you happy (see Proverbs 23:19-21)
- ☐ Believing that an attractive body and personality will get you what you need (see Proverbs 31:30; 1 Peter 3:3-4)
- ☐ Believing that gratifying sexual lust will bring lasting satisfaction (see Ephesians 4:22; 1 Peter 2:11)
- ☐ Believing that you can sin and get away without any negative consequences (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 unrighteous people who refuse to accept Christ go to heaven anyway (see 1 Corinthians 6:9-11)
- ☐ Believing that you can associate with bad company and not become corrupted (see 1 Corinthians 15:33-34)
- ☐ Believing that you can read, see or listen to anything and not be corrupted (see Proverbs 4:23-27; Matthew 5:28)
- ☐ 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; 5:1)

**Lord Jesus, I confess that I have been deceived by [confess the items you checked above]. I thank You for Your forgiveness, and I commit myself to believe only Your truth. In Jesus' name I pray. Amen.**



## WAYS YOU DECEIVE YOURSELF

- ☐ Hearing God's Word but not doing what it says (see James 1:22)
- ☐ Saying you have no sin (see 1 John 1:8)
- ☐ Thinking you are something you are really not (see Galatians 6:3)
- ☐ Thinking you are wise in this worldly age (see 1 Corinthians 3:18-19)
- ☐ Thinking you can be truly religious but not bridle your tongue (see James 1:26)
- ☐ Thinking that God is the source of your problems (see Lamentations 3)
- ☐ Thinking you can live your life without the help of anyone else (see 1 Corinthians 12:14-20)

**Lord Jesus, I confess that I have deceived myself by [confess the items checked above]. Thank You for Your forgiveness. I commit myself to believe only Your truth. In Jesus' name I pray. Amen.**

## WAYS YOU WRONGLY DEFEND YOURSELF

- ☐ Denial of reality (conscious or unconscious)
- ☐ Fantasy (escaping reality by daydreaming, TV, movies, music, computer or video games, drugs, alcohol)
- ☐ Emotional insulation (withdrawing from people or keeping people at a distance to avoid rejection)
- ☐ Regression (reverting back to less threatening times)
- ☐ Displaced anger (taking out frustrations on innocent people)
- ☐ Projection (attributing to another what you find unacceptable in yourself)
- ☐ Rationalization (making excuses for your own poor behavior)

- ☐ Lying (protecting yourself through falsehoods)
- ☐ Blaming yourself (when you are not responsible) and others
- ☐ Hypocrisy (presenting a false image)

**Lord Jesus, I confess that I have wrongly defended myself by [confess the items checked above]. Thank You for Your forgiveness. I trust You to defend and protect me. In Jesus' name I pray. Amen.**

The wrong ways we have employed to shield ourselves from pain and rejection are often deeply ingrained in our lives. You may need additional discipling or counseling to learn how to allow Christ to be your rock, fortress, deliverer and refuge (see Psalm 18:1-2). The more you learn how loving, powerful and protective God is, the more you'll be likely to trust Him. The more you realize His complete acceptance of you in Christ, the more you'll be released to be open, honest and (in a healthy way) vulnerable before God and others.

The New Age movement has twisted the concept of faith by teaching that we make something true by believing it. That is false. We cannot create reality with our minds; only God can do that. Our responsibility is to *face* reality and choose to believe what God says is true. True biblical faith, therefore, is choosing to believe and act upon what is true, because God has said it is true, and He is the Truth. Faith is something you decide to do, not something you feel like doing. Believing something doesn't make it true; *it's already true, therefore we choose to believe it!*

Everybody lives by faith. The only difference between Christian faith and non-Christian faith is the object of our faith. If the object of our faith is not trustworthy, then no amount of believing will change that. That's why our faith must be grounded on the solid rock of God's perfect, unchanging character and the truth of His Word. For two thousand years Christians have known the importance of verbally and publicly declaring truth.

Read **aloud** the following Statements of Truth, and carefully consider what you are professing. You may find it helpful to read them **aloud** daily for several weeks, which will help renew your mind to the truth.



## STATEMENTS OF TRUTH

1. 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. [See Exodus 20:2-3; Colossians 1:16-17.]
2. I recognize Jesus Christ as 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. [See John 1:1,14; Colossians 2:15; 1 John 3:8.]
3. 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 transferred me to His kingdom, and in Him I have redemption, the forgiveness of sins. [See Romans 5:8; Colossians 1:13-14.]
4. 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. [See Ephesians 2:6,8-9; 1 John 3:1-3.]
5. 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. [See 2 Corinthians 10:4; Ephesians 6:10-20; Philippians 3:3.]
6. I believe that apart from Christ 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. [See John 15:5,8; 1 Corinthians 12:3.]
7. I believe that the truth will set me free and that Jesus is the truth. 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 deceptions by taking every thought captive in obedience to Christ. I declare that the Bible is the only authoritative standard for truth and life. [See John 8:32,36; 14:6; 2 Corinthians 10:5; 2 Timothy 3:15-17; 1 John 1:3-7.]
8. 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 I put on the new self. I declare myself to be a new creation in Christ. [See Romans 6:13; 12:1-2; 2 Corinthians 5:17; Colossians 3:9-10.]
9. By faith, I choose to be filled with the 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. [See John 16:13; Galatians 5:16; Ephesians 5:18.]
10. 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. [See Matthew 22:37-39; 1 Timothy 1:5.]
11. 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. [See Matthew 28:18; Ephesians 1:19-23; Colossians 2:10; James 4:7.]



## STEP 3

### BITTERNESS VERSUS FORGIVENESS

We are called to be merciful just as our heavenly Father is merciful (see Luke 6:36) and forgive others as we have been forgiven (see Ephesians 4:31-32). Doing so sets us free from our past and doesn't allow Satan to take advantage of us (see 2 Corinthians 2:10-11). 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. I confess that I have not shown that same kindness and patience toward those who have hurt or offended me [see Romans 2:4]. 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 now do so. In Jesus' name I pray. 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. 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 if you need to 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 down "Thoughts Against God" at the bottom of your list. Obviously, God has never done anything wrong, so He doesn't need our forgiveness; but we need to let go of our disappointments with our heavenly Father. People often harbor angry thoughts against Him because He did not do what they wanted Him to do. Those feelings of anger or resentment toward God need to be released.

Before you begin working through the process of forgiving those on your list, review what forgiveness is and what it is not. The critical points are highlighted in bold print.

- **Forgiveness is not forgetting.** People who want to forget all that was done to them will find they cannot do it. When God says that He will "not remember your sins" (Isaiah 43:25), He is saying that He will not use the past against us. Forgetting is a long-term by-product of forgiveness, but it is never a means toward it. Don't put off forgiving those who have hurt you, hoping the pain will go away. Once you choose to forgive someone, *then* Christ will heal your wounds. We don't heal in order to forgive; we forgive in order to heal.
- **Forgiveness is a choice, a decision of the will.** Since God requires you to forgive, it is something you can do. Some people hold on to their anger as a means of protecting themselves against further abuse, but all they are doing is hurting themselves. Others want revenge. The Bible teaches, "'Vengeance is mine, I will repay,' says the Lord" (Romans 12:19). Let God deal with the person. Let him or her off your hook because as long as you refuse to forgive someone, you are still hooked to that person. You are still chained to your past, bound up in your bitterness. By forgiving, you let the other person off your hook, but he or she is not off God's hook. You must trust that God will deal with the person justly and fairly, something you simply cannot do.  
*But you don't know how much this person hurt me!* No other human really knows another person's pain, but Jesus does, and He instructed us to forgive others for our sake. Until you let go of your bitterness and hatred, the person is still hurting you. Nobody can fix your past, but you can be free from it. What you gain by forgiving is freedom from your past and those who have abused you. To forgive is to set a captive free and then realize you were the captive.
- **Forgiveness is agreeing to live with the consequences of another person's sin.** We are all living with the consequences of someone else's sin. The only choice is whether to do so in the *bondage of bitterness* or in the *freedom of forgiveness*. But where is the justice? The Cross makes forgiveness legally and morally right. Jesus died, once for all our sins. We are to forgive as Christ has forgiven us. He did that by taking upon Himself the consequences of our sins. God "made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in



Him" (2 Corinthians 5:21). Do not wait for the other person to ask for your forgiveness. 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).

- **Forgive from your heart.** Allow God to bring to the surface the painful memories and acknowledge how you feel toward those who've hurt you. If your forgiveness doesn't touch the emotional core of your life, it will be incomplete. Too often we'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 offenses with those who have hurt them. They want them to feel as bad as they do! But we must let go of the past and choose to reject any thought of revenge. This doesn't mean you continue to put up with the abuse. God does not tolerate sin and neither should you. You will need to set up scriptural boundaries that put a stop to further abuse. Take a stand against sin while continuing to exercise grace and forgiveness toward those who hurt you. If you need help setting scriptural boundaries to protect yourself from further abuse, talk to a trusted friend, counselor or pastor.
- **Don't wait until you feel like forgiving.** You will never get there. Make the hard choice to forgive, even if you don't feel like it. Once you choose to forgive, Satan will lose his hold on you, and God will heal your damaged emotions.

Start with the first person on your list, and make the choice to forgive him or her for every painful memory that comes to your mind. Stay with 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 that you've totally forgotten. Let Him do this, even if it hurts. God is surfacing those painful memories so that you can face them once for all time and let them go. Don't 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 we have to make. Say, "Lord, I choose to forgive these people and what they did to me."

For every painful memory that God reveals for each person on your list, pray **aloud**:

**Lord Jesus, I choose to forgive** [name the person] **for** [what he or she did or failed to do] **because it made me feel** [share the painful feelings; i.e., rejected, dirty, worthless, inferior, etc.].

After you have forgiven every person for every painful memory, then pray as follows:

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

Before we came to Christ, thoughts were raised up in our minds against a true knowledge of God (see 2 Corinthians 10:3-5). Even as believers we have harbored resentments toward God and that will hinder our walk with Him. We should have a healthy fear of God—awe of His holiness, power and presence—but we fear no punishment from Him. Romans 8:15 reads, "For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, 'Abba! Father!'"



The following exercise will help renew your mind to a true knowledge of your heavenly Father. Read the list **aloud** starting with the left column and then reading the corresponding right column. Begin each one with the statement in bold at the top of that list.

## ACKNOWLEDGING THE TRUTH ABOUT YOUR FATHER GOD

I renounce the lie that my Father God is	I choose to believe the truth that my Father God is
Distant and disinterested	Intimate and involved [see Psalm 139:1-18]
Insensitive and uncaring	Kind and compassionate [see Psalm 103:8-14]
Stern and demanding	Accepting and filled with joy and love [see Zephaniah 3:17; Romans 15:7]
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 Jeremiah 31:20; Ezekiel 34:11-16; Hebrews 13:5]
Impatient, angry and rejecting	Patient and slow to anger [see Exodus 34:6; 2 Peter 3:9]
Mean, cruel or abusive	Loving, gentle and protective [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 Luke 15:11-16; Hebrews 4:15-16]
Condemning or unforgiving	Tenderhearted and forgiving; His heart and arms are always open to me [see Psalm 130:1-4; Luke 15:17-24]
A nit-picking, demanding perfectionist	Committed to my growth and proud of me as His beloved child [see Romans 8:28-29; Hebrews 12:5-11; 2 Corinthians 7:4]

**I AM THE APPLE OF HIS EYE!**  
(SEE DEUTERONOMY 32:9-10.)



## STEP 4

### REBELLION VERSUS SUBMISSION

We live in rebellious times. Many people sit in judgment of those in authority over them, and they submit only when it is convenient, or they do so in the fear of being caught. The Bible instructs us to pray for those in authority over us (see 1 Timothy 2:1-2) and to submit to governing authorities (see Romans 13:1-7). Rebelling against God and His established authority leaves us spiritually vulnerable. The only time God permits us to disobey earthly leaders is when they require us to do something morally wrong or attempt to rule outside the realm of their authority. To have a submissive spirit and servant's heart, pray the following prayer **aloud**:

**Dear Heavenly Father, You have said that rebellion is as the sin of witchcraft and insubordination is as iniquity and idolatry [see 1 Samuel 15:23]. I know that I have not always been submissive but instead have rebelled in my heart against You and against those You have placed in authority over me in attitude and in action. Please show me all the ways I have been rebellious. I choose now to adopt a submissive spirit and a servant's heart. In Jesus' name I pray. Amen.**

It is an act of faith to trust God to work in our lives through less than perfect leaders, but that is what God is asking us to do. Should those in positions of leadership or power abuse their authority and break the laws designed to protect innocent people, you need to seek help from a higher authority. Many states require certain types of abuse to be reported to a governmental agency. If that is your situation, we urge you to get the help you need immediately. Don't, however, assume that someone in authority is violating God's Word just because he or she is telling you to do something you don't like. God

has set up specific lines of authority to protect us and give order to society. It is the position of authority that we respect. Without governing authorities every society would be chaos. From the list below, allow the Lord to show you any specific ways you have been rebellious and use the prayer that follows to confess those sins He brings to mind.

- ☐ Civil government, including traffic laws, tax laws, attitude toward government officials (see Romans 13:1-7; 1 Timothy 2:1-4; 1 Peter 2:13-17)
- ☐ Parents, stepparents or legal guardians (see Ephesians 6:1-3)
- ☐ Teachers, coaches and school officials (see Romans 13:1-4)
- ☐ Employers—past and present (see 1 Peter 2:18-23).
- ☐ Husband (see 1 Peter 3:1-4) or wife (see Ephesians 5:21; 1 Peter 3:7)  
(**Note to Husbands:** Ask the Lord if your lack of love for your wife could be fostering a rebellious spirit within her. If so, confess that as a violation of Ephesians 5:22-33.)
- ☐ Church leaders (see Hebrews 13:7)
- ☐ 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 Jesus, I confess that I have been rebellious toward [name or position] by [specifically confess what you did or did not do]. Thank You for Your forgiveness. I choose to be submissive and obedient to Your Word. In Jesus' name I pray. Amen.**



## STEP 5

### PRIDE VERSUS HUMILITY

Pride comes before a fall, but God gives grace to the humble (see James 4:6; 1 Peter 5:1-10). Humility is confidence properly placed in God, and we are instructed to "put no confidence in the flesh" (Philippians 3:3). We are to be "strong in the Lord and in the strength of His might" (Ephesians 6:10). Proverbs 3:5-7 urges us to trust in the Lord with all our hearts and to not lean on our own understanding. Use the following prayer to ask for God's guidance concerning ways that you may be prideful:

**Dear Heavenly Father, You have said that pride goes before destruction and an arrogant spirit before stumbling. I confess that I have focused on my own needs and desires and not others'. I have not always denied myself, picked up my cross daily and followed You. I have relied on my own strength and resources instead of resting in Yours. I have placed my will before Yours and centered my life around myself instead of You. I confess my pride and selfishness and pray that all ground gained in my life by the enemies of the Lord Jesus Christ would be canceled. I choose to rely upon the Holy Spirit's power and guidance so that I will do nothing from selfishness or empty conceit. But with humility of mind, I choose to regard others as more important than myself. I acknowledge You as my Lord, and I confess that apart from You I can do nothing of lasting significance. Please examine my heart and show me the specific ways I have lived my life in pride. In the gentle and humble name of Jesus, I pray. Amen.** [See Proverbs 16:18; Matthew 6:33; 16:24; Romans 12:10; Philippians 2:3.]

Pray through the following list and then pray the prayer to confess any sins of pride the Lord brings to mind:

- ☐ 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 resources instead of depending on the power of the Holy Spirit
- ☐ Being more concerned about controlling others than in developing self-control
- ☐ Being too busy doing seemingly important and selfish things rather than seeking and doing God's will
- ☐ 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 overly 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 and positions
- ☐ Often feeling that my needs are more important than another person's needs
- ☐ Considering myself better than others because of my academic, artistic or athletic abilities and accomplishments
- ☐ Having feelings of inferiority appearing as false humility
- ☐ Not waiting on God
- ☐ 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 Jesus, I agree I have been proud by [name each item you checked above]. Thank You for Your forgiveness. I choose to humble myself before You and others. I choose to place all my confidence in You and not to put confidence in my flesh. In Jesus' name I pray. Amen.**



## STEP 6

### BONDAGE VERSUS 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 the flesh. In order to experience our freedom, we must follow James 4:7: "Submit therefore to God. Resist the devil and he will flee from you." We submit to God by confession of sin and repentance (turning away from sin). We resist the devil by rejecting his lies. We must walk in the truth and put on the full armor of God (see Ephesians 6:10-20).

Sin that has become a habit often may require help from a trusted brother or sister in Christ. James 5:16 says, "Confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much." Sometimes the assurance of 1 John 1:9 is enough: "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."

Remember, confession is not just 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 make no**

**provision for the flesh in regard to its lust. I confess that I have given in to fleshly lusts that wage war against my soul. I thank You that in Christ my sins are already forgiven, but I have broken Your holy law and I have allowed sin to wage war in my body. I come to You now to confess and renounce these sins of the flesh so that I might be cleansed and set free from the bondage of sin. Please reveal to my mind 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.** [See Romans 6:12-13; 13:14; 2 Corinthians 4:2; James 4:1; 1 Peter 2:11; 5:8.]

The following list contains many sins of the flesh, but a prayerful examination of Mark 7:20-23; Galatians 5:19-21; Ephesians 4:25-31 and other Scripture passages will help you to be even more thorough. Look over the list below and the Scriptures just listed, and ask the Holy Spirit to bring to your mind the sins you need to confess. He may reveal others to you 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, eating disorders, substance abuse, abortion, suicidal tendencies and perfectionism will be dealt with later in this step. Further counseling may be necessary to find complete healing and freedom in these and other areas.)

- ☐ Stealing
- ☐ Quarreling/fighting
- ☐ Jealousy/envy
- ☐ Complaining/criticism
- ☐ Sarcasm
- ☐ Lustful actions
- ☐ Gossip/slander

- ☐ Swearing
- ☐ Apathy/laziness
- ☐ Lying
- ☐ Hatred
- ☐ Anger
- ☐ Lustful thoughts
- ☐ Drunkenness

- ☐ Cheating
- ☐ Procrastination
- ☐ Greed/materialism
- ☐ Others:

---



---



---

**Lord Jesus, I confess that I have sinned against You by [name the sins]. Thank You for Your forgiveness and cleansing. I now turn away from these expressions of sin and turn to You, Lord. Fill me with Your Holy Spirit so that I will not carry out the desires of the flesh. In Jesus' name I pray. Amen.**

**Note:** If you are struggling with habitual sin, read *Overcoming Addictive Behavior* (Ventura, CA: Regal Books, 2003) and *Finding Freedom in a Sex-Obsessed World* (Eugene, OR: Harvest House, 2003).



## RESOLVING SEXUAL SIN

It is our responsibility not to allow sin to reign (rule) in our mortal bodies. We must not use our bodies or another person's body as an instrument of unrighteousness (see Romans 6:12-13). Sexual immorality is not only a sin against God, but also it is a sin against your body, the temple of the Holy Spirit (see 1 Corinthians 6:18-19). To find freedom from sexual bondage, begin by praying the following prayer:

**Lord Jesus, I have allowed sin to reign in my mortal body. I ask You to bring to my mind every sexual use of my body as an instrument of unrighteousness so that I can renounce these sexual sins and break those sinful bondages. In Jesus' name I pray. Amen.**

As the Lord brings to your mind every immoral sexual use of your body, whether it was done to you (rape, incest, sexual molestation) or willingly by you (pornography, masturbation, sexual immorality), renounce every experience as follows:

**Lord Jesus, I renounce [name the sexual experience] with [name]. I ask You to break that sinful bond with [name] spiritually, physically and emotionally.**

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

**Lord Jesus, I renounce all these uses of my body as an instrument of unrighteousness, and I admit to any willful participation. I choose to present my physical body to You as an instrument of righteousness, a living and holy sacrifice, acceptable to You. I choose to reserve the sexual use of my body for marriage only. 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 cleansed and forgiven me and that You love and accept me just the way I am. Therefore, I choose now to accept myself and my body as clean in Your eyes. In Jesus' name I pray. Amen.**

## Prayers for Specific Issues

### *Pornography*

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

### *Homosexuality*

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



### *Abortion*

Lord Jesus, I confess that I was not a proper guardian and keeper of the life You entrusted to me, and I confess that I have sinned. Thank You that because of Your forgiveness, I can forgive myself. I commit the child to You for all eternity and believe that he or she is in Your caring hands. In Jesus' name I pray. Amen.

### *Suicidal Tendencies*

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

### *Drivenness and Perfectionism*

Lord Jesus, I renounce the lie that my sense of worth is dependent on my ability to perform. I announce the truth that my identity and my sense of worth are 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 I pray. Amen.

### *Eating Disorders or Self-Mutilation*

Lord Jesus, I renounce the lie that my value as a person is dependent on 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 trying to cleanse myself of evil. I announce that only the blood of the Lord Jesus Christ cleanses me from sin. I realize I have been bought with a price and my body, the temple of the Holy Spirit, belongs to God. Therefore, I choose to glorify God in my body. I renounce the lie that I am evil or that any part of my body is evil. Thank You that You accept me just the way I am in Christ. In Jesus' name I pray. Amen.

### *Substance Abuse*

Lord Jesus, I confess that I have misused substances [alcohol, tobacco, food, prescription or street drugs] for the purpose of pleasure, to escape reality or to cope with difficult problems. I confess that I have abused my body and programmed my mind in harmful ways. I have quenched the Holy Spirit as well. Thank You for Your forgiveness. I renounce any satanic connection or influence in my life through my misuse of food or chemicals. I cast my anxieties on 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 I pray. Amen.



## OVERCOMING FEAR

Fear is a God-given natural response when our physical or psychological safety is threatened. Courage is not the absence of fear, but it is living by faith and doing what is right in the face of illegitimate fear objects. The fear of God is the beginning of wisdom and the only fear that can overcome all other fears. Irrational fears compel us to live irresponsible lives or prevent us from doing that which is responsible and from being good witnesses. Behind every irrational fear is a lie that must be identified. Allow the Lord to surface any controlling fears in your life and any root lies by praying the following prayer:

**Dear Heavenly Father, I confess that I have allowed fear to control me and that lack of faith is sin. Thank You for Your forgiveness. I recognize that You have not given me a spirit of fear, but of power, love and discipline [see 2 Timothy 1:7]. I renounce any spirit of fear operating in my life and ask You to reveal any and all controlling fears in my life and the lies behind them. I desire to live by faith in You and in the power of the Holy Spirit. In Jesus' name I pray. Amen.**

- ☐ Fear of death
- ☐ Fear of never loving or being loved
- ☐ Fear of Satan
- ☐ Fear of embarrassment
- ☐ Fear of failure
- ☐ Fear of being victimized
- ☐ Fear of rejection by other people
- ☐ Fear of marriage
- ☐ Fear of disapproval
- ☐ Fear of divorce
- ☐ Fear of becoming/being homosexual
- ☐ Fear of going crazy
- ☐ Fear of financial problems
- ☐ Fear of pain/illness
- ☐ Fear of never getting married

- ☐ Fear of the future
  - ☐ Fear of the death of a loved one
  - ☐ Fear of confrontation
  - ☐ Fear of being a hopeless case
  - ☐ Fear of specific individuals (List them.)
- 
- 
- 

- ☐ Fear of losing my salvation
  - ☐ Fear of not being loved by God
  - ☐ Fear of having committed the unpardonable sin
  - ☐ Other specific fears that come to mind now
- 
- 
- 

### Analyze Your Fear

When did you first experience the fear, and what events preceded the first experience? What lies have you been believing that are the basis for the fear? How has the fear kept you from living a responsible life or compromised your witness? Confess any active or passive way that you have allowed fear to control you. Work out a plan of responsible behavior, and determine in advance what your response will be to any fear object. Commit yourself to follow through with your plan. If you do the thing you fear the most, the death of fear is certain.

**Lord Jesus, I renounce the fear of [name the fear and associated lies] because God has not given me a spirit of fear. I choose to live by faith in You, and I acknowledge You as the only legitimate fear object in my life. In Jesus' name I pray. Amen.**

---

**Note:** For additional help with fear, read Neil T. Anderson and Rich Miller, *Freedom from Fear* (Eugene, OR: Harvest House Publishers, 1999).

---



## STEP 7

### CURSES VERSUS BLESSINGS

Scripture declares that the iniquities of one generation can be visited on the third and fourth generations, but God's blessings will be poured out on thousands of generations of those who love and obey Him (see Exodus 20:4-6). The iniquities of one generation can adversely affect future ones unless those sins are renounced, and your new spiritual heritage in Christ is claimed. This cycle of abuse and all negative influences can be stopped through genuine repentance. Jesus died for your sins, but that is only appropriated when you choose to believe Him and only experienced when you repent. You are not guilty of your ancestors' sins, but because of their sins, you have been affected by their influence. Jesus said that after we have been fully trained we will be like our teachers (see Luke 6:40), and Peter wrote that you were redeemed "from your futile way of life inherited from your forefathers" (1 Peter 1:18). Ask the Lord to reveal your ancestral sins and then renounce them as follows:

**Dear Heavenly Father, please reveal to my mind all the sins of my ancestors that have been passed down through family lines. Since I am a new creation in Christ, I want to experience my freedom from these influences and walk in my new identity as a child of God. In Jesus' name I pray. Amen.**

**Lord, I renounce** [confess all the family sins that God brings to your mind].

Satan and people may curse us, but it will not have any effect on us unless we believe it. We cannot passively take our place in Christ—we must actively and intentionally choose to submit to God and to resist the devil, and then the devil will flee from us. Complete this final step with the following declaration and prayer:

### DECLARATION

**I here and now reject and disown all the sins of my ancestors. As one who has been delivered from the domain of darkness and transferred into the kingdom of God's Son, I declare myself to be free from those harmful influences. I am no longer "in Adam." I am now alive "in Christ." Therefore, I am the recipient of the blessings of God upon my life as I choose to love and obey Him. As one who has been crucified and raised with Christ and who sits with Him in heavenly places, I renounce any and all satanic attacks and assignments directed against me and my ministry. Every curse placed on me was broken when Christ became a curse for me by dying on the cross [see Galatians 3:13]. I reject any and every way in which Satan may claim ownership of me. I belong to the Lord Jesus Christ who purchased me with His own precious blood. I declare myself to be fully and eternally signed over and committed to the Lord Jesus Christ. Therefore, having submitted to God and by His authority, I now resist the devil, and I command every spiritual enemy of the Lord Jesus Christ to leave my presence. I put on the armor of God and I stand against Satan's temptations, accusations and deceptions. From this day forward I will seek to do only the will of my heavenly Father.**

### 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 a living and holy sacrifice. May You be glorified through my life and body. I now ask You to fill me with Your Holy Spirit. I commit myself to the renewing of my mind in order that I may prove that Your will is good, acceptable and perfect for me. I desire nothing more than to be like You. I pray, believe and do all this in the wonderful name of Jesus, my Lord and Savior. Amen.**