Steps to Freedom in Christ

PARTICIPANT GUIDE
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 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
Follow up questions

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.

|☐| Ambition |
|☐| Food or any substance |
|☐| Money/possessions |
|☐| Computers/games/software |
|☐| Financial security |
|☐| Rock stars/media celebrities/thieves |
|☐| Church activities |
|☐| TV/movies/music/other media |
|☐| Sports or physical fitness |
|☐| Fun/pleasure |
|☐| Ministry |

|☐| Appearance/image |
|☐| Work |
|☐| Busyness/activity |
|☐| Friends |
|☐| Power/control |
|☐| Boyfriend/girlfriend |
|☐| Popularity/opinion of others |
|☐| Spouse |
|☐| Knowledge/being right |
|☐| Children |
|☐| Hobbies |
|☐| 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

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

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)
☐ 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 1 Corinthians 6:9-11).
☐ Believing that you can hang around bad company and not become corrupted (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 3:1-3).

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, 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 truth and believing what God says is a choice we can all 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.

I renounce the lie that my Father God is...,  I joyfully accept the truth that my Father God is...

<table>
<thead>
<tr>
<th>Distant and disinterested.</th>
<th>Intimate and involved (see Psalm 139:18).</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insensitive and uncaring.</td>
<td>Kind and compassionate (see Psalm 103:8-14)</td>
</tr>
<tr>
<td>Stern and demanding.</td>
<td>Accepting and filled with joy and love (see Romans 15:7; Zephaniah 3:17).</td>
</tr>
<tr>
<td>Passive and cold.</td>
<td>Warm and affectionate (see Isaiah 40:11; Hosea 11:3-4).</td>
</tr>
<tr>
<td>Absent or too busy for me.</td>
<td>Always with me and eager to be with me (see Hebrews 13:5; Jeremiah 31:20; Ezekiel 34:11-16).</td>
</tr>
<tr>
<td>Never satisfied with what I do, impatient, or angry.</td>
<td>Patient and slow to anger (see Exodus 34:6; 2 Peter 3:9).</td>
</tr>
<tr>
<td>Mean, cruel, or abusive.</td>
<td>Loving, gentle, and protective of me (see Jeremiah 31:3; Isaiah 42:3; Psalm 18:2).</td>
</tr>
<tr>
<td>Trying to take all the fun out of life.</td>
<td>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).</td>
</tr>
<tr>
<td>Controlling or manipulative.</td>
<td>Full of grace and mercy and He gives me freedom to fail (see Hebrews 4:15-16; Luke 15:11-16).</td>
</tr>
<tr>
<td>Condemning or unforgiving.</td>
<td>Tenderhearted and forgiving; His heart and arms are always open to me (see Psalm 130:1-4; Luke 15:17-24).</td>
</tr>
<tr>
<td>Nitpicking, exacting, or perfectionistic.</td>
<td>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).</td>
</tr>
</tbody>
</table>

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. 1 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 1 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.

- Fear of death
- Fear of Satan
- Fear of failure
- Fear of rejection by people
- Fear of disapproval
- Fear of becoming/being homosexual
- Fear of financial problems
- Fear of never getting married
- Fear of the death of a loved one
- Fear of being a hopeless case
- Fear of losing my salvation
- Fear of having committed the unpardonable sin
- Fear of not being loved by God
- Fear of never loving or being loved by others
- 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:

Dearest 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 dwell 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 VS. 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, that 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.
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 which 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 15:23). I know I have not obeyed You in this area and have rebelled in my heart against You and against those You have placed in authority over me. Thank You for Your forgiveness of my rebellion. By the shed blood of the Lord Jesus Christ, I pray that all ground gained by evil spirits in my life due to my rebellion would be canceled. I pray that You would show me all the ways I have been rebellious. I choose now to adopt a submissive spirit and a servant’s heart. In Jesus’ precious name I pray. Amen.

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

There may be times when those over you abuse their authority and break the laws which are ordained by God for the protection of innocent people. In those cases, you will need to seek help from a higher authority for your protection. The laws in your state may require that such abuse be reported to the police or other governmental 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 than 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 present (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.
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 3:5-7 expresses a similar thought: “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil.”

James 4:6-10 and 2 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.
BONDAGE VS. FREEDOM

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

- Stealing
- Complaining/criticism
- Swearing
- Hatred
- Drunkenness
- Greed/materialism
- Quarreling/fighting
- Lustful actions
- Apathy/laziness
- Anger
- Cheating
- 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 person's 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 6:18-19). To find freedom from sexual bondage, begin by praying the following prayer:

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

As the Lord brings to your mind every wrong sexual use of your body, whether it was done to you – rape, incest, sexual molestation – or willingly by you (including pornography, masturbation, sexual immorality), renounce every occasion:

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 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 my 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.

Drivenness 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 VS. 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 the authority and protection you need in Christ to take your stand against such activity.
DECLARATION

I here and now reject and disown all 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 suggest the following as well:

1. Be involved in a loving, caring church fellowship where you can be open and honest with others and where God’s truth is taught with grace.

2. Read and meditate on the Bible daily. Memorize key verses from the Steps to Freedom in Christ. You may want to read the Statement of Truth 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 through 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 past 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. 8:31 I am free from any condemning charges against me.
Rom. 8:35 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. 5:18 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
STOP

Verse 24 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 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/text/email.
   a. A letter can be very easily misread or misunderstood.

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.
INTRO

John 10:10 10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

STEP 1 – COUNTERFEIT VS. REAL

John 4:23 23 Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks.

1 John 5:20 IN TEXT

1 John 5:21 IN TEXT

Matt 4:10 10 Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’”

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

Matt 22:37 37 Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’

Rev 2:4 4 Yet I hold this against you: You have forsaken the love you had at first.

STEP 2 – DECEPTION VS. TRUTH

Psalm 51:6 Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.

John 14:6 6 Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.

John 16:13 13 But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.

John 17:17 17 Sanctify them by the truth; your word is truth.

Eph 4:15 15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

John 8:44 44 You belong to your father, the devil, and you want to carry out your father’s desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

Rev 12:9 9 The great dragon was hurled down—that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him.

2 Tim 2:26 26 and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.

John 8:32-36 32 Then you will know the truth, and the truth will set you free.” 33 They answered him, “We are Abraham’s descendants and have never been slaves of anyone. How can you say that we shall be set free?” 34 Jesus replied, “Very truly I tell you, everyone who sins is a slave to sin. 35 Now a slave has no
permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed.

Psalm 32:2 \ IN TEXT

1 John 1:7 \ 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

Ps 139:23-24 \ IN TEXT

2 Cor 4:4 \ 4 The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.

Matt 13:22 \ 22 The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful.

Prov 20:1 \ Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.

Prov 23:19-21 \ 19 Listen, my son, and be wise, and set your heart on the right path: 20 Do not join those who drink too much wine or gorge themselves on meat, 21 for drunkards and gluttons become poor, and drowsiness clothes them in rags.

Prov 31:10 \ 10 A wife of noble character who can find? She is worth far more than rubies.

1 Pet 3:3-4 \ 3 Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. 4 Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.

Eph 4:22-24 \ 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

1 Pet 2:11 \ 11 Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul.

Heb 3:12-13 \ 12 See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. 13 But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.

2 Cor 11:2-4 \ 2 I am jealous for you with a godly jealousy. I promised you to one husband, to Christ, so that I might present you as a pure virgin to him. 3 But I am afraid that just as Eve was deceived by the serpent’s cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ. 4 For if someone comes to you and preaches a Jesus other than the Jesus we preached, or if you receive a different spirit from the Spirit you received, or a different gospel from the one you accepted, you put up with it easily enough.

2 Cor 11:13-15 \ 13 For such people are false apostles, deceitful workers, masquerading as apostles of Christ. 14 And no wonder, for Satan himself masquerades as an angel of light. 15 It is not surprising, then, if his servants also masquerade as servants of righteousness. Their end will be what their actions deserve.

Prov 16:18 \ 18 Pride goes before destruction, a haughty spirit before a fall.
Obadiah 3  The pride of your heart has deceived you, you who live in the clefts of the rocks and make your home in the heights, you who say to yourself, ‘Who can bring me down to the ground?’

1 Pet 5:5  In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, “God opposes the proud but shows favor to the humble.”

1 Cor 6:9-11  Or do you not know that wrongdoers will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor men who have sex with men 10 nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God. 11 And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

1 Cor 15:33-34  Do not be misled: “Bad company corrupts good character.” 34 Come back to your senses as you ought, and stop sinning; for there are some who are ignorant of God—I say this to your shame.

Gal 6:7-8  Do not be deceived: God cannot be mocked. A man reaps what he sows. 8 Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.

Gal 1:10  Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

Gal 3:1-3  You foolish Galatians! Who has bewitched you? Before your very eyes Jesus Christ was clearly portrayed as crucified. 2 I would like to learn just one thing from you: Did you receive the Spirit by the works of the law, or by believing what you heard? 3 Are you so foolish? After beginning by means of the Spirit, are you now trying to finish by means of the flesh?

James 1:22  Do not merely listen to the word, and so deceive yourselves. Do what it says.

1 John 1:8  If we claim to be without sin, we deceive ourselves and the truth is not in us.

Gal 6:3  If anyone thinks they are something when they are not, they deceive themselves.

1 Cor 3:18-19  Do not deceive yourselves. If any of you think you are wise by the standards of this age, you should become “fools” so that you may become wise. 19 For the wisdom of this world is foolishness in God’s sight. As it is written: “He catches the wise in their craftiness”;

James 1:26  Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.

Rom 8:15  IN TEXT

Psalm 139:18  Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you.

Psalm 103:8-14  The Lord is compassionate and gracious, slow to anger, abounding in love. 9 He will not always accuse, nor will he harbor his anger forever; 10 he does not treat us as our sins deserve or repay us according to our iniquities. 11 For as high as the heavens are above the earth, so great is his love for those who fear him; 12 as far as the east is from the west, so far has he removed our transgressions from us. 13 As a father has compassion on his children, so the Lord has compassion on those who fear him; 14 for he knows how we are formed, he remembers that we are dust.

Romans 15:7  Accept one another, then, just as Christ accepted you, in order to bring praise to God.
Zeph 3:17  The LORD your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.”

Isaiah 40:11  He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.

Hosea 11:3-4  It was I who taught Ephraim to walk, taking them by the arms; but they did not realize it was I who healed them. I led them with cords of human kindness, with ties of love. To them I was like one who lifts a little child to the cheek, and I bent down to feed them.

Heb 13:5  Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.”

Jer 31:20  Is not Ephraim my dear son, the child in whom I delight? Though I often speak against him, I still remember him. Therefore my heart yearns for him; I have great compassion for him,” declares the Lord.

Ezek 34:11-16  For this is what the Sovereign Lord says: I myself will search for my sheep and look after them. As a shepherd looks after his scattered flock when he is with them, so will I look after my sheep. I will rescue them from all the places where they were scattered on a day of clouds and darkness. I will bring them out from the nations and gather them from the countries, and I will bring them into their own land. I will pasture them on the mountains of Israel, in the ravines and in all the settlements in the land. I will tend them in a good pasture, and the mountain heights of Israel will be their grazing land. There they will lie down in good grazing land, and there they will feed in a rich pasture on the mountains of Israel. I myself will tend my sheep and have them lie down, declares the Sovereign Lord. I will search for the lost and bring back the strays. I will bind up the injured and strengthen the weak, but the sleek and the strong I will destroy. I will shepherd the flock with justice.

Exodus 34:6  And he passed in front of Moses, proclaiming, “The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness,

2 Pet 3:9  The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

Jer 31:3  The Lord appeared to us in the past, saying: “I have loved you with an everlasting love; I have drawn you with unfailing kindness.

Isaiah 42:3  A bruised reed he will not break, and a smoldering wick he will not snuff out. In faithfulness he will bring forth justice;

Psalm 18:2  The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

Lam 3:22-23  Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

John 10:10  The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Rom 12:1-2  Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the
pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Heb 4:15-16  
15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16 Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Luke 15:11-16  
11 Jesus continued: “There was a man who had two sons. 12 The younger one said to his father, ‘Father, give me my share of the estate.’ So he divided his property between them. 13 ‘Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. 14 After he had spent everything, there was a severe famine in that whole country, and he began to be in need. 15 So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. 16 He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything.

Psalm 130:1-4  
1 Out of the depths I cry to you, Lord; 2 Lord, hear my voice. Let your ears be attentive to my cry for mercy. 3 If you, Lord, kept a record of sins, Lord, who could stand? 4 But with you there is forgiveness, so that we can, with reverence, serve you.

17 “When he came to his senses, he said, ‘How many of my father’s hired servants have food to spare, and here I am starving to death! 18 I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. 19 I am no longer worthy to be called your son; make me like one of your hired servants.’ 20 So he got up and went to his father. “But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. 21 ‘The son said to him, ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’ 22 ‘But the father said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. 23 Bring the fattened calf and kill it. Let’s have a feast and celebrate. 24 For this son of mine was dead and is alive again; he was lost and is found.’ So they began to celebrate.

Rom 8:28-29  
28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose. 29 For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.

Heb 12:5-11  
5 And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says, “My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, 6 because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.” 7 Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? 8 If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all. 9 Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of spirits and live! 10 They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness. 11 No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

2 Cor 7:4  
4 I have spoken to you with great frankness; I take great pride in you. I am greatly encouraged; in all our troubles my joy knows no bounds.
Deut 32:9-10  For the Lord’s portion is his people, Jacob his allotted inheritance. In a desert land he found him, in a barren and howling waste. He shielded him and cared for him; he guarded him as the apple of his eye.

1 Pet 5:8  Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

1 Cor 6:12  “I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything.

2 Tim 2:21  Those who cleanse themselves from the latter will be instruments for special purposes, made holy, useful to the Master and prepared to do any good work.

John 13:13  “You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am.

1 Cor 4:16-18  Therefore I urge you to imitate me. For this reason I have sent to you Timothy, my son whom I love, who is faithful in the Lord. He will remind you of my way of life in Christ Jesus, which agrees with what I teach everywhere in every church. Some of you have become arrogant, as if I were not coming to you.

1 Cor 5:7  Get rid of the old yeast, so that you may be a new unleavened batch—as you really are. For Christ, our Passover lamb, has been sacrificed.

2 Tim 1:7  For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Ps 27:1  The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?

Matt 6:33-34  But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Rom 5:8  But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.
Col 1:13-14  
13 For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, 14 in whom we have redemption, the forgiveness of sins.

1 John 3:1-3  
See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. 2 Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, we shall be like him, for we shall see him as he is. 3 All who have this hope in him purify themselves, just as he is pure.

Eph 2:6  
6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,

Eph 2:8-9  
8 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— 9 not by works, so that no one can boast.

Eph 6:10  
10 Finally, be strong in the Lord and in his mighty power.

Phil 3:3  
3 For it is we who are the circumcision, we who serve God by his Spirit, who boast in Christ Jesus, and who put no confidence in the flesh—

2 Cor 10:4  
4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

Eph 6:10-20  
10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil’s schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God. 18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people. 19 Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, 20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

John 15:5  
5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

John 15:8  
8 This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

1 Cor 12:3  
3 Therefore I want you to know that no one who is speaking by the Spirit of God says, “Jesus be cursed,” and no one can say, “Jesus is Lord,” except by the Holy Spirit.

John 8:32  
32 Then you will know the truth, and the truth will set you free.”

John 14:6  
6 Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.

John 8:36  
36 So if the Son sets you free, you will be free indeed.
1 John 1:3-7  
3 We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. 4 We write this to make our joy complete. 5 This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. 6 If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

2 Cor 10:5  
5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Tim 3:15-17  
15 and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. 16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, 17 so that the servant of God[b] may be thoroughly equipped for every good work.

Romans 12:1  
Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

Romans 6:13  
13 Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.

Romans 12:2  
2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Col 3:9-10  
9 Do not lie to each other, since you have taken off your old self with its practices 10 and have put on the new self, which is being renewed in knowledge in the image of its Creator.

2 Cor 5:17  
17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

Eph 5:18  
18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,

John 16:13  
13 But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.

Gal 5:16  
16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

1 Tim 1:5  
5 The goal of this command is love, which comes from a pure heart and a good conscience and a sincere faith.

Matt 22:37-39  
37 Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ 38 This is the first and greatest commandment. 39 And the second is like it: ‘Love your neighbor as yourself.’

Matt 28:18  
18 Then Jesus came to them and said, “All authority in heaven and on earth has been given to me.

Col 2:10  
10 and in Christ you have been brought to fullness. He is the head over every power and authority.
Eph 1:19-23  19 and his incomparably great power for us who believe. That power is the same as the mighty strength 20 he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, 21 far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. 22 And God placed all things under his feet and appointed him to be head over everything for the church, 23 which is his body, the fullness of him who fills everything in every way.

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

STEP 3 – BITTERNESS VS. FORGIVENESS

2 Cor 2:10-11  10 Anyone you forgive, I also forgive. And what I have forgiven—if there was anything to forgive—I have forgiven in the sight of Christ for your sake, 11 in order that Satan might not outwit us. For we are not unaware of his schemes.

Eph 4:31-32  31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Rom 2:4  4 Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God’s kindness is intended to lead you to repentance?

Romans 12:19  19 Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord.

2 Cor 5:21  IN TEXT

Luke 23:34  IN TEXT

STEP 4 – REBELLION VS. SUBMISSION

1 Peter 2:17  17 Show proper respect to everyone, love the family of believers, fear God, honor the emperor.

1 Tim 2:1-2  I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— 2 for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

Romans 13:1-7  Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. 2 Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves. 3 For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and you will be commended. 4 For the one in authority is God’s servant for your good. But if you do wrong, be afraid, for rulers do not bear the sword for no reason. They are God’s servants, agents of wrath to bring punishment on the wrongdoer. 5 Therefore, it is necessary to submit to the authorities, not only because of possible punishment but also as a matter of conscience. 6 This is also why you pay taxes, for the authorities are God’s servants, who give their full time to governing. 7 Give to everyone what you owe them: If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor.

1 Sam 15:23  23 For rebellion is like the sin of divination, and arrogance like the evil of idolatry. Because you have rejected the word of the Lord, he has rejected you as king.”
Acts 4:19-20  
19 But Peter and John replied, “Which is right in God’s eyes: to listen to you, or to him? You be the judges! 20 As for us, we cannot help speaking about what we have seen and heard.”

Eph 5:21  
21 Submit to one another out of reverence for Christ.

Romans 13:1-7  
SEE ABOVE

1 Tim 2:1-4  
I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—
2 for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. 3 This is good, and pleases God our Savior, 4 who wants all people to be saved and to come to a knowledge of the truth.

1 Pet 2:13-17  
13 Submit yourselves for the Lord’s sake to every human authority: whether to the emperor, as the supreme authority, 14 or to governors, who are sent by him to punish those who do wrong and to commend those who do right. 15 For it is God’s will that by doing good you should silence the ignorant talk of foolish people. 16 Live as free people, but do not use your freedom as a cover-up for evil; live as God’s slaves. 17 Show proper respect to everyone, love the family of believers, fear God, honor the emperor.

Eph 6:1-3  
Children, obey your parents in the Lord, for this is right. 2 “Honor your father and mother”—which is the first commandment with a promise— 3 “so that it may go well with you and that you may enjoy long life on the earth.”

Romans 13:1-4  
SEE ABOVE

1 Pet 3:1-5  
Wives, in the same way submit yourselves to your own husbands so that, if any of them do not believe the word, they may be won over without words by the behavior of their wives, 2 when they see the purity and reverence of your lives. 3 Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. 4 Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight. 5 For this is the way the holy women of the past who put their hope in God used to adorn themselves. They submitted themselves to their own husbands,

Eph 5:21  
21 Submit to one another out of reverence for Christ.

1 Pet 3:7  
7 Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers.

Eph 5:22  
22 Wives, submit yourselves to your own husbands as you do to the Lord.
Heb 13:17  
17 Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you.

Daniel 9:5  
5 We have sinned and done wrong. We have been wicked and have rebelled; we have turned away from your commands and laws.

Daniel 9:9  
9 The Lord our God is merciful and forgiving, even though we have rebelled against him;

**STEP 5 – PRIDE VS. HUMILITY**

Phil 3:3  
IN TEXT

Eph 6:10  
IN TEXT

Prov 3:5-7  
IN TEXT

James 4:6-10  
6 But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.” 7 Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9 Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will lift you up.

2 Pet 3:1-10  
Dear friends, this is now my second letter to you. I have written both of them as reminders to stimulate you to wholesome thinking. 2 I want you to recall the words spoken in the past by the holy prophets and the command given by our Lord and Savior through your apostles. 3 Above all, you must understand that in the last days scoffers will come, scoffing and following their own evil desires. 4 They will say, “Where is this ‘coming’ he promised? Ever since our ancestors died, everything goes on as it has since the beginning of creation.” 5 But they deliberately forget that long ago by God’s word the heavens came into being and the earth was formed out of water and by water. 6 By these waters also the world of that time was deluged and destroyed. 7 By the same word the present heavens and earth are reserved for fire, being kept for the day of judgment and destruction of the ungodly. 8 But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. 9 The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance. 10 But the day of the Lord will come like a thief. The heavens will disappear with a roar; the elements will be destroyed by fire, and the earth and everything done in it will be laid bare.

Prov 16:18  
18 Pride goes before destruction, a haughty spirit before a fall.

Matt 16:24  
24 Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

Phil 2:5  
5 In your relationships with one another, have the same mindset as Christ Jesus:

Matt 6:33  
33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Rom 12:10  
10 Be devoted to one another in love. Honor one another above yourselves.

2 Cor 5:19  
19 that God was reconciling the world to himself in Christ, not counting people’s sins against them. And he has committed to us the message of reconciliation.
Eph 2:14-18
Heb 4:13
Acts 10:34-35
2 Cor 5:16
James 4:7
James 5:16
1 John 1:9
Rom 13:14
Rom 6:12-13
James 4:1
1 Pet 2:11
Prov 28:13
2 Cor 4:2
Gal 5:19-21

**STEP 6 – BONDAGE VS. FREEDOM**

I Corinthians 6:12 Therefore do not let sin reign in your mortal body so that you obey its evil desires. 13 Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.

James 4:1 What causes fights and quarrels among you? Don’t they come from your desires that battle within you?

1 Peter 5:8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Proverbs 28:13 Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

2 Corinthians 4:2 Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone’s conscience in the sight of God.

Galatians 5:19-21 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.
Eph 4:25-31  
25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 “In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. 29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Mark 7:20-23  
20 He went on: “What comes out of a person is what defiles them. 21 For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder, 22 adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. 23 All these evils come from inside and defile a person.”

Rom 6:12-13  
12 Therefore do not let sin reign in your mortal body so that you obey its evil desires. 13 Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.

1 Cor 6:18-19  
18 Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;

Heb 13:4  
4 Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

John 10:10  
10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

STEP 7 – CURSES VS. BLESSINGS

Exodus 20:4-6  
IN TEXT

Gal 3:13  
13 Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: “Cursed is everyone who is hung on a pole.”

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

IN CHRIST

I AM ACCEPTED

John 1:12  
12 Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—

John 15:15  
15 I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

Rom 5:1  
Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,

1 Cor 6:17  
17 But whoever is united with the Lord is one with him in spirit.
1 Cor 6:19-20  
19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

1 Cor 12:27  
27 Now you are the body of Christ, and each one of you is a part of it.

Eph 1:1  
Paul, an apostle of Christ Jesus by the will of God, To God’s holy people in Ephesus, the faithful in Christ Jesus:

Eph 1:5  
5 he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—

Eph 2:18  
18 For through him we both have access to the Father by one Spirit.

Col 1:14  
14 in whom we have redemption, the forgiveness of sins.

Col 2:10  
10 and in Christ you have been brought to fullness. He is the head over every power and authority.

I AM SECURE

Rom 8:1-2  
Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

Rom 8:28  
28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Rom 8:31  
31 What, then, shall we say in response to these things? If God is for us, who can be against us?

Rom 8:35  
35 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

2 Cor 1:21-22  
21 Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.

Col 3:3  
3 For you died, and your life is now hidden with Christ in God.

Phil 1:6  
6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Phil 3:20  
20 But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,

2 Tim 1:7  
7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Heb 4:16  
16 Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

1 John 5:18  
18 We know that anyone born of God does not continue to sin; the One who was born of God keeps them safe, and the evil one cannot harm them.
I AM SIGNIFICANT

Matt 5:13-14  “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. 14 “You are the light of the world. A town built on a hill cannot be hidden.

John 15:1-5  “I am the true vine, and my Father is the gardener. 2 He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. 3 You are already clean because of the word I have spoken to you. 4 Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. 5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

John 15:16  16 You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.

Acts 1:8  8 But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

1 Cor 3:16  16 Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?

2 Cor 5:18  18 All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation:

2 Cor 6:1  As God’s co-workers we urge you not to receive God’s grace in vain.

Eph 2:6  6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,

Eph 2:10  10 For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Eph 3:12  12 In him and through faith in him we may approach God with freedom and confidence.

Phil 4:13  13 I can do all this through him who gives me strength.

SEEK THE FORGIVENESS OF OTHERS

Matt 5:23-26  IN TEXT