

**SETTING  
YOUR MARRIAGE  
FREE IN CHRIST**

# SETTING YOUR MARRIAGE FREE IN CHRIST

For more resources on books to set your marriage free see:

Freedom in Christ Ministries (Canada) at: [www.ficm.ca](http://www.ficm.ca)

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## SETTING YOUR MARRIAGE FREE IN CHRIST

**IMPORTANT NOTE:** We strongly encourage you to work through the INDIVIDUAL “Steps to Freedom in Christ” before beginning the “Steps to Setting Your Marriage Free” as a couple. Becoming one in Christ and achieving marital freedom cannot be accomplished if both husband and wife have not first found their individual freedom in Christ. If you are engaged or if only one spouse is willing to complete these Steps, please use “Beginning Your Marriage Free” or “Marriage Steps for One Spouse.” These and many other resources are available from Freedom in Christ.

We encourage you to read the book, “The Christ-Centered Marriage”, and complete the inductive study guide. (These “Steps” are adapted from chapter fourteen and are included in the appendix of the study guide.) Ideally, it would be best if you both read “Victory Over the Darkness” and “The Bondage Breaker” first or attended a “Living Free in Christ” conference. These books (or conference) will help you resolve personal and spiritual conflicts and instruct you in how to live the Christian life by faith in the power of the Holy Spirit. The conference is available on audio and video cassette.

## SETTING YOUR MARRIAGE FREE IN CHRIST

**Share with each other** your desire for the Holy Spirit to lead you into all truth. Relate to each other that you are willing to assume your responsibility for whatever God reveals to you . The conviction of the Holy Spirit will lead you to repentance without regret (2 Cor.7:9-10). He will reveal to your mind what is keeping you from having an intimate marriage , and will enable you to resolve the conflicts that have kept you from experiencing oneness in Christ. Every Christian couple should desire the life of Christ in their marriage, thus displaying God's splendor.

**You must both agree** to assume your own responsibility and not attack the other person's character or family . Allow the Holy Spirit to bring understanding and conviction. This process will not work unless you both desire and agree to speak the truth in love and walk in the light. The Lord loves you and wants to see you free from your past, alive in Him, and committed to one another in a loving and intimate way.

## SETTING YOUR MARRIAGE FREE IN CHRIST

**Tips for groups:** If you are going through this process at a weekend retreat, we suggest that you set aside Friday evening to Sunday morning, and that Friday evening be spent in corporate prayer and fellowship. If any of the couples have not gone through the individual “Steps to Freedom in Christ”, then Friday night would be the time to do it. The best accommodations for the retreat should provide space for both group meetings and privacy for each couple. Each Step begins with instruction by a facilitator, followed in most Steps by the groups praying an opening prayer. Step One through Six provide worksheet pages for recording notes and answers. Each couple then completes the Step together in private. Sunday school classes, discipleship groups, and small group ministries, who are reading the book and using the study guide, can process the Steps in their normally scheduled meetings. You could work through one Step a week or schedule a weekend retreat as mentioned above. (Note: this is not ideal as the dynamics don't help everyone at times).

## SETTING YOUR MARRIAGE FREE IN CHRIST

**Tips for couples working alone:** If you have a relatively mature relationship with mutual trust and respect, you can work your way through these Steps without outside assistance. The theology and practicality of this process is given in the book, “The Christ-Centered Marriage”. If your relationship is experiencing extreme difficulty, then we suggest that you have a responsible person whom you both trust assist you. (Note: this is not ideal as you need total honesty and communication).

# SETTING YOUR MARRIAGE FREE IN CHRIST

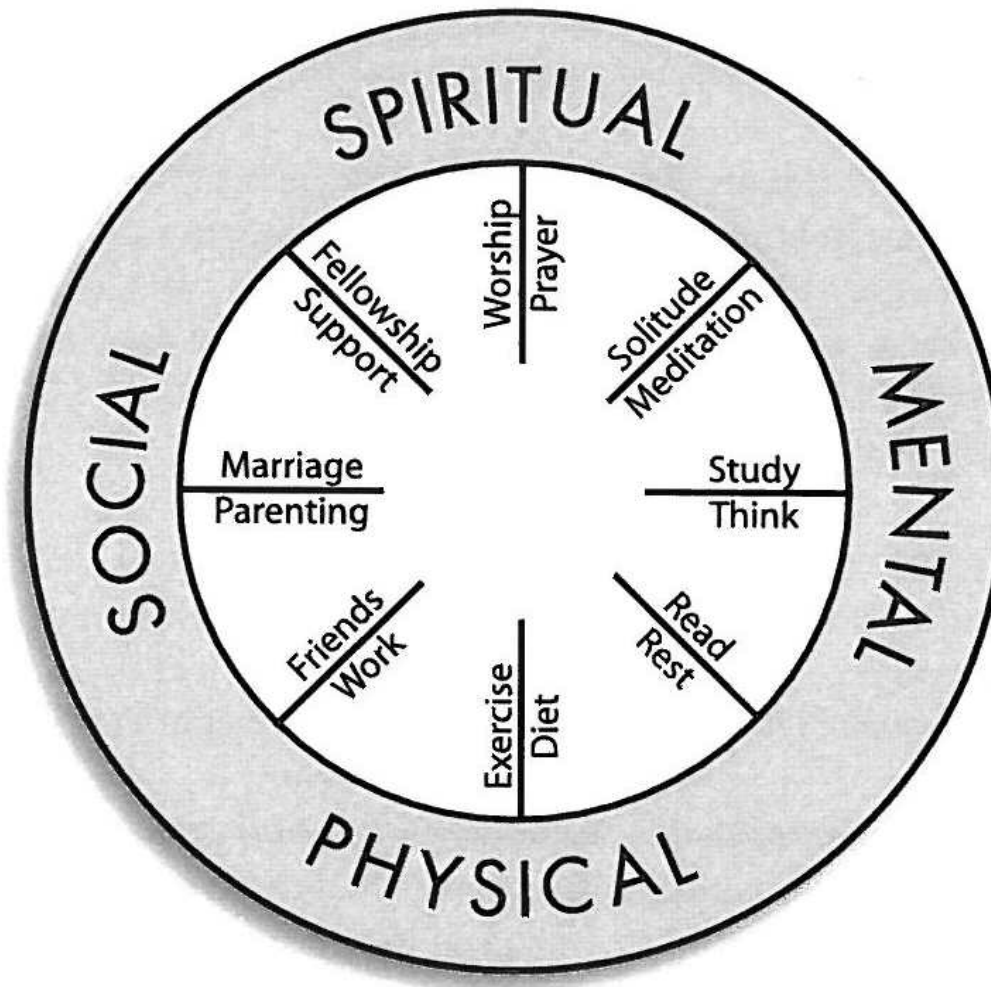
## THE PREEMINENCE OF CHRIST:

**“Do you suppose that I have come to bring peace to the earth. I did not come to bring peace, but a sword. For I have come to turn a man against his father, a daughter against her mother, a daughter -in -law against her mother -in -law , and a man ’s enemies will be the members of his own household . Anyone who loves his father or mother more than Me is not worthy of Me: anyone who loves his son or daughter more than Me is not worthy of Me ; and anyone who does not take his cross and follow after Me is not worthy of Me. Whoever finds his life will lose it, and whoever loses his life for My sake will find it”**

**(Matthew 10:34-39).**

# SETTING YOUR MARRIAGE FREE IN CHRIST

## Marriage and Family Disciplines





## SETTING YOUR MARRIAGE FREE IN CHRIST

**A. How marriages and families without Christ can promote a false pursuit of self-worth:**

Appearance: our outer appearance for acceptance.

Performance: our performance determines self-worth.

Status: looking for people's recognition

All these dissipate. We age, lose our looks, and retire. We lose these and then we learn our self-worth.

# SETTING YOUR MARRIAGE FREE IN CHRIST

## **B. Personal needs that only Christ can meet:**

Life: only Christ gives physical & spiritual life.

Identity: spouses die and our identity is lost.

Acceptance: spouses don't always accept us. God changes people.

We can't change each other. We need his unconditional acceptance.

Security: we usually don't trust people. God gives security.

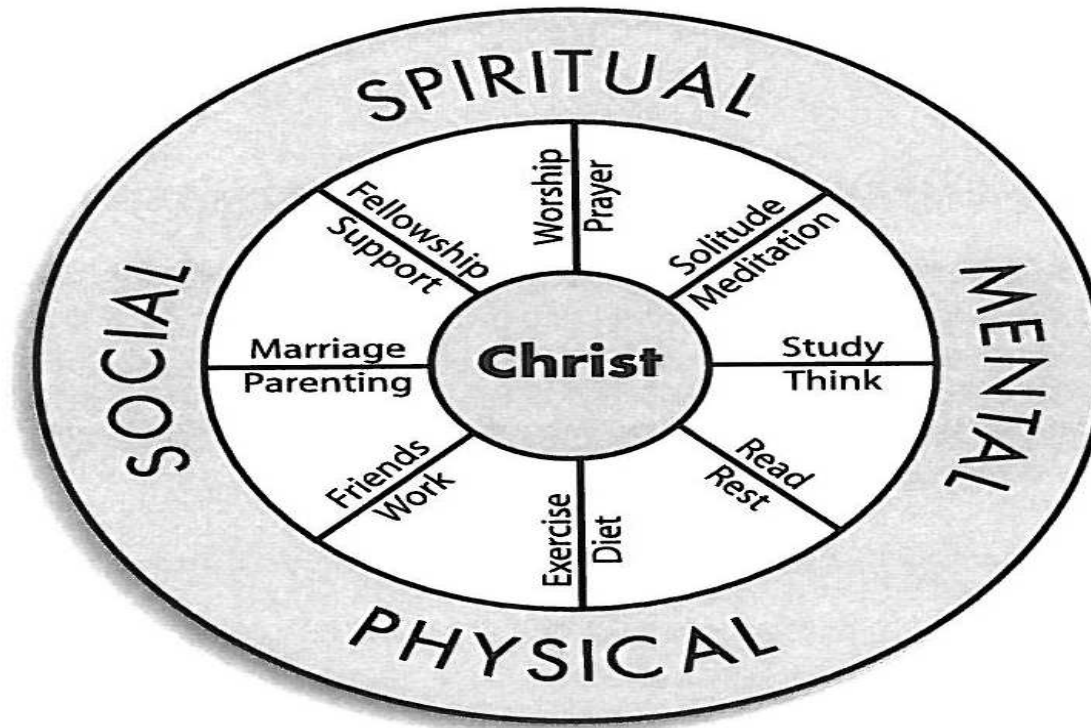
Significance: we get some from our partner but co-dependency usually happens. Significance comes from God.

Note: Only Christ fulfills these needs. We blame each other when we don't find them in each other.

## **C. God works primarily through committed relationships.**

# SETTING YOUR MARRIAGE FREE IN CHRIST

## Marriage and Family Disciplines in Christ



(Fig 0.2)

God conforms us to His image through relationships with Him, marriage/family, work/ministry. We have character defects that God refines through marriage. "Iron sharpens iron".

# SETTING YOUR MARRIAGE FREE IN CHRIST

## **Before you begin the process:**

Each person should have a Bible , a pen and a copy of these “Steps to Setting Your Marriage Free” (and/or a notebook). In order to resolve conflicts, you have to address many issues that can be quite negative. Therefore, begin the “Steps to Setting Your Marriage Free” by encouraging each other. Answer the following questions and share with your spouse (affirmation is important. Make sure to say “thank you):

## **SETTING YOUR MARRIAGE FREE IN CHRIST**

**What three character qualities do you most appreciate about your spouse?**

- 1.**
- 2.**
- 3.**

**What three things does your spouse do that you really appreciate?**

- 1.**
- 2.**
- 3.**

# **SETTING YOUR MARRIAGE FREE IN CHRIST**

**BEGIN TOGETHER AS A COUPLE (OR GROUP) WITH THIS PRAYER OF COMMITMENT:**

**Dear Heavenly Father,**

**We love You and thank You for Your grace, truth, love, power, forgiveness, and blessings in Christ. We can love each other because You first loved us. We can forgive because we have been Forgiven, and we can accept one another just as You have accepted us. We desire nothing more than to know and do Your will. We ask for Your divine guidance and protection during this time of seeking freedom in our marriage. We give ourselves emotionally to You and each other, and ask You to free us so we can share from our hearts.**

## **SETTING YOUR MARRIAGE FREE IN CHRIST**

**We buckle on the belt of Your truth, put on the breastplate of Your righteousness, and commit ourselves to the Gospel of Peace. We hold up the shield of faith and stand against the flaming arrows of the enemy . We commit ourselves to take every thought captive in obedience to You. We put on the helmet of salvation which assures us of Your forgiveness, Your life, and our freedom in You. We put off the old self , and put on the new self which is being renewed in Your image. We take the sword of the Spirit, the spoken Word of God, to defend ourselves against the father of lies.**

**We acknowledge our dependence upon You , and understand that apart from Christ we can do nothing. We pray that You will grant us genuine repentance and living faith . We desire our marriage to become a beautiful picture of Your relationship with us. We ask You to fill us with Your Holy Spirit, lead us into all truth , and set our marriage free in Christ. In Jesus' precious Name we pray. Amen.**

### **STEP ONE: ESTABLISH GOD'S PRIORITY FOR MARRIAGE**

**Objective: To understand what it means to leave father and mother and to discern any way that you haven't so you make appropriate steps to do so.**

**Ask the Lord to reveal if you have completely left your father and mother. Remember the words of Jesus, "He who love father or mother more than Me, is not worthy of Me. And he who loves son or daughter more than Me is not worthy of Me." (Matt.10:37).**

**This does not mean that you don't honor your father and mother, but it does mean that you can have only one Lord in your life. It means our spiritual heritage must take precedence over our natural heritage. "For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame" (Genesis 2:24-25).**



## **STEP ONE: ESTABLISH GOD'S PRIORITY FOR MARRIAGE**

**Objective: To understand what it means to leave father and mother and to discern any way that you haven't so you make appropriate steps to do so.**

### **A. Leaving**

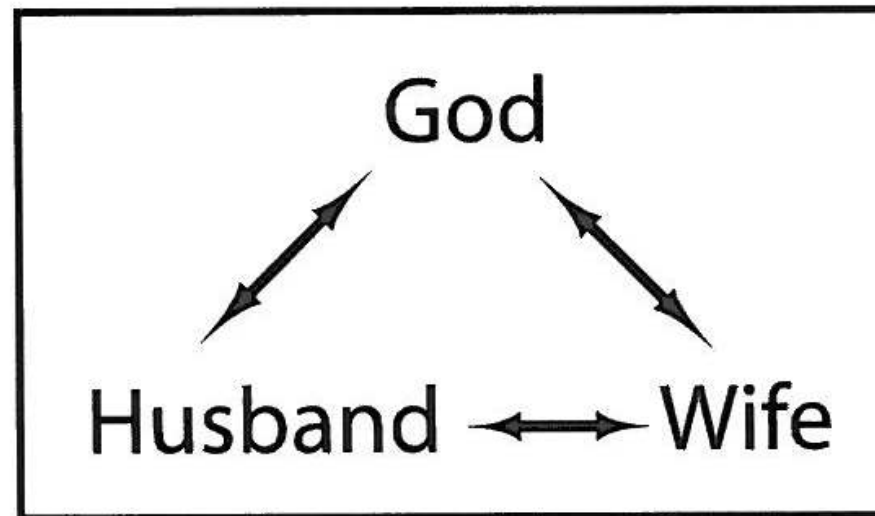
1. Physically
2. Spiritually
3. Mentally
4. Emotionally
5. Financially

### **B. Cleaving**

### STEP ONE: ESTABLISH GOD'S PRIORITY FOR MARRIAGE

**Objective: To understand what it means to leave father and mother and to discern any way that you haven't so you make appropriate steps to do so.**

In what ways could we be holding on to some unhealthy ties that are keeping us from committing ourselves fully to the Lord and then to each other? Ask the Lord to reveal to you the ways that you have not left your father and mother, cleaving (being faithful) only to one another.



(Fig 1.1)

**STEP ONE: ESTABLISH GOD'S PRIORITY FOR MARRIAGE**

**Objective: To understand what it means to leave father and mother and to discern any way that you haven't so you make appropriate steps to do so.**

**PRAY TOGETHER AS A COUPLE (OR GROUP):**

**Dear Heavenly Father:**

**We humbly submit ourselves to You and ask for Your divine forgiveness. We ask that You reveal to our minds any way that we have allowed our physical heritage to be more important than our spiritual heritage . Show us anything in our lives that has taken on a greater sense of importance to us than our relationship with You. We also ask You to show us in what ways we have not honorably left our mothers and our fathers – physically, spiritually, mentally, emotionally, or financially. We desire to be spiritually bonded to You in order that we may be fully bonded to each other. In Jesus' Name we pray. Amen.**

## **STEP ONE: ESTABLISH GOD'S PRIORITY FOR MARRIAGE**

**Objective: To understand what it means to leave father and mother and to discern any way that you haven't so you make appropriate steps to do so.**

Each of you should sit silently before the Lord and individually and honestly consider your relationship to God and to your own parents. Do not consider the relationship your spouse has with his/her own parents. Let the Lord be the Judge, and allow your spouse to assume responsibility for his/her relationship with his /her own parents . Each one should consider the following questions individually on the next three slides:

1. Is my relationship with God the most important relationship in my life?
- 2 . Is my relationship with my spouse the second most important relationship in my life?
3. Does the approval of relatives mean more to me than the approval of God?
4. Am I still trying to live up to the expectations of my relatives?
5. Would I be willing to sever any other relationship that would threaten my relationship with God and my spouse even if it included my physical family?

### STEP ONE: ESTABLISH GOD'S PRIORITY FOR MARRIAGE

**Objective:** To understand what it means to leave father and mother and to discern any way that you haven't so you make appropriate steps to do so.

Leaving your father and mother cannot mean dishonoring them. Being disrespectful to your parents cannot lead to freedom. Consider these questions:

1. Have you gone against your parent's counsel in getting married?
2. If so, have you prayerfully tried to reconcile your differences and receive their blessing?
3. In what ways have you been disrespectful to your parents or not shown them appreciation?

**NOTE:** If you feel your parents have wronged you, you will have an opportunity to forgive them later in the Steps.

**STEP ONE: ESTABLISH GOD'S PRIORITY FOR MARRIAGE**

**Objective: To understand what it means to leave father and mother and to discern any way that you haven't so you make appropriate steps to do so.**

**Write down any way that you are still bonded to your own parents or step-parents in an ungodly way.**

1. Physically:
2. Spiritually:
3. Mentally:
4. Emotionally:
5. Financially:

**STEP ONE: ESTABLISH GOD'S PRIORITY FOR MARRIAGE**

**Objective: To understand what it means to leave father and mother and to discern any way that you haven't so you make appropriate steps to do so.**

**Now , that you have finished the above questions ,** privately confess your issues to God. Then share with each other what you have learned. If it has affected your relationship with each other in a negative way, then ask for forgiveness. If you have been unduly critical of your in-laws, you should ask your spouse to forgive you. Verbally renounce all bondages in the name of the Lord Jesus Christ.

### **STEP ONE: ESTABLISH GOD'S PRIORITY FOR MARRIAGE**

**Objective: To understand what it means to leave father and mother and to discern any way that you haven't so you make appropriate steps to do so.**

Conclude Step One with the following prayer together:

**Dear Heavenly Father , we thank You for revealing these important issues to us . We rededicate our lives to You and to each other . Our desire is to become one flesh and one spirit in Christ. May Your Holy Spirit bond us together in love for You and for each other. Show us how we can rightly relate to our earthly parents and other relatives . Forgive us for any way we have dishonored our parents , and show us how we can honor them according to Your will. In Jesus' precious name we pray. Amen.**

**A note for those who have been married previously :** You may want to ask the Lord if there remains any unhealthy bonding between you and any ex-spouses and their families. The process would be the same as above.



## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

In this step, first ask the Lord to reveal to your minds the family sins and iniquities that have been passed on to you from previous generations. Second, as a couple, ask the Lord to reveal sins and wrong patterns of behavior within your marriage. Before you begin the first part, however, realize that most Christian families are just doing the very best they can, and it would be wrong to see ONLY their sins and iniquities. Take the time to encourage your spouse by sharing your answers to the following:

## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

In this step, first ask the Lord to reveal to your minds the family sins and iniquities that have been passed on to you from previous generations. Second, as a couple, ask the Lord to reveal sins and wrong patterns of behavior within your marriage. Before you begin the first part, however, realize that most Christian families are just doing the very best they can, and it would be wrong to see **ONLY** their sins and iniquities. Take the time to encourage your spouse by sharing your answers to the following:

**What habits, customs, traditions, and values have you observed in your spouse's family that you really appreciate?**

## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

Because of one man (Adam), sin entered into the world and consequently all have sinned. This transmission of sin has affected every generation and every people group of the world. The fact that there are generational cycles of abuse is a well-attested phenomena. Here is an opportunity to find freedom in Christ by breaking the curse of ancestral sins and by making a concerted effort to stop the cycles of abuse. If we do not face these issues, we will teach what we have taught, discipline our children the way we have been disciplined, and relate to our spouse the way our parents did. Scripture teaches that those who are fully trained will be like their teachers. Childhood training isn't just based on what is said, it's also based on what is modeled. Family values are more caught than taught.

When we were born physically alive but spiritually dead, we had neither the presence of God in our lives nor the knowledge of His ways. We were pre-programmed by sin to live our lives independently of God. During those formative years of our lives, we learned how to cope, survive, and succeed without God. When we came to Christ, nobody pushed the "clear" button in that marvelous computer we call our mind. That is why Paul says we must no longer be conformed to this world, but be transformed by the renewing of our minds (Romans 12:2).

## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

We have all developed many defense mechanisms to protect ourselves. Denial, projection, blaming, and many other self-protective behaviors are no longer necessary now that we are in Christ. We are accepted for who we are and that gives us the freedom to be real and honest. Jesus is our defense. We can walk in the light and speak the truth in love. We can't fix our past, but we can be free from it by the grace of God. Just trying not to be like our parents or other role models in our lives is still letting those people determine who we are and what we are doing. Thank God for the good lessons learned, but let the Lord renew your mind, and become free from your past.

Strongholds have been erected in our minds primarily from the environment in which we were raised and the traumatic experiences in our past. Those strongholds will affect our temperaments and the way we relate to our spouses and children. They will remain unless we renew our minds according to the Word of God. They result in patterns of behavior that we have learned over time.

**STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins  
in order to forsake and repent of them.**

**“Ah, Sovereign Lord, You have made the heavens and the earth  
by Your great power and outstretched arm. Nothing is too hard  
for You. You show love to thousands but bring the punishment of  
the fathers’ sins into the laps of their children after them.....”**

**(Jeremiah**

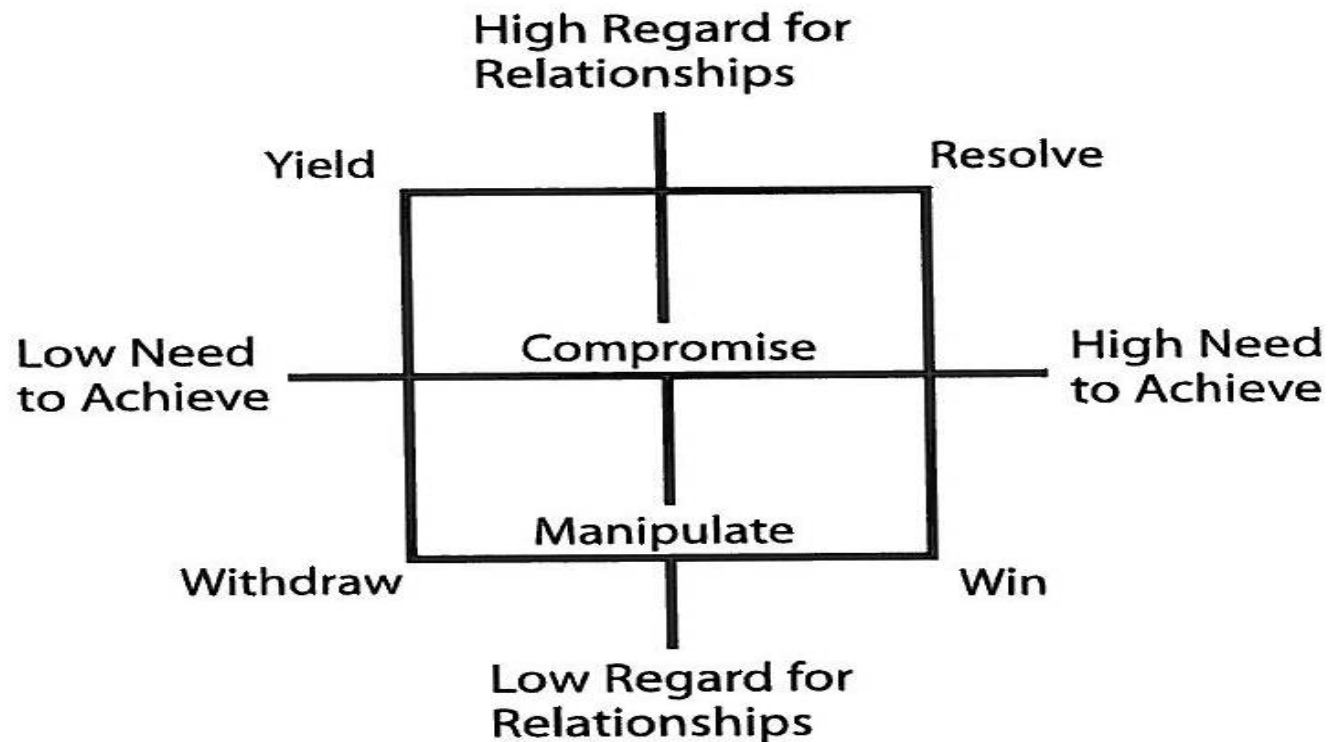
**32:17-18)**

## STEP TWO: BREAK CYCLES OF ABUSE

Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.

### A. Generational Sins (Exodus 20:5; Isaiah 65:6-7; Jeremiah 32:18)

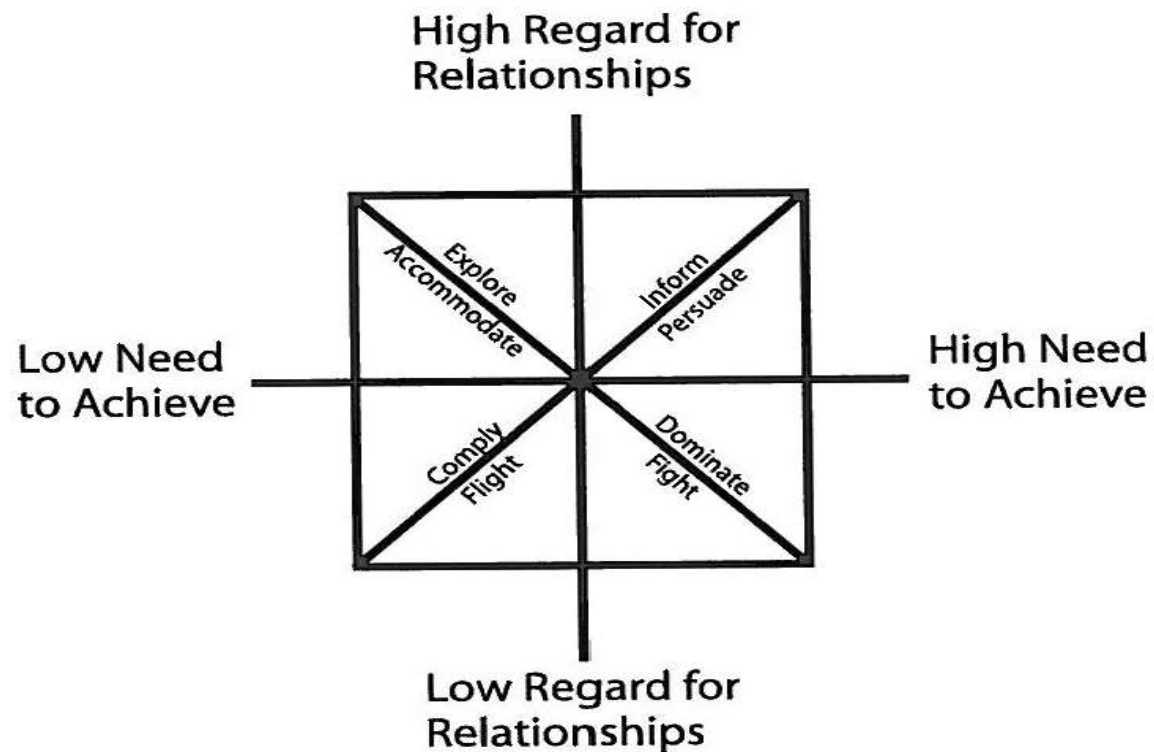
#### 1. Conflict Styles



## STEP TWO: BREAK CYCLES OF ABUSE

Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.

### 2. Communication Styles



## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins  
in order to forsake and repent of them.**

### **A. Generational Spiritual Oppression (Hosea 4:12-13)**

### **B. Generational Confession**

**(Leviticus 26:39-42; Nehemiah 9:2-3; Psalm 106:6; Jeremiah 14:19-21)**

### **C. Marital / Corporate Sins**

- 1. Breaking Spiritual Bondages**
- 2. Renewing the Mind**



## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

### **PART ONE: AS A COUPLE (OR GROUP), PRAY TOGETHER THIS PRAYER:**

**Dear Heavenly Father, You are the only perfect parent that we have. We thank You for our natural parents who brought us into this world. We acknowledge that they were not perfect, nor were our families and communities where we grew up. We ask that You reveal to our minds the dysfunctional patterns and family sins of our ancestors that have been going on for generations. Reveal to us the strongholds in our minds that have kept us from fully honoring You and embracing the truth. Give us the grace to face the truth and not to be defensive. Only You can meet our deepest needs of acceptance, security, significance, and a sense of belonging. We thank You that You have made us new creations in Christ. We desire to be free from our past so we can be all that You want us to be. In Jesus' Name we pray. Amen.**

## STEP TWO: BREAK CYCLES OF ABUSE

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

Allow the Lord to reveal any and all family sins of your ancestors. Each spouse should consider his /her own upbringing and family heritage . **Individually and honestly** address the following nine issues and write your answers down on paper.

1. What sins seemed to be repeated over and over again in your family, such as lying, criticizing, drinking, compulsive gambling, cheating , pride , bitterness , adultery , divorce , incest , sexual abuse, etc.?
2. How did each member of your family deal with conflict? How do you now deal with it?
3. How did each member of your family communicate? Can you speak the truth in love?
4. How did your parents discipline their children? How do you?

## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

- 5 . Where did your parents get their significance ? Security ? Acceptance? Where do you?
6. Did your parents exhibit the spiritual fruit of self-control or were they controllers or enablers? What are you?
7. What was their religious preference? What non-Christian beliefs (cultic or occultic ) or idols did they embrace ? (An idol can be anything that has greater prominence in their lives than Christ.)
8. What lies did they believe? How has this affected you?
9. What other ancestral sins has God revealed to your mind?

## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

After you have individually answered the questions, then share what you have learned with each other. Remember there is no condemnation for those who are in Christ Jesus (Romans 8:1), and we are to accept one another as Christ has accepted us (Romans 15:7). Mutual sharing allows both to understand and accept each other.

We are not responsible for our parents' sins, but because our parents sinned, we have been taught, trained, and disciplined in ways that may not be healthy. Denial and cover-up will only perpetuate the sins of our ancestors and affect us and our children. It is our responsibility to face these issues and stop the cycle of abuse so it is not passed on to the next generation. The Lord instructs us to confess our iniquity and the iniquity of our forefathers (Leviticus 26:40).

**STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

**Each spouse should now pray individually and out loud in the presence of the other the following prayer for every family sin of our ancestors that you have written down above.**

**Dear Heavenly Father, I confess and renounce (name every sin you wrote down) as sinful and displeasing to You. Thank You for Your forgiveness. I now turn from those sins, reject them, and ask You to break their hold on our marriage. In Jesus' Name I pray. Amen.**

## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

### **PART TWO: CURRENT PATTERNS IN YOUR MARRIAGE**

We are to confess not only the family sins of our ancestors but also our own sins. Individual and personal sins are dealt with in the personal “Steps to Freedom in Christ.” However, marriages also have corporate sins that must be confessed and forsaken. Corporate sins are patterns of behavior in marriage which are displeasing to God and contrary to His revealed will. They do not differ from individual sins in nature. Sin is still sin whether practiced by an individual or in a marriage. A pattern of sinfulness within a marriage, however, calls for husband and wife together to deal with it. Examples of corporate sin within marriage might be:

## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

1. Engaging together in sinful activities that displease God or damage others.
2. Taking part together in non-Christian religious rituals or any cult or occult ceremonies or practices.
3. Agreeing together on any sin: covering up for each other, lying, theft, adultery, divorce, cheating on taxes, drunkenness, child abuse, etc.
4. Withholding tithes and offerings from God.
5. Falling into patterns of gossip, slander, filthy language or other sins of the tongue in conversations with each other.
6. Tolerating sinful behavior in our children, especially while they live under our roof, such as foul language, sex outside marriage, gambling, alcohol, drugs, or anything that contradicts God's written Word.
7. Reading or viewing pornographic material or anything produced by psychics, mediums, occult practitioners, cults, or false religions.

## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

**As a couple, pray the following prayer together:**

**Dear Heavenly Father, as we seek You, bring to our minds all the corporate sins that we have committed in our marriage and family. Remind us of the sins of our ancestors and their families. Open our eyes to any tendency to repeat the same dysfunctional patterns. Give us discernment to identify and renounce corporate sins in our marriage that we have tolerated or have not dealt with adequately. Then grant us grace that we may confess them, renounce them, turn away from them, and commit ourselves never to return to them. In Jesus' cleansing name we pray. Amen.**



## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

Begin to identify your marriage's corporate sins TOGETHER. Usually this Step starts slowly but gradually gains momentum. Be patient and work for general agreement. When husband and wife reach a consensus on those items in the seven examples of corporate marriage sins (see the seven above), write them down on the worksheet TOGETHER.

Now, in the presence of each other, confess all that the Lord has revealed to you. Then ask each other's forgiveness for the ways that your involvement in these sins has hurt the other and damaged your marriage. When you both are finished, make the following declaration together ALOUD:

## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

**We confess and renounce our own corporate sins and all those sins of our ancestors. We declare by the grace of God that we are new creations in Christ. We commit ourselves and our marriage to the Lord Jesus Christ. We take our place in Christ and, by His authority, we command Satan to flee from us, our marriage, and our family. We belong to God, and we are a part of His family and under His protection. We put on the armor of God and commit ourselves to stand firm in our relationship to our Heavenly Father. We declare this together, in Jesus' name. Amen.**

## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

Satan's grip from generational sins and cycles of abuse can be broken instantly. However, it will take time to renew our minds and overcome patterns of the flesh. An experienced pastor or committed Christian counselor can often help in this process or even for some accountability.

We must accept one another and build up one another. Growth in character will also take time, and we must be patient with each other. Unconditional love and acceptance frees individuals so they can accept themselves and grow in the grace of the Lord.

## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

**Conclude this Step with the following prayer:**

**Dear Heavenly Father, thank You for Your unconditional love and acceptance. We give ourselves and each other to You. Enable us by Your grace to accept each other as You have accepted us and to be merciful as You have been merciful. Show us how we can build up one another, encourage one another, and forgive one another. We acknowledge that we have not attained the full stature of Christ, but we desire to be like You in our marriage and in all we do.**

## **STEP TWO: BREAK CYCLES OF ABUSE**

**Objective: To understand and discern generational and corporate sins in order to forsake and repent of them.**

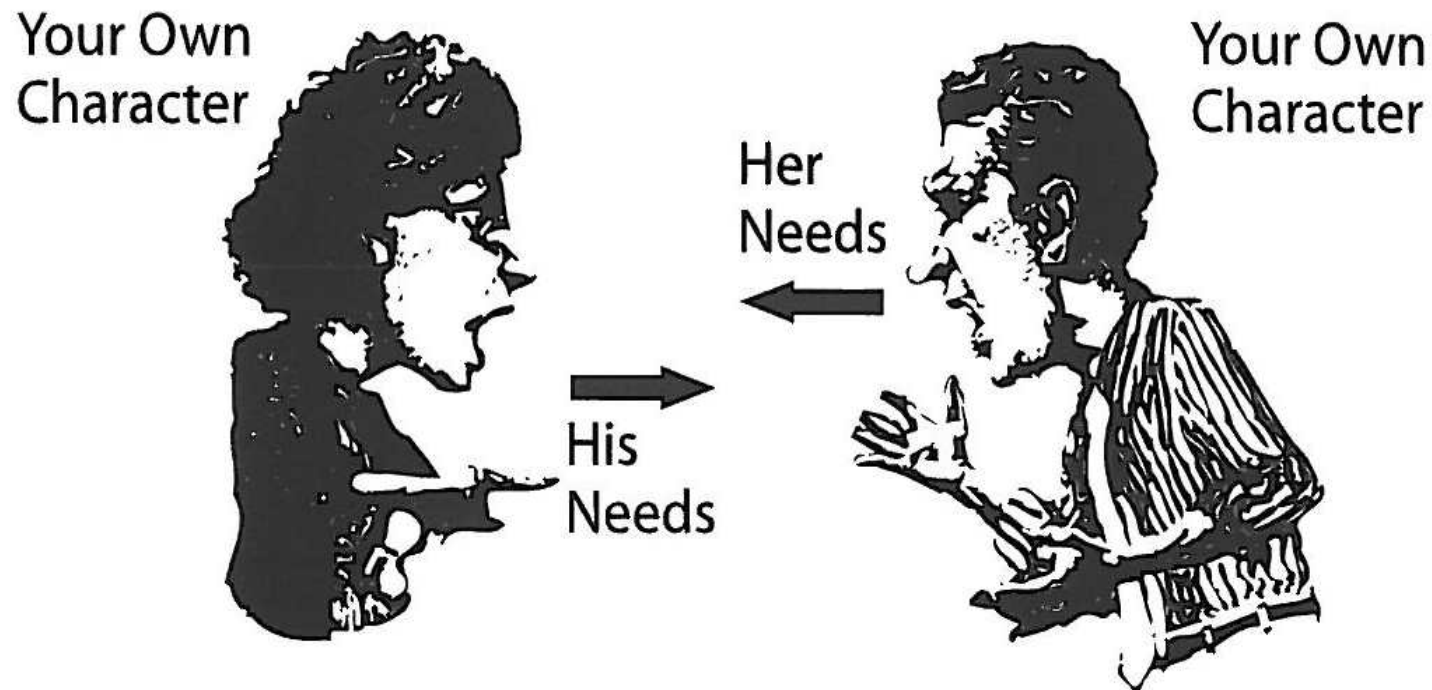
**We face up to our own corporate sins, as well as the family sins of our ancestors. We honestly, confess our participation in them and agree that this behavior is unacceptable to You. We disown them and repudiate them. In Jesus' name, we break all the influence of their dysfunctional patterns upon us and our marriage. We cancel out all advantages, schemes, and other works of the devil that have been passed from our ancestors to us and to our marriage. We break any foothold or stronghold built from the enemy's influence and we give our hearts to You for the renewing of our minds.**

**We invite the Holy Spirit to apply the shed blood of the Lord Jesus on Calvary's cross to our corporate sins and to our ancestral sins. Through God's grace, by faith, we claim the work of Christ in His death and resurrection as our ransom from sin, release from guilt, and removal of shame. In Jesus' precious name we pray. Amen.**

### STEP THREE: BALANCE RIGHTS AND RESPONSIBILITIES

**Objective:** To resolve interpersonal conflicts by assuming your biblical responsibility so you may live in harmony with the Lord and each other.

In this Step, ask the Lord to reveal to your minds any ways that you have not related to each other in a godly way. You are responsible for your own character and to meet the needs of your spouse.



### **STEP THREE: BALANCE RIGHTS AND RESPONSIBILITIES**

**Objective: To resolve interpersonal conflicts by assuming your biblical responsibility so you may live in harmony with the Lord and each other.**

**“Do nothing out of selfish ambition or vain conceit , but in humility consider others better than yourselves . Each of you should look not only to your own interests , but also to the interests of others. Your attitude should be the same as that of Christ Jesus” (Philippians 2:3-5).**

**“Who are you to judge someone else ’s servant ? To his own master he stands or falls. And he will stand, for the Lord is able to make him stand” (Romans 14:4).**

Let God be the judge of your spouse’s character , not you . Your responsibility is to love your spouse and let God do the changing.

### **STEP THREE: BALANCE RIGHTS AND RESPONSIBILITIES**

**Objective: To resolve interpersonal conflicts by assuming your biblical responsibility so you may live in harmony with the Lord and each other.**

## **The Languages of Love**

**(from The “5” Love Languages by Gary Chapman)**

Take a few moments and tell each other which of the following Languages of Love you enjoy....

1. Gifts: some people enjoy getting gifts.
2. Service: some people enjoy being served
3. Time: some people enjoy spending time together.
4. Touch: some people enjoy being touched.
5. Words: some people enjoy affirming words and “Thank you”.



### **STEP THREE: BALANCE RIGHTS AND RESPONSIBILITIES**

**Objective: To resolve interpersonal conflicts by assuming your biblical responsibility so you may live in harmony with the Lord and each other.**

Scripture teaches that we are to be submissive to one another's needs, which include loving, accepting, and respecting one another. Pray together the following prayer (as a couple or group), asking the Lord to reveal any ways that self-centered living and demanding your own rights have kept you from assuming your responsibility to love & accept one another.

**Dear Heavenly Father, we thank You for Your full and complete love and acceptance. Thank You that the unselfish sacrifice of Christ's death on the cross and His resurrection have met our greatest need for forgiveness and life. We ask You to reveal to our minds any ways that we have been selfish in our relationship with each other. Show us how we have not loved each other, accepted each other, respected each other, or submitted to the needs of each other in the fear of Christ. Show us how we have been angry, jealous, insecure, manipulative, or controlling. In Jesus' name we pray. Amen.**

### **STEP THREE: BALANCE RIGHTS AND RESPONSIBILITIES**

**Objective: To resolve interpersonal conflicts by assuming your biblical responsibility so you may live in harmony with the Lord and each other.**

**First, sit silently by yourself before the Lord and allow Him to reveal any and all ways that you have not submitted to each other in word or deed:**

1. Loved your spouse as you should have  
(Ephesians 5:22; Titus 2:4-5)
2. Accepted your spouse as you should have (Romans 15:7)
3. Respected your spouse as you should have (Ephesians 5:33)
4. Submitted to your spouse as you should have (Ephesians 5:21)
5. Appreciated your spouse as you should have (1 Peter 3:1-9)
6. Trusted God to bring conviction and self-control in your spouse  
(John 16:8; Galatians 5:23)

### **STEP THREE: BALANCE RIGHTS AND RESPONSIBILITIES**

**Objective: To resolve interpersonal conflicts by assuming your biblical responsibility so you may live in harmony with the Lord and each other.**

**Now**, referring to these above questions, verbally confess what the Lord has shown you, and ask your spouse's forgiveness for not being what God called you to be.

**Next, what personal needs do you feel are not being met in your life (eg. I don't feel loved, accepted, appreciated, etc.)? Share feelings and real life examples.**

**(Caution:** Do not attack the other person's character or suggest what the other person should or should not do. This is her or his responsibility.) Do not overlook the times and ways that you have communicated rejection, disrespect, or shown a lack of appreciation.

### **STEP THREE: BALANCE RIGHTS AND RESPONSIBILITIES**

**Objective: To resolve interpersonal conflicts by assuming your biblical responsibility so you may live in harmony with the Lord and each other.**

**Finally , reinforce your spouse 's attempt to love you by completing the following:**

1. I really feel loved when you do or say:
2. I really feel accepted when you do or say:
3. I really feel respected when you do or say:
4. I really feel appreciated when you do or say:

Share now , with each other the times and ways that your spouse has shown love, acceptance, respect, and appreciation for you.

### **STEP THREE: BALANCE RIGHTS AND RESPONSIBILITIES**

**Objective: To resolve interpersonal conflicts by assuming your biblical responsibility so you may live in harmony with the Lord and each other.**

**Conclude this Step with the following prayer of commitment:**

**Dear Heavenly Father , we have fallen short of Your glory and have not lived up to our responsibilities . We have been selfish and self-centered . Thank You for Your forgiveness . We commit ourselves to an increasing pattern of love , acceptance , and respect for each other . We will submit to each other's needs in reverence to Christ . Restore to us our first love . In Jesus' name we pray . Amen .**

#### **STEP FOUR: BREAK SEXUAL BONDAGE**

**Objective: To re-establish sexual freedom and purity in your marriage relationship.**

**Step Six: “Bondage vs. Freedom”**

**Note: Before you begin Step Four, “INDIVIDUAL” freedom from sexual bondage must be achieved. You should have already dealt with your individual issues in Step Six: “Bondage vs. Freedom” in the “Steps to Freedom in Christ”. If you have not dealt with them, you can go through the next slides in order to do so. As was mentioned in the introduction everyone is strongly encouraged to work through the “Steps to Freedom in Christ” for individuals for the complete process.**

#### **STEP FOUR: BREAK SEXUAL BONDAGE**

**Objective: To re-establish sexual freedom and purity in your marriage relationship.**

**Step Six: "Bondage vs. Freedom"**

**For those needing to work through this step "individually".  
Bondage vs. Freedom (Step Six: "Steps to Freedom in Christ")**

It is our responsibility not to allow sin to have control over our bodies. We must not use our bodies or another person's body as an instrument of unrighteousness (Romans 6:12-13). If you are struggling with sexual sins that you cannot stop (such as pornography, masturbation, sexual immorality, etc. ) then pray as follows:

**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.**

#### **STEP FOUR: BREAK SEXUAL BONDAGE**

**Objective: To re-establish sexual freedom and purity in your marriage relationship.**

**Step Six: "Bondage vs. Freedom"**

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, "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).**



#### **STEP FOUR: BREAK SEXUAL BONDAGE**

**Objective: To re-establish sexual freedom and purity in your marriage relationship.**

**Step Six: "Bondage vs. Freedom"**

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

**Lord , I renounce all the uses of my body as an instrument of unrighteousness and I admit to my willful participation. I choose now to present my eyes, mouth, mind, heart, hands, feet, and sexual organs to You as instruments of righteousness. I present my whole body to You as a living sacrifice , holy and acceptable , and I choose to reserve the sexual use of my body for marriage only (Hebrews 13:4).**

**I reject the devil's lie that my body is not clean or that it is dirty or in any way unacceptable to You as a result of my past sexual 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.**

#### **STEP FOUR: BREAK SEXUAL BONDAGE**

**Objective: To re-establish sexual freedom and purity in your marriage relationship.**

**Step Six: "Bondage vs. Freedom"**

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.**

**Now you may move on to STEP 4.**

## **STEP FOUR: BREAK SEXUAL BONDAGE**

**Objective: To re-establish sexual freedom and purity in your marriage relationship.**

### **Sexual purity:**

**“For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; that each of you know how to possess his own vessel in sanctification and honor, not in lustful passion, like the Gentiles who do not know God.” (1 Thess.4:3-5)**

### **Sexual need:**

**“The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife’s body does not belong to her alone but also to her husband. In the same way, the husband’s body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer” (1 Corinthians 7:3-5).**

## **STEP FOUR: BREAK SEXUAL BONDAGE**

**Objective: To re-establish sexual freedom and purity in your marriage relationship.**

### **Sexual honor:**

**“Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral” (Hebrews 13:4).**

### **Sexual lust:**

**“But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart”**

**(Matt. 5:28).**

A spouse cannot resolve his/her partner's problem with lust; only Christ can break that bondage. It may be necessary to read “Finding Freedom in a Sex-Obsessed World” if neither or both have been struggling with sexual bondage. However, you can and should meet one another's sexual needs.

#### **STEP FOUR: BREAK SEXUAL BONDAGE**

**Objective: To re-establish sexual freedom and purity in your marriage relationship.**

#### **TOGETHER AS A COUPLE (OR GROUP) PRAY THE FOLLOWING:**

**Dear Heavenly Father, we know that You desire for us to be free from sexual bondage and to be responsive and respectful of each other's needs. Free us from our lust and may our sexual union be one of honest love and respect for each other. We now ask You to reveal to our minds any way that we have sexually violated our marital commitment to each other. Give us the grace to speak the truth in love and the desire to be intimately bonded together sexually. If we have not been honest about our sexual needs and desires, show us how to be honest and express our desires to our mate. Give us the freedom to communicate in such a way that we may fully express our love for each other. In Jesus' precious name we pray. Amen.**

#### **STEP FOUR: BREAK SEXUAL BONDAGE**

**Objective: To re-establish sexual freedom and purity in your marriage relationship.**

Sit silently before the Lord and allow Him to guide you. Ask Him to cover these next few minutes with grace. Sex is a very intimate expression of love and can be a tremendous cause for guilt and insecurity when experienced outside the will of God. The following questions to consider will show areas where you may have opened the door to the enemy, and brought bondage to your marriage:

1. In what way have you been honest about your sexual relationship together?
2. What have you been doing together that you now think to be wrong?
3. How have your consciences been violated? Or have either of you violated the conscience of the other?

Now answer the above questions TOGETHER. These questions need to be answered honestly and forgiveness of each other sought. The best way to find out if you have violated the other person's conscience is to ask!

#### **STEP FOUR: BREAK SEXUAL BONDAGE**

**Objective: To re-establish sexual freedom and purity in your marriage relationship.**

**Complete this step with the following prayer:**

**Dear Heavenly Father, we stand naked before You. You know the thoughts and intentions of our hearts. We desire to be sexually free before You and with each other. We acknowledge that we have sinned. Thank You for Your forgiveness and cleansing. We now give our bodies to You and to each other. Fill us with Your Holy Spirit and bond us together in love. May our sexual relationship be holy in Your sight and an expression of our love to each other. In Jesus' name we pray. Amen.**

**Then declare:**

**In the name and authority of the Lord Jesus Christ, we command Satan to leave our presence. We present our bodies to the Lord Jesus Christ and reserve the sexual use of our bodies for each other only. We renounce the lie of Satan that sex is dirty or that our bodies are dirty. We stand naked and unashamed before God and each other. In Jesus' Almighty Name we pray. Amen.**

### **STEP FIVE: RELEASE OLD HURTS**

**Objective: To overcome the bondage of bitterness  
by finding freedom through forgiveness from our past hurts.**

Forgiveness is what sets us free from our past. It is routinely necessary in any marriage because we don't live with perfect people. Resentment and bitterness will tear us apart. Forgiveness is the first step in reconciliation which is essential for bonding together. We also need to forgive others so that Satan cannot take advantage of us (2 Corinthians 2:10-11). We are to be merciful just as our Heavenly Father is merciful (Luke 6:36). We are to forgive as we have been forgiven (Ephesians 4:31-32).

Start this step by making a time line, beginning with the day you first met and ending with today as shown below. TOGETHER, on the top of the line, list all the "good memories" you have had together in your marriage. On the bottom, list all the "painful memories". (see next slide).....



**STEP FIVE: RELEASE OLD HURTS**

**Objective: To overcome the bondage of bitterness  
by finding freedom through forgiveness from our past hurts.**

**(Write GOOD MEMORIES here)**



**(Write PAINFUL MEMORIES here)**

**STEP FIVE: RELEASE OLD HURTS**

**Objective: To overcome the bondage of bitterness  
by finding freedom through forgiveness from our past hurts.**

Now, thank the Lord aloud in the presence of each other for the good memories that have been especially meaningful in your relationship.

**Lord, I thank You so much for**

**(name each good memory separately).**

### **STEP FIVE: RELEASE OLD HURTS**

**Objective: To overcome the bondage of bitterness by finding freedom through forgiveness from our past hurts.**

After thanking the Lord aloud for the good memories of your marriage, pray together the following prayer. Then follow this with a few moments of silent prayer, allowing the Lord to help you recall the painful experiences and traumatic events of your marriage.

**Dear Heavenly Father, sometimes pain has come to us through circumstances, sometimes from other people, sometimes from each other. Whatever the cause, surface in our minds all the pain that You want us to deal with at this time. Let us get in touch with the emotional core of hurt, heartache, trauma and threat that has damaged our marriage. Show us where we have allowed a root of bitterness to spring up, causing trouble and defiling many. In Jesus' precious name we pray. Amen.**

**CAUTION: This step is NOT for "blame-casting", but for pain-sharing!!!**

## **STEP FIVE: RELEASE OLD HURTS**

**Objective: To overcome the bondage of bitterness by finding freedom through forgiveness from our past hurts.**

Now, using the list of PAINFUL MEMORIES take time to process this list that the Lord has brought to your mind. Use real names, places, and dates as much as possible. It is nearly impossible to get in touch with the emotional core of pain without using the people's names and recalling specific events. It is easy to pick up each other's offenses. It is also easy to turn bitter toward those who, we perceive, have wrongly influenced our spouses (even when our spouses don't see it). Jealousy can also create bitterness.

**ONE WORD OF CAUTION: Everything is to be spoken in love and respect.** This is not a time for malicious talk. It is a time to bring healing to damaged emotions and to free ourselves from our pasts. Simply record what happened and how you felt about it. Each spouse can say "Amen" when finished. Understand that forgiveness is not forgetting. Forgiveness may lead to forgetting, but trying to forget only complicates forgiveness. Before you start the forgiveness process, please recall these ten steps to forgiveness.

## **STEP FIVE: RELEASE OLD HURTS**

**Objective: To overcome the bondage of bitterness  
by finding freedom through forgiveness from our past hurts.**

1. Allow yourself and your spouse to feel the pain, hurt, resentment, bitterness and hate (Matt.5:4)
2. Submit to God, recalling how Christ forgave you (Matt.18:21-35; Eph.4:32; Col.3:13; James 4:7-8)
3. Ask for Christ's grace and power to forgive (Luke 11:9-10)
4. Agree to live with the unavoidable consequences of the other person's sin against you (Col.3:13; Eph.5:21)
5. Release the offense. Tear up the moral, personal, or relational debt that the other person owes you (Matt.6:12)
6. Never bring up a past offense again as a weapon against your spouse (Romans 12:17)
7. Keep forgiving when your emotions recycle the pain or when the other person keeps offending you (Matt.18:21-22)
8. Reject the sinful act and tolerate it no longer (Romans 12:21)
9. Turn the vengeance over to God and over to God's human authorities (Romans 12:19-20)
10. Replace the old resentful feelings with the forgiving love of Christ (Eph.4:31-32)

## **STEP FIVE: RELEASE OLD HURTS**

**Objective: To overcome the bondage of bitterness  
by finding freedom through forgiveness from our past hurts.**

**Do not make forgiveness more difficult than it already is. Some things we don't have to do:**

1. We don't have to feel good about the person who hurt us – either before or after we forgive.
2. We don't have to tell the offender or other people about our resentful feelings unless the Holy Spirit guides us to do so. Matthew 5:23-26 does tell us to seek forgiveness and be reconciled to those we have offended as the Holy Spirit would guide.
3. We don't have to wait until we feel like forgiving. We can choose to obey God's Word right now.

Each person is to lift the painful memories before the Lord, asking for courage to face the pain honestly and for grace to forgive fully. Releasing the offenses results in relieving the pain.

**STEP FIVE: RELEASE OLD HURTS**

**Objective: To overcome the bondage of bitterness  
by finding freedom through forgiveness from our past hurts.**

**Now, item by item, individually, forgive each person you recall and release the offenses as follows:**

**Lord, I forgive (name) for**

**(specifically identify all offenses and painful memories).**

## **STEP FIVE: RELEASE OLD HURTS**

**Objective: To overcome the bondage of bitterness by finding freedom through forgiveness from our past hurts.**

Prayerfully focus on each person until every remembered pain has surfaced. Be sure to include your husband or wife and every painful memory in your marriage. Both spouses should also ask the Lord's forgiveness and forgive themselves as needed. Bitterness hardens the heart, but forgiveness softens it. After you have completed the above, pray the following prayer, and make the following declaration together out loud:

**Dear Heavenly Father, we thank You for Your unconditional love and forgiveness. It is Your kindness and patience that has led us to repentance. In the name of Jesus and with His kindness and tenderness, we forgive each person who has ever hurt us, our family, or our marriage. We forgive each other for the pain that has come through weakness, poor judgment, and outright sin. We accept Your forgiveness of ourselves for the pain and damage caused in our marriage.**

**By Your grace bring healing, help, and hope to those who have hurt us and to those who have been hurt by us. We bless them all in the Name of our Lord Jesus Christ, who taught us, "..... Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who mistreat you" (Luke 6:27-28). According to Your Word, we pray for those who have hurt us, in the precious name of Jesus Christ. Amen.**



### **STEP FIVE: RELEASE OLD HURTS**

**Objective: To overcome the bondage of bitterness  
by finding freedom through forgiveness from our past hurts.**

Now TOGETHER, make the following declaration:

**By the authority of the Lord Jesus Christ Who is seated at the Heavenly Father's right hand, we assume our responsibility to resist the devil. We declare that we are crucified, buried, made alive, raised up, and seated with Christ at the right hand of God. In union with Christ and with His authority, we command Satan to release any foothold in our lives or any influence on our marriage. Satan, in the all-powerful name of the Crucified, Risen, and Reigning Lord Jesus Christ, leave our presence and our marriage. Do not come back. Take away with you all your lingering effects upon our memories, our relationships, our present thoughts, and our future together. In Jesus' powerful name we pray. Amen.**

## **STEP SIX: UNMASK SATAN'S DECEPTIONS**

**Objective: To discern how Satan is attacking your marriage and your home so you can stand firm in your faith and resist the evil one.**

**“Finally be strong in the Lord and in His mighty power. Put on the armor of God so that you can take your stand against the devil’s schemes. 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” (Ephesians 6:10-12).**

**A. Winning the battle for the mind (2 Corinthians 10:3-5).**

**B. Identifying continuing patterns of defeat (1 John 5:18-21).**

**C. Praying at all times in the Spirit (Ephesians 6:18).**

**D. Committing to the Lord all with which you’ve been entrusted as a good steward (1 Cor.4:1-2).**

### **STEP SIX: UNMASK SATAN'S DECEPTIONS**

**Objective: To discern how Satan is attacking your marriage and your home so you can stand firm in your faith and resist the evil one.**

The goal of Satan is to discredit the work of Christ and tear apart your marriage and family. His primary weapons are deception, temptation and accusation. He also uses harassment, discouragement, depression, and disillusionment. When we buy his little lies, we turn against God and each other. Our homes become a battle ground instead of a proving ground. The desire is for every member of the family to be part of the building crew, rather than the wrecking crew. The tongue is the instrument he uses the most. We either become tongue tied and refuse to speak the truth in love or we allow the tongue to become a destructive weapon.

If only one member of the family pays attention to the Holy Spirit, it will have strengthening effects upon every other member. On the other hand, if only one member pays attention to a deceiving spirit, it will have weakening effects upon every other member as well. The purpose of this Step is to unmask the evil one's deceptions and stand against his attacks in the power of the Holy Spirit.

### **STEP SIX: UNMASK SATAN'S DECEPTIONS**

**Objective: To discern how Satan is attacking your marriage and your home so you can stand firm in your faith and resist the evil one.**

Satan uses real people to mount his attacks . These attacks may come from deceived or evil people inside or outside our families; for example, a friend or co-worker may lead your spouse into an adulterous affair. The attacks may come through relatives or neighbors who use their tongues as destructive weapons. They may come from people who give us bad counsel to leave our marriage or abandon our children. They may even possibly come through Satanists who use occultic rituals or blood sacrifices in an evil attempt to destroy our families and, therefore, our testimonies.

Ask the Lord to show you the nature of these attacks so you can stand against them and be united as one family under the Lordship of Christ.

### **STEP SIX: UNMASK SATAN'S DECEPTIONS**

**Objective: To discern how Satan is attacking your marriage and your home so you can stand firm in your faith and resist the evil one.**

#### **PRAY THE FOLLOWING PRAY AS A COUPLE (OR A GROUP):**

**Dear Heavenly Father, we stand under Your authority. We give thanks that You are our hiding place, our protection, and our refuge. We clothe ourselves and our marriage with the Lord Jesus Christ and with the full armor of God. We choose to be strong in You, Lord, and in the power of Your might. We stand firm in our faith, submit to You God, and resist the devil. Open our eyes to see the attacks of the evil one against us, our marriage and our family. Give us spiritual discernment to become aware of Satan's schemes, not ignorant of them. Open our eyes to the reality of the spiritual world in which we live. We ask You for the ability to discern spiritually so we can judge rightly between good and evil. As we wait silently before You, reveal to us the attacks of Satan against us, our marriage, our family, and our ministries in order that we may stand against them and expose the father of lies. In Jesus' discerning name we pray. Amen.**

## STEP SIX: UNMASK SATAN'S DECEPTIONS

**Objective: To discern how Satan is attacking your marriage and your home so you can stand firm in your faith and resist the evil one.**

**Make a list** of whatever God brings to your minds. Look for patterns which seem to repeat themselves, such as conflicts that always break out before church or family devotions. Think of any unresolved conflicts in your marriage that keep recurring.

Sinful activities need to be renounced. Attacks that come from the enemy because of our obedience to Christ need to be understood so we can recognize them and stand against them in the future. As a family, we need to understand how we “**...wrestle not against flesh and blood, but against the powers of darkness....**” (Ephesians 6:12). We don't want to be blindfolded warriors who strike out at ourselves or each other. When you tear down a satanic stronghold which has been established in your family, you may have some resistance.

### **STEP SIX: UNMASK SATAN'S DECEPTIONS**

**Objective: To discern how Satan is attacking your marriage and your home so you can stand firm in your faith and resist the evil one.**

Now , complete the following two questions INDIVIDUALLY . Then share your answers with each other.

1. Repeating mental thoughts that cause you to close your spirit toward God and each (1 Timothy 4:1; 2 Corinthians 10:3-5).
2. Recurring times or situations that cause distraction , confusion , and disorientation in your marriage and home (usually during family discussions, devotions , and times surrounding church or ministry opportunities ) ( 1 Thess.2:18).

## **STEP SIX: UNMASK SATAN'S DECEPTIONS**

**Objective: To discern how Satan is attacking your marriage and your home so you can stand firm in your faith and resist the evil one.**

**After you've shared your answers with each other, verbally make the following declaration and then pray the following declaration and prayer:**

### **DECLARATION**

**As children of God who have been delivered from the power of darkness and translated into the Kingdom of God's dear Son, we submit to God and resist the devil. We cancel out all demonic working that has been passed on to us from our ancestors. We have been crucified and raised with our Lord Jesus Christ, and we now sit enthroned with Him in heavenly places. We renounce all satanic assignments that are directed towards us, our marriage, our family, and our ministry. We cancel every curse that Satan and his deceived, misguided workers have put on us and our marriage. We announce to Satan and all his forces that Christ became a curse for us when He died on the cross. We reject any and every way in which Satan may claim ownership of us. We belong to the Lord Jesus Christ who purchases us with His own blood. We reject all other occultic rituals and blood sacrifices whereby Satan may claim ownership of us, our marriage, and our children. We declare ourselves to be eternally and completely signed over and committed to the Lord Jesus Christ. By the authority we have in Jesus Christ, we now command every familiar spirit and every enemy of the Lord Jesus Christ to leave our presence and our homes forever. We commit ourselves to our Heavenly Father to do His will from this day forward.**



## **STEP SIX: UNMASK SATAN'S DECEPTIONS**

**Objective: To discern how Satan is attacking your marriage and your home so you can stand firm in your faith and resist the evil one.**

### **PRAYER:**

**We come to You as Your children, purchased by the blood of the Lord Jesus Christ. You are the Lord of the universe and the Lord of our lives. We yield our rights to You as the Lord of our marriage. We submit our bodies to You as instruments of righteousness, a living sacrifice, that we may glorify You in our bodies and in our marriage. We reserve the sexual use of our bodies for each other only. We now ask You to fill us with Your Holy Spirit. We commit ourselves to the renewing of our minds in order to prove that Your will is good, perfect, and acceptable to us. We commit ourselves to take every thought captive to the obedience of Christ. All this we do in the name and authority of the Lord Jesus Christ. Amen.**

### **STEP SIX: UNMASK SATAN'S DECEPTIONS**

**Objective: To discern how Satan is attacking your marriage and your home so you can stand firm in your faith and resist the evil one.**

Next, you need to commit your home to the Lord. Have you brought any foreign objects into your home that could serve as idols or that were ever used for non-Christian religious purposes? These could provide grounds for Satan to have access to your home. Are there any pornographic videos, magazines or books, occult or false religion materials, or anything else that needs to be cleansed from your home? Ask the Lord to reveal any such sins or articles in your home.

### **STEP SIX: UNMASK SATAN'S DECEPTIONS**

**Objective: To discern how Satan is attacking your marriage and your home so you can stand firm in your faith and resist the evil one.**

Now, complete "A" and "B" below TOGETHER:

1. Improper stewardship (1 Cor.4:1-2)

A. Sins that were tolerated in your home

B. Anti-Christian objects brought into the home

Covenant before the Lord to remove all these items from your home and burn or destroy them. Then commit your home to the Lord as follows:

## **STEP SIX: UNMASK SATAN'S DECEPTIONS**

**Objective: To discern how Satan is attacking your marriage and your home so you can stand firm in your faith and resist the evil one.**

Dear Heavenly Father, we acknowledge that You are Lord of all. All things You have created are good and You have charged us to be good stewards of all that You have entrusted to us. Thank You for what You have provided for our family. We claim no ownership of what You have entrusted to us. We dedicate our home to You, our living quarters, our work space, and all the property, possessions and finances that you have entrusted to us. We promise to remove from our home anything and everything that displeases you.

We renounce any attacks, devices or ceremonies of the enemy or his people designed to claim any ownership of that with which we have been entrusted. We have been bought and purchased by the blood sacrifice of our Lord Jesus Christ. We claim our home for our family as a place of spiritual safety and protection from the evil one. We renounce anything and everything that has taken place in our home by us, or by those who lived in our house before us, that does not please our Heavenly Father. We ask for Your divine protection around our home and our family. We desire to honor You in all our ways. Thank You for Your protection.

Lord, You are the King of our lives and our marriage and we exalt You. May all that we do bring honor and glory to You. In Jesus' holy name we pray. Amen.

### **STEP SIX: UNMASK SATAN'S DECEPTIONS**

**Objective: To discern how Satan is attacking your marriage and your home so you can stand firm in your faith and resist the evil one.**

**Then declare:**

**As children of God, seated with Christ in the heavenly places, we command every evil spirit to leave our presence and our home. We renounce all attacks against our house, property, possessions, and our very selves. We announce to Satan and all his workers that our marriage, our family, and all that our Heavenly Father has entrusted to us belongs to the Lord Jesus Christ. We submit completely to the direction and guidance of the Holy Spirit. In Jesus' name we pray. Amen.**

## **STEP SEVEN: RENEW CHRISTIAN MARRIAGE**

**Objective: To renew your marriage vows in Christ.**

All who marry, whether Christian or not, become part of God's creation order of marriage (Genesis 1:26-28; 2:18-25). A "creation order" is a God-given longing built into the fabric of human life. As a result of this God-given longing, every culture and all people groups on earth practice marriage in some form. No exceptions! Violating marriage breaks the order of creation and always brings terrible consequences.

When our partner (or both) knows Jesus Christ as Lord and Savior, their marriage becomes "sanctified" or set apart as holy, part of God's new Christian order (1 Cor. 7:14). They commit themselves to Christ's new creation in marriage, and enter a marriage covenant before God and one another. Christian marriage far exceeds a mere social contract. Marriage as a social contract is only a legal agreement between two parties. Christian marriage is a lifelong covenant with binding vows, spoken before God and human witnesses. If the vows are broken, they bring God's judgment. If they are kept, they bring God's rewards.

**STEP SEVEN: RENEW CHRISTIAN MARRIAGE**  
**Objective: To renew your marriage vows in Christ.**

Satan's lie is that we are married singles, bound only by human relationship and a social contract. That means marriage can be broken whenever either party feels the partners have "irreconcilable differences." In Christ, there are no irreconcilable differences. We have been reconciled to Him, and we have been given the ministry of reconciliation.

God's truth is that the marriage vows bind us into the organic union of Christian marriage, a new creation that lasts until the death of one of the spouses. A contract can be canceled, but a new creation lasts a lifetime. Contracts can be broken or renegotiated, but a new creation either grows toward fulfillment or is violated.

Living in obedience to God's Word in Christian marriage (or any other part of life) brings the Lord's shelter of protection (Psalm 91). It results in God's blessings, including children who are set apart for God's purposes (1 Corinthians 7:14). By God's grace His blessings extend not only to those who are faithful to Him, but also to their descendants for many generations to come (Ex.20:6; Deut.7:9; Luke 1:50). Violating marriage brings God's curse, not only upon ourselves, but also upon our descendants for three or four generations (Ex.34:7; Numbers 14:18; Jeremiah 32:18).

## **STEP SEVEN: RENEW CHRISTIAN MARRIAGE**

**Objective: To renew your marriage vows in Christ.**

**TOGETHER AS A COUPLE (OR GROUP) VERBALLY MAKE THIS DECLARATION:**

**We submit ourselves and our marriage to God, and we resist the devil. Satan, we renounce you in all your works and all your ways. In the all-powerful name of the Lord Jesus Christ, we command you to leave our marriage. Take all of your deceitful spirits, evil demons and fallen angels with you, and go to the place where Jesus sends you. Leave us and our marriage and don't come back. Take with you all of your temptations to violate our marriage vows. Take with you all of your accusing and demeaning side thoughts we could have against each other. Take with you all of your deceptions that contradict God's written Word. The Lord Jesus Christ has torn down your demonic authority, and we stand against your influence and activity toward our lives and our marriage.**

**You are a defeated foe, disarmed of your weapons, and made a public spectacle by the cross of Christ (Col.2:15). Greater is He that is in us than he that is in the world (1 John 4:4). The prince of this world now stands condemned (John 16:11). Christ has the supremacy over every evil throne, power, rule or authority (Col.1:16). Jesus shared our humanity so that by His death He might destroy him who holds the power of death – that is, the devil (Heb.2:14). We resist you by the authority of Christ and because we are alive in Him; therefore, you must flee from us (James 4:7).**



**STEP SEVEN: RENEW CHRISTIAN MARRIAGE**  
**Objective: To renew your marriage vows in Christ.**

**TOGETHER AS A COUPLE (OR GROUP) PRAY ALOUD:**

Heavenly Father, we gladly acknowledge that You created marriage and family life for Your glory. Thank You for designing marriage as a “creation order”, woven into the fabric of human society. We commit ourselves anew to a covenant of Christian marriage with all its blessings.

We renounce the lie of the devil that we are married singles, bound only by a human relationship and a social contract. We recall that our marriage is binding as long as we both shall live. We acknowledge that we can never violate our marriage vows without bringing lasting damage upon ourselves, our children and our descendants for three or four generations to come.

We confess that we have not perfectly lived up to our marriage vows. We confess that we have not always lived as one in Christ. We have fallen short of Your perfect will by our own selfishness and sin. We gladly accept Your forgiveness of our sins through the blood of Christ on the cross (1 John 2:1-2). By grace through faith we receive Christ’s abundant life into our hearts and His holiness into our marriage (John 10:10b; 1 Corinthians 7:14).

## **STEP SEVEN: RENEW CHRISTIAN MARRIAGE**

**Objective: To renew your marriage vows in Christ.**

**We crucify our own fleshly lusts and sinful desires which tempt us to ignore or violate our marriage vows (1 Peter 2:11; Galatians 5:24). We clothe ourselves and our marriage with the Lord Jesus Christ and His armor of light (Romans 13:12-14; Galatians 3:26-27). We give ourselves to live by the Spirit in daily obedience to Christ (Galatians 5:16; 1 Peter 1:2).**

**We announce that in Christ we have all the spiritual blessings we need to live out our new creation. We affirm that we are one in Christ Jesus – one marriage, one flesh, one family (Eph.1:3; 3:14-15; Genesis 2:24; Mark 10:6-9). We submit ourselves and our marriage to the ownership of our Heavenly Father, to the Lordship of Jesus Christ, and to the power of the Holy Spirit. From this day forward, we ask You to use our marriage to display Your splendor before our children. We invite You to work through us to show Your glory in the midst of a corrupt and wicked generation. In Jesus' glorious name we pray. Amen.**

**STEP SEVEN: RENEW CHRISTIAN MARRIAGE**  
**Objective: To renew your marriage vows in Christ.**

When you were first married you spoke vows that said, “I take thee as my lawful, wedded wife or husband.” In this renewal of vows, become a giver instead of a taker. Please note the slight change in wording from “I take you as my wedding husband or wife” to “I give myself to you to be your husband or wife.” As you hold hands and face each other, first the husband, and then the wife, repeats the following. In a group setting, a minister of the gospel can lead this renewal of VOWS.

**“I, \_\_\_\_\_ give myself to you, \_\_\_\_\_, to be your wedded (husband or wife), to have and to hold from this day forward, for better or for worse, for richer or for poorer, in sickness and in health, to love and to cherish, until death do us part, according to God’s holy Word; and hereto, I pledge you in my faithfulness.”**

## LIVING FREE IN CHRIST

**Intimacy and freedom must be maintained.** You have won a very important battle in an ongoing war. Freedom is yours as long as you keep choosing truth and standing firm in the strength of the Lord. If more painful memories should surface, or if you become aware of lies that you have been believing, renounce them and choose the truth. Some couples have found it helpful to go through these Steps again.

If you haven't already done so, please read "Victory Over the Darkness" and "The Bondage Breaker". If you are a parent, we suggest reading "The Seduction of our Children". "Finding God's Will in Spiritually Deceptive Times" was written to help people understand God's guidance so they are able to discern counterfeit guidance. In order to maintain your freedom, we suggest the following:

## LIVING FREE IN CHRIST

1. Become active together in a Christ-centered church, a small Christian group, and a ministry for Christ. Build healthy allies for your marriage. Step outside of yourselves for Christ.
2. Study your Bible daily, pray, and be sensitive to the leading of the Holy Spirit. We also suggest reading one chapter together every day of “Who I Am in Christ’ for the next 36 days. Then use the devotional, “Daily in Christ”, by Neil and Joanne Anderson.
3. Review and apply your personal freedom in Christ . Remind yourselves of your identity in Christ, winning the battle for the mind, and processing the “Steps to Freedom in Christ” (personal freedom) as an ongoing personal inventory. The Lord uses marriage to reveal more layers of the “selfish” onion He wants to peel off.
4. Take every thought captive to the obedience of Christ . Assume responsibility for private thoughts, reject the lie, choose the truth, stand firm in your identity in Christ.
5. Don’t drift away! It is very easy to get lazy in your thoughts and revert back to old habit patterns of thinking. Share struggles openly with each other. See the suggest daily pray further down.
6. Don’t expect your spouse to fight your battles. While you can help each other, no one else can think, pray, or read the Bible for you.
7. If serious problems still prevail, seek out a competent Christian pastor or counselor who is committed to the biblical institution of marriage, and not just to the individual apart from marriage.

## **LIVING FREE IN CHRIST**

### **PRAY DAILY WITH CONFIDENCE AS FOLLOWS:**

**We honor You as our sovereign Lord. We acknowledge that You are always present with us. You are the only all-powerful and only-wise God. You are kind and loving in all Your ways. We love You. We thank You that we are united together with Christ, and we are spiritually alive in Him. We choose not to love the world, and we crucify the flesh and all its sinful desires.**

**We thank You that we are children of God, new creations in Christ Jesus, full of eternal life in Christ. We ask You to fill us with Your Holy Spirit that we may live our lives free from sin. We declare our independence upon You, and we take our stand against Satan and all his lying ways. We choose to believe the truth and we refuse to be discouraged or to give up hope on our marriage. You are the God of all hope, and we are confident that You will meet our needs as we seek to live according to Your Word. We express with confidence that we can live a responsible life and be faithful in our marriage through Christ Who strengthens us. We ask these things in the precious name of our Lord and Savior, Jesus Christ. Amen.**

## **LIVING FREE IN CHRIST**

### **DECLARATION:**

**We now take our stand in Christ and we put on the whole armor of God. In union with Christ, we command Satan and all his evil spirits to depart from us. We submit our bodies to God as living sacrifices and renew our minds by the living Word of God in order that we may prove that the will of God is good, acceptable, and perfect. In Jesus' name. Amen!!**

**USE THE LIST ON THE FOLLOWING SLIDES  
TO CELEBRATE YOUR ONENESS IN CHRIST.  
You'll find many other declarations and prayer  
to use daily or as God leads. God is with you!!**

**DECLARATIONS**

**by a Couple**



# DECLARATIONS

## IN CHRIST

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.

## DECLARATIONS

We renounce the lie that we are rejected, unloved, dirty or shameful because IN CHRIST we are completely accepted. God says.....

John 1:12            We are God's children.

John 15:5           We are Christ's friends.

Romans 5:1          We have been justified.

1 Cor. 6:17          We are united with the Lord & one spirit with Him

1 Cor. 6:19-20      We have been bought with a price. We belong to God.

1 Cor.12:27          We are a member of Christ's Body.

Eph.1:1              We are saints, holy ones.

Eph.1:5              We have been adopted as God's children.

Eph.2:18            We have direct access to God through the Holy Spirit.

Col.1:14             We have been redeemed and forgiven of all our sins.

Col.2:10             We are complete in Christ.

## DECLARATIONS

We renounce the lie that we are guilty, unprotected, alone or abandoned because IN CHRIST we are totally secure. God says.....

Romans 8:1-2 We are free forever from condemnation.

Romans 8:28 We are assured that all things work together for good.

Romans 8:31-34 We are free from any condemning charges against us.

Romans 8:35-39 We cannot be separated from the love of God.

2 Cor. 1:21-22 We have been established, anointed, and sealed by God.

Phil. 1:6 We are confident that the good work God has begun in us  
will be perfected.

Phil. 3:20 We are citizens of heaven.

Col. 3:3 We are hidden with Christ in God.

2 Tim. 1:7 We have not been given a spirit of fear,  
but of power, love and a sound mind.

Hebrews 4:16 We can find grace and mercy to help in time of need.

1 John 5:18 We are born of God and the evil one cannot touch us.

## DECLARATIONS

We renounce the lie that we are worthless, inadequate, helpless or hopeless because IN CHRIST we are deeply significant. God says.....

Matthew 5:13-14 We are the salt of the earth and the light of the world.

John 15:1,5 We are a branch of the true vine, Jesus,  
a channel of His life.

John 15:16 We have been chosen and appointed by God to bear fruit.

Acts 1:8 We are personal, Spirit-empowered witnesses of Christ.

1 Cor.3:16 We are God's temple.

2 Cor.5:17-21 We are ministers of reconciliation for God.

2 Cor.6:1 We are God's co-workers.

Eph.2:6 We are seated with Christ in the heavenly realms.

Eph.2:10 We are God's workmanship, created for good works.

Eph.3:12 We may approach God with freedom and confidence.

Phil.4:13 We can do all things thru Christ who strengthens us!!

## **DECLARATIONS**

**We are not the great “I AM”  
(Exodus 3:14; John 8:24,28,58)**

**“but by the grace of God we are who we are”  
(1 Cor.15:10)**

## DECLARATIONS (couple)

We renounce the lie that our Father God is .....

- ❖ Distant and disinterested
- ❖ Insensitive and uncaring
- ❖ Stern and demanding
- ❖ Passive and cold
- ❖ Absent or too busy for me
- ❖ Never satisfied with what I do; impatient or angry
  - ❖ Mean, cruel or abusive
  - ❖ Trying to take all the fun out of life.
  - ❖ Controlling or manipulative
  - ❖ Condemning or unforgiving
  - ❖ Nitpicking, exacting or perfectionistic.
- ❖ Not a good provider, emotionally and/or physically.

## **DECLARATIONS (couple)**

**We joyfully accept the truth that our Father God is.....**

- **Intimate and involved (Psalm 139:1-18)**
- **Kind and compassionate (Psalm 103:8-14)**
- **Accepting and filled with joy and love (Romans 15:7; Zeph.3:17)**
  - **Warm and affectionate (Isaiah 40:11; Hosea 11:3-4)**
- **Always with me and eager to be with us (Heb.3:5; Jer.31:20; Ezek.34:11-16)**
  - **Patient and slow to anger (Exodus 34:6; 2 Peter 3:9)**
- **Loving, gentle and protective of us (Jer.31:3; Isaiah 42:3; Psalm 18:2)**

## **DECLARATIONS (couple)**

**We joyfully accept the truth that our Father God is.....**

- **Trustworthy and wants to give us a full life, His will is good perfect and acceptable for us (Lam.3:22-23; John 10:10; Romans 12:1-2)**
- **Full of grace & mercy, and He gives us freedom to fail (Heb.4:15-16; Luke 15:11-16)**
- **Tender-hearted and forgiving; His heart and arms are always open to us (Psalm 130:1-4; Luke 15:17-24)**
  - **Committed to our growth and proud of us as His growing children (Romans 8:28-29; Hebrews 12:5-11; 2 Cor.7:4)**
- **Able and willing to supply all our needs (Phil.4:19; Psa.37:4; Matt.6:33)**



## 20 “Cans” of Success (couple)

1. Why should we say we can't when the Bible says we can do all things through Christ who gives us strength? [Philippians 4:13]
2. Why should we worry about our needs when we know that God will take care of all our needs according to His riches in glory in Christ Jesus? [Philippians 4:19]
3. Why should we fear when the Bible says God has not given us a spirit of fear, but of power, love, and a sound mind? [2 Timothy 1:7]
4. Why should we lack faith to allow Christ to live His life through us, when God has given us a measure of faith? [Romans 12:3]
5. Why should we be weak when the Bible says that the Lord is the strength of our life and that we will display strength and take action because we know God? [Psalm 27:1, Daniel 11:32]
6. Why should we allow Satan control over our lives when He that is in us is greater than he that is in the world. [1 John 4:4]
7. Why should we accept defeat when the Bible says that God always leads us in victory? [2 Corinthians 2:14]

## 20 “Cans” of Success (couple)

8. Why should we lack wisdom when we know that Christ became wisdom to us from God and God gives wisdom to us generously when we ask Him for it? [1 Corinthians 1:30, James 1:5]

9. Why should we be depressed when we can recall to mind God’s loving-kindness, compassion, faithfulness and have hope? [Lamentations 3:21-23]

10. Why should we worry and be upset when we can cast all my anxiety on Christ who cares for us? [1 Peter 5:7]

11. Why should we ever be in bondage knowing that there is liberty and freedom where the Spirit of the Lord is? [2 Corinthians 3:17, Galatians 5:1]

12. Why should we feel condemned when the Bible says there is no condemnation for those who are in Christ Jesus? [Romans 8:1]

13. Why should we feel alone when Jesus said He is with us always and He will never leave us nor forsake us? [Matthew 28:20, Hebrews 13:5]

14. Why should we feel like we’re cursed or the victim of misfortune when the Bible says that Christ rescued us from the curse of the law that we might receive His Spirit by faith? [Galatians 3:13-14]

## 20 “Cans” of Success (couple)

15. Why should we be unhappy when we, like Paul, can learn to be content whatever the circumstances? [Philippians 4:11]

16. Why should we feel worthless when Christ became sin for us so that we might become the righteousness of God in Him? [2 Corinthians 5:21]

17. Why should we feel helpless in the presence of others, when we know that if God is for us, who can be against us? [Romans 8:31]

18. Why should we be confused when God is the author of peace and He gives us knowledge through His Spirit who lives in us? [1 Cor. 2:12, 14:33]

19. Why should we feel like a failure when we are more than a conqueror through Christ who loves us? [Romans 8:37]

20. Why should we let the pressures of life bother us when we can take courage knowing that Jesus has overcome the world and its problems? [John 16:33]

## **The Overcomers Covenant in Christ (couple)**

- 1. We place all our trust and confidence in the Lord, we put no confidence in the flesh, and we declare ourselves to be dependent on God.**
- 2. We consciously and deliberately choose to submit to God and resist the devil by denying ourselves, picking up our cross daily and following Jesus.**
- 3. We choose to humble ourselves before the mighty hand of God in order that He may exalt us at the proper time.**
- 4. We declare the truth that we are dead to sin, freed from it and alive to God in Jesus Christ, since we have died with Christ and were raised with Him.**
- 5. We gladly embrace the truth that we are now children of God who are unconditionally loved and accepted. We reject the lie that we have to perform to be accepted, and we reject our fallen and natural identities, which were derived from the world.**

## **The Overcomers Covenant in Christ (couple)**

**6. We declare that sin shall no longer be master over us because we are not under the Law but under grace, and there is no more guilt or condemnation because we are spiritually alive in Christ Jesus.**

**7. We renounce every unrighteous use of our bodies, and we commit ourselves to no longer be conformed to this world but rather to be transformed by the renewing of our minds. We choose to believe the truth and walk in it, regardless of our feelings or circumstances.**

**8. We commit ourselves to take every thought captive to the obedience of Christ, and we choose to think upon that which is true, honorable, right, pure and lovely.**

## **The Overcomers Covenant in Christ (couple)**

**9. We commit ourselves to God's great goal for our lives to conform to His image. We know that we will face many trials, but God has given us the victory and we are not victims but overcomers in Christ.**

**10. We choose to adopt the attitude of Christ, which was to do nothing from selfishness or empty conceit, but with humility of mind we will regard others as more important than ourselves. We will not merely look out for our own personal interests but also the interests of others. We know that it is more blessed to give than to receive.**

*From Overcoming Addictive Behavior by Neil T. Anderson and Mike Quarles*

**DAILY  
DECLARATIONS  
AND PRAYERS**

# DAILY DECLARATIONS AND PRAYERS

## DAILY PRAYER AND DECLARATION (for an individual)

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 in 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.



## **DAILY DECLARATIONS AND PRAYERS**

### **DAILY PRAYER AND DECLARATION (for a couple, family or group)**

Dear Heavenly Father, we praise You and honor You as our Lord. You are in control of all things. We thank You that You are always with us and will never leave us nor forsake us. You are the only all-powerful and only wise God. You are kind and loving in all Your ways. We love You and thank You that we are united with Christ and spiritually alive in Him. We choose not to love the world or the things in the world, and we crucify the flesh and all its passions.

Thank You for the life we now have in Christ. We ask You to fill us with the Holy Spirit so we may say “no” to sin and “yes” to You. We declare our total dependence upon You and we take our stand against Satan and all his lying ways. We choose to believe the truth of God’s Word despite what our feelings may say. We refuse to be discouraged because You are the God of all hope. Nothing is too difficult for You. We are confident that You will supply all our needs as we seek to live according to Your Word. We thank You that we can be content and live a responsible life through Christ who strengthens us.

We now take our stand against Satan and command him and all his evil spirits to depart from us. We choose to put on the full armor of God so we may be able to stand firm against all the devil’s schemes. We submit our bodies as a living and holy sacrifice to God and we choose to renew our minds by the living Word of God. By so doing we will be able to prove that the will of God is good, acceptable and perfect for us. In the name of our Lord and Savior, Jesus Christ. Amen.

## **DAILY DECLARATIONS AND PRAYERS**

### **BEDTIME PRAYER (for an individual)**

**Thank You, Lord, that You have brought me into Your family and have blessed me with every spiritual blessing in the heavenly places in Christ Jesus . Thank You for this time of renewal and refreshment through sleep. I accept it as one of Your blessings for Your children and I trust You to guard my mind and my body during my sleep.**

**As I have thought about You and Your truth during the day, I choose to let those good thoughts continue in my mind while I am asleep . I commit myself to You for Your protection against every attempt of Satan and his demons to attack me during sleep. Guard my mind from nightmares. I renounce all fear and cast every anxiety upon You, Lord. 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.**

## **DAILY DECLARATIONS AND PRAYERS**

### **BEDTIME PRAYER (for a couple, family or group)**

**Thank You, Lord, that You have brought us into Your family and have blessed us with every spiritual blessing in the heavenly places in Christ Jesus. Thank You for this time of renewal and refreshment through sleep. We accept it as one of Your blessings for Your children and we trust You to guard our minds and our bodies during our sleep.**

**As we have thought about You and Your truth during the day, we choose to let those good thoughts continue in our minds while we are asleep. We commit ourselves to You for Your protection against every attempt of Satan and his demons to attack us during sleep. Guard our minds from nightmares. We renounce all fear and cast every anxiety upon You, Lord. We commit ourselves to You as our rock, our fortress and our strong tower. May Your peace be upon this place of rest now. In the strong name of the Lord Jesus Christ, we pray. Amen.**

## **DAILY DECLARATIONS AND PRAYERS**

### **CLEANSING HOME/APARTMENT/ROOM (for an individual)**

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.**

## **DAILY DECLARATIONS AND PRAYERS**

### **CLEANSING HOME/APARTMENT/ROOM (for a couple, family or group)**

After removing and destroying all objects of false worship, pray aloud in every room if necessary:

**Heavenly Father, we acknowledge that You are the Lord of heaven and earth. In Your sovereign power and love, You have given us all things richly to enjoy. Thank You for this place to live. We claim our home as a place of spiritual safety for us (and our family) and protection from all the attacks of the enemy. As children of God, raised up and seated with Christ in the heavenly places, we command every evil spirit claiming ground in this place, based on the activities of past or present occupants including us, to leave and never return. We renounce all curses and spells directed against this place. We 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 us (and our family). We thank You, Lord, for doing this in the name of the Lord Jesus Christ. Amen.**

## **DAILY DECLARATIONS AND PRAYERS**

### **LIVING IN A NON-CHRISTIAN ENVIRONMENT**

**(for an individual in a motel/room/etc.)**

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.**

## **DAILY DECLARATIONS AND PRAYERS**

### **LIVING IN A NON-CHRISTIAN ENVIRONMENT**

**(for a couple, family or group in a motel/room/etc.)**

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. We ask You to set aside our room (our portion of this room) as a place of spiritual safety for us. We renounce any allegiance given to false gods or spirits by other occupants. We renounce any claim to this room (space) by Satan based on the activities of past or present occupants, including us. On the basis of our position as a child of God and joint heir with Christ who has all authority in heaven and on earth, we command all evil spirits to leave this place and never return. We ask You, Heavenly Father, to station Your holy, warring angels to protect us while we live here. In Jesus' mighty name, we pray. Amen.**

**PRAYERS  
FOR CHILDREN**



## **Praying for CHILDREN**

### **Baby Dedication (individual)**

**Dear Heavenly Father, I thank you for loving me and giving me eternal life in Jesus Christ. I am Your child, purchased by the blood of the Lord Jesus Christ who gave His life for me. I renounce any claim of personal ownership and announce my responsibility to be a good steward of that which you have entrusted to me. I dedicate myself to You as a living sacrifice, and I commit myself to know You and do Your will. I commit myself to bring up my children in the discipline and instruction of the Lord. I know that children are a gift from the Lord, and I dedicate them to You for as long as they shall live. I reject any claim that Satan may have over them; they belong to the Lord Jesus Christ. I renounce any Satanic sacrifices that were offered for my children whereby Satan may claim ownership. I announce that Jesus paid the price for each of my children and they belong to Him. As for me and my house we shall serve the Lord. I do all this in the wonderful name of Christ Jesus my Lord. Amen.**

## **Praying for CHILDREN**

### **Baby Dedication (couple)**

**Dear Heavenly Father, we thank you for loving us and giving us eternal life in Jesus Christ. We are Your children, purchased by the blood of the Lord Jesus Christ who gave His life for us. We renounce any claim of personal ownership and announce our responsibility to be good stewards of that which you have entrusted to us. We dedicate ourselves to You as a living sacrifice, and we commit ourselves to know You and do Your will. We commit ourselves to bring up our children in the discipline and instruction of the Lord. We know that children are a gift from the Lord, and we dedicate them to You for as long as they shall live. We reject any claim that Satan may have over them; they belong to the Lord Jesus Christ. We renounce any Satanic sacrifices that were offered for our children whereby Satan may claim ownership. We announce that Jesus paid the price for each of our children and they belong to Him. As for us and our house we shall serve the Lord. We do all this in the wonderful name of Christ Jesus our Lord. Amen.**

## **Praying for CHILDREN**

### **For Their Salvation (individual)**

**Dear Heavenly Father, I bring my (sons and/or daughters) before You. I stand against the blinding of Satan that would keep them from believing and seeing the light of the gospel of the glory of Christ (2 Corinthians 4:4). I take the authority that is mine because of my position in Christ, and I exercise that authority over Satan in regards to my family and all that You have entrusted to me, Heavenly Father. In the name of Jesus, I take authority over speculation and every lofty thing raised up against the knowledge of God in the minds of my children (2 Corinthians 10:5). I tear down those strongholds and bring their minds into captivity in order to obey Christ. By the authority that I have in Christ and in obedience to the great commission to make disciples, I command Satan to release the minds of my children so that they may obey God. I declare myself and all that You have entrusted to me to be eternally signed over to the Lord Jesus Christ. Based on Your Word according to 1 John 5:16, I am asking You to give spiritual life to my (sons and/or daughters). I pray that You would enable me to be the kind of parent that You want me to be. May I never be the kind of parent that would be a stumbling block to my children. Enable me to be a positive witness and a living epistle for all those who don't know You. I ask this in the name and authority of the Lord Jesus Christ. Amen.**

## **Praying for CHILDREN**

### **For Their Salvation (couple)**

**Dear Heavenly Father, we bring our (sons and/or daughters) before You. We stand against the blinding of Satan that would keep them from believing & seeing the light of the gospel of the glory of Christ (2 Corinthians 4:4). We take the authority that is ours because of our position in Christ, & we exercise that authority over Satan in regards to our family and all that You have entrusted to us, Heavenly Father. In the name of Jesus, we take authority over speculation & every lofty thing raised up against the knowledge of God in the minds of our children (2 Corinthians 10:5). We tear down those strongholds and bring their minds into captivity in order to obey Christ. By the authority that we have in Christ and in obedience to the great commission to make disciples, we command Satan to release the minds of our children so that they may obey God. We declare ourselves and all that You have entrusted to us to be eternally signed over to the Lord Jesus Christ. Based on Your Word according to 1 John 5:16, we are asking You to give spiritual life to our (sons and/or daughters). We pray that You would enable us to be the kind of parents that You want us to be. May we never be the kind of parents that would be a stumbling block to our children. Enable us to be a positive witness & living epistle for all those who don't know You. We ask this in the name & authority of the Lord Jesus Christ. Amen.**

## **Praying for CHILDREN**

### **For Their Protection (individual)**

**Dear Heavenly Father , I ask for Your divine protection for my (sons and/or daughters) as they are absent from me. I pray that You would put a hedge of protection around them so that all harmful influences would be unable to affect them. I commit them to You for Your care, and I assume all my responsibilities for training them in the Lord. I also assume the responsibility for their attitudes and actions that are the result of my training. I ask for Your Holy Spirit to guard their hearts and their minds , and bring to their minds all that they have learned according to Your Word. I pray that when they are tempted You would provide them with a way of escape, and that they would not be led into temptation beyond that which they are able to endure. I ask that the way they live may be a witness to Your presence in their life . May whatever they do be done to the glory of God. I ask this in the precious name of my Lord and Saviour Jesus Christ. Amen.**

## **Praying for CHILDREN**

### **For Their Protection (couple)**

**Dear Heavenly Father, we ask for Your divine protection for our (sons and/or daughters) as they are absent from us. We pray that You would put a hedge of protection around them so that all harmful influences would be unable to affect them. We commit them to You for Your care, and we assume all our responsibilities for training them in the Lord. We also assume the responsibility for their attitudes and actions that are the result of our training. We ask for Your Holy Spirit to guard their hearts and their minds, and bring to their minds all that they have learned according to Your Word. We pray that when they are tempted You would provide them with a way of escape, and that they would not be led into temptation beyond that which they are able to endure. We ask that the way they live may be a witness to Your presence in their life. May whatever they do be done to the glory of God. We ask this in the precious name of our Lord and Saviour Jesus Christ. Amen.**

## Praying for CHILDREN

### For Their Rebellion (individual)

Dear Heavenly Father, I ask in the name of the Lord Jesus Christ and through His shed blood that You would rebuke Satan and prohibit him from having any harmful influence on (my sons and /or daughters). Forgive me for any negative influence that I may have had on them that they would choose to rebel against You. I pray that You would give me the grace to ask their forgiveness for my sin in regards to this matter. I ask for the wisdom and the grace to be the kind of parent that You want me to be. I confess the sins of my children (*list all the known sins*) and assume my responsibility in their actions. I pray that You would build a hedge of thorns around them such that all harmful influences would lose interest, and that my children would come to their senses and return to righteous relationships and living. I pray for the grace to welcome them home or the guidance to find a place of refuge for their good. Teach me to love my children but hate their sin. I ask this in the precious name of Jesus. Amen.

## Praying for CHILDREN

### For Their Rebellion (couple)

Dear Heavenly Father, we ask in the name of the Lord Jesus Christ and through His shed blood that You would rebuke Satan and prohibit him from having any harmful influence on our (sons and/or daughters). Forgive us for any negative influence that we may have had on them that they would choose to rebel against You. We pray that You would give us the grace to ask their forgiveness for our sin in regards to this matter. We ask for the wisdom and the grace to be the kind of parents that You want us to be. We confess the sins of our children (*list all the known sins*) and assume our responsibility in their actions. We pray that You would build a hedge of thorns around them such that all harmful influences would lose interest, and that our children would come to their senses and return to righteous relationships and living. We pray for the grace to welcome them home or the guidance to find a place of refuge for their good. Teach us to love our children but hate their sin. We ask this in the precious name of Jesus. Amen.



## **Praying for CHILDREN**

### **For Their Future (individual)**

**Dear Heavenly Father, I ask for divine guidance for my (sons and/or daughters). I trust that You have already gone before them and prepared a place for them. You have known my children from the foundation of the world. I trust them into Your hands and pray for wisdom as to how I should relate to them in the future. I release them from all my expectations and entrust them to be what You want them to be. I pray for their future spouses and that You would give them wisdom in choosing a life partner. Should You bless them with children, may I be the grandparent that You would want me to be. I pray as Jesus prayed, that you would keep them from the evil one and sanctify them in Your Word for Your Word is truth. I ask this in the name of my Lord and Saviour, Jesus Christ. Amen.**

## **Praying for CHILDREN**

### **For Their Future (couple)**

**Dear Heavenly Father, we ask for divine guidance for our (sons and/or daughters). We trust that You have already gone before them and prepared a place for them. You have known our children from the foundation of the world. We trust them into Your hands and pray for wisdom as to how we should relate to them in the future. We release them from all our expectations and entrust them to be what You want them to be. We pray for their future spouses and that You would give them wisdom in choosing a life partner. Should You bless them with children, may we be the grandparents that You would want us to be. We pray as Jesus prayed, that you would keep them from the evil one and sanctify them in Your Word for Your Word is truth. We ask this in the name of our Lord and Saviour, Jesus Christ. Amen.**

## Praying for CHILDREN

### For an Adopted Child (couple)

Dear Heavenly Father, we thank You for entrusting (*name*) to our care. We declare (*name*) to be under Your authority. We dedicate this child to You, Heavenly Father, and ask for Your protection and guidance stand against all the devices of Satan that would keep this child in bondage. We renounce the sins of this child's ancestors and all curses that have been passed on from generation to generation. We announce that Christ became a curse for this child when He was crucified on the cross. We renounce all Satanic sacrifices that have been made on behalf of this child and renounce any claim of ownership that Satan may have. We announce only the sacrifice of the Lord Jesus Christ as any claim of ownership for (*name*). We pray for a hedge of protection around this child all the days of his/her life. We ask this in the strong name of Jesus who reigns supreme as the sovereign Lord of the universe. Amen.

**PRAYERS  
BY CHILDREN**

## **PRAYERS FOR KIDS TO PRAY**

### **Before They Go To Bed (from Psalm 91)**

**Dear God, I thank You that You are my Heavenly Father. I thank You for being in my life and in my room and everywhere I go. I know that You are always with me and will never leave me. I commit myself to You and ask for Your protection. I trust You, and I know that if I'm ever afraid that I can always call upon You to rescue me. I ask You to protect my mind tonight when I am sleeping. Please bless our home, my parents, and protect them too. I love You. I pray this in the name of Jesus. Amen.**

## **PRAYERS FOR KIDS TO PRAY**

### **When Under Attack**

A child may sense a presence in their room and be frightened. It is important to teach the child that when they are under attack, the best approach is for them to declare the truth of who they are in Christ. They should verbally declare something like:

***“I am a child of God and the evil one cannot touch me.”***

**(paraphrase of 1 John 5:18)**

Often by simply speaking the name of Jesus, the presence will leave. They should know that Jesus has defeated Satan and will protect them from Satan’s attacks. “Jesus Saves”!!!

## **PRAYERS FOR KIDS TO PRAY**

### **For General Living (individual)**

**Dear Heavenly Father, You are my Lord. I know that You love me and that You will never leave me nor forsake me. You are the only true and living God that is worthy of worship. You are kind and loving in all Your ways. I love You and I thank You that I am alive in Christ. I submit myself to You and ask You to fill me with Your Holy Spirit in order to live my life free from sin. I choose to believe the truth which You have given us in the Bible, and I reject all the lies of Satan. I refuse to be discouraged because You are a God of all hope. I believe that you will meet my needs as I seek to obey You. I believe that I can do everything You want me to do because Jesus is my strength.**

**I submit to God and I resist the devil. I stand against Satan and all his lies, and I command him and all his demons to leave me. I put on the armour of God by believing and speaking the truth. I believe that Jesus is my protection because He never sinned and He took my sin on Himself. I commit myself to be a peacemaker and take the truth of the Bible and use it against all of Satan's dirty tricks.**

**I submit my body as a living sacrifice to God, and I am going to keep studying the truth so I can prove that what God wants me to do is good and perfect for me. I do all this in the name of Jesus. Amen.**

## PRAYERS FOR KIDS TO PRAY

For General Living (children or family can pray together)

Dear Heavenly Father, You are our Lord. We know that You love us and that You will never leave us nor forsake us. You are the only true and living God that is worthy of worship. You are kind and loving in all Your ways. We love You and we thank You that we are alive in Christ. We submit ourselves to You and ask You to fill us with Your Holy Spirit in order to live our lives free from sin. We choose to believe the truth which You have given us in the Bible, and we reject all the lies of Satan. We refuse to be discouraged because You are the God of all hope. We believe that you will meet our needs as we seek to obey You. We believe that we can do allg You want us to do because Jesus is our strength.

We submit to God and we resist the devil. We stand against Satan and all his lies, and we command him and all his demons to leave us. We put on the armour of God by believing and speaking the truth. We believe that Jesus is our protection because He never sinned and He took our sin on Himself. We commit ourselves to be peacemakers and take the truth of the Bible and use it against all of Satan's dirty tricks.

We submit our bodies as a living sacrifice to God, and we are going to keep studying the truth so we can prove that what God wants us to do is good and perfect for us. We do all this in the name of Jesus. Amen



**SEEKING THE FORGIVENESS  
OF OTHERS (Matt.5:23-26)**

## SEEKING THE FORGIVENESS OF OTHERS (Matt.5:23-26)

**“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. (24) First go and be reconciled to your brother; then come and offer your gift. (25) 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. (26) I tell you the truth, you will not get out until you have paid the last penny. (Matthew 5:23-26)**

**STOP:** Leave your gift there in front of the altar.

**GO:** First go

**YIELD:** And be reconciled to your brother.

**U-TURN:** Then come and offer your gift.

## **SEEKING THE FORGIVENESS OF OTHERS (Matt.5:23-26)**

**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 another person need to be confessed to them. If you have had jealous, lustful or angry thoughts toward another 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 they are unaware of what you did.**

## The Process of Seeking Forgiveness

- 1. Write out what you did wrong and why you did it.**
- 2. Make sure you have already forgiven that person for whatever they 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 action 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 they ask you for your forgiveness.**
- e. Your confession should lead to the direct question: “Will you forgive me?”**

## The Process of Seeking Forgiveness

4. **Seek the right place and the right time to approach the offended person.**
5. **Ask for forgiveness in person with anyone with whom you can talk face-to-face with the following exception: DO NOT go alone when your safety is in danger.**
6. **Except where no other means of communication is possible, DO NOT write a letter.**
  - a. **A letter can be very easily misread or misunderstood.**
  - b. **A letter can be read by the wrong people, those having nothing to do with the offense or the confession.**
  - c. **A letter can be kept when it should have been destroyed.**
7. **Once you sincerely seek forgiveness, you are free, whether the other person forgives you or not (Romans 12:18)**
8. **After forgiveness, fellowship with God in worship (Matthew 5:24).**

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**“It is for freedom that Christ has set us free;**

**Therefore, keep standing firm**

**and do not be subject again to a yoke of slavery.” (Galatians 5:1)**

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