

FREEDOM PRAYER: (to print see: altogetherlovely.org)

**1) THE BLOOD 2) DIED 3) BURIED 4) RESURRECTED 5) ASCENDED 6) SEATED
7) MY WALK 8) MY STAND ANYTIME: The Filling of the Holy Spirit**

1) THE BLOOD: Father God, **I come to You through faith in the shed blood of Jesus Christ** Your Son on the cross of Calvary. I confess my sin(s) of (eg. walking in my sinful nature). Thank You that Your blood Jesus gives me forgiveness for my sins and power over my sin(s). Come into my heart now and be my Savior and Lord. Thank You Father God that I am Your child. I am forgiven, loved, accepted by God, & You are always with me.

2) DIED: Jesus thank You for dying on the cross for me. Jesus You showed Your love for me by dying on the cross. **Your death brought death to my old sinful man.** I am crucified with You Jesus and my body of sin is now rendered powerless. I am dead and free from sin. Jesus I also die daily to myself – You are my life!!

3) BURIED: Jesus thank You **that I was buried in You and that my old man is in the grave.** Help me to leave my old sinful man there.

4) RESURRECTED: Jesus thank You that **I arose in You and that I have Resurrection Life.** I am a new creation and have new life in You Jesus – Resurrection Life!! The old has past the new has come.

5) ASCENDED: Jesus, thank You that **I was ascended in You** and I am above things of this earth.

6) SEATED: Jesus, thank You that **I am now seated in the heavenly realms in You,** Christ Jesus. Lord help me to live my life from this position of being seated in You in the heavenly realm. Then I am free from sin and Your power is strongest in my life.

7) MY WALK: Jesus I take my position of being seated in You and now ask You to **give me power to live a life worthy of the calling I have received.** As I walk with You fill me with Your Spirit. I want to walk as Jesus did

8) MY STAND: Jesus, I now STAND in You in my Christian life. I stand on Your promises, Your truth, Your power, and Your life. Thank You Jesus!!

FILLED WITH THE HOLY SPIRIT (can be prayed anytime!!): Jesus I am a member of Your Spiritual Church through faith in Your death and resurrection. **Holy Spirit, come fall upon me now. Come fill me Holy Spirit in my spirit, my soul (mind–will–emotions), and through every cell in my body** so I can serve You. Fill me Holy Spirit – I want more of You. Thank You Holy Spirit that I am sealed by You for the day of redemption. I am an anointed, blood bought, Spirit-filled, child of God. I am loved & accepted by God Almighty & free!!!!

BIBLE VERSES:

1) THE BLOOD: For the life of a creature is in the blood, and I have given it to you to make atonement for yourselves on the altar; it is the blood that makes atonement for one's life. (Lev.17:11) The blood will be a sign for you on the houses where you are, and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt. (Ex.12:13) Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him! (Romans 5:9) In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace (Ephesians 1:7) But now in Christ Jesus you who once were far away have been brought near by the blood of Christ. (Ephesians 2:13) and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross. (Col.1:20)

2) DIED: **For we know that our old self was crucified with him** so that the body ruled by sin might be done away with, that we should no longer be slaves to sin— because anyone who has died has been set free from sin. (Romans 6:6-7) I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. (Galatians 2:20)

3) BURIED: We were therefore **buried with him through baptism into death** in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. (Romans 6:4)

4) RESURRECTED: For if we have been united with him in a death like his, we will certainly also **be united with him in a resurrection** like his. (Romans 6:5)

5) ASCENDED: After he said this, **he was taken up before their very eyes,** and a cloud hid him from their sight. (Acts 1:9) was taken up in glory. (Timothy 3:16)

6) SEATED: And God raised us up with Christ and **seated us with him in the heavenly realms in Christ Jesus,** (Ephesians 2:6) Therefore God exalted him to the highest place and gave him the name that is above every name, (Philippians 2:9)

7) MY WALK: s a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. (Ephesians 4:1) So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. (Colossians 2:6-7)

8) MY STAND: Therefore put on the full armor of God, so that when the day of evil comes, **you may be able to stand your ground,** and after you have done everything, to stand. (Ephesians 6:13) Moses answered the people, "Do not be afraid. **Stand firm and you will see the deliverance the LORD will bring you today.** The Egyptians you see today you will never see again. (Exodus 14:13) then, free of fault, you will lift up your face; you will stand firm and without fear. (Job 11:15) **because it is by faith you stand firm.** (2 Cor.1:24)

FILLED WITH THE HOLY SPIRIT (can be prayed anytime!!): When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated **and came to rest on each of them.** All of them were **filled with the Holy Spirit** and began to speak in other tongues¹ as the Spirit enabled them. (Acts 2:1-4) But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you. (John 16:7) Exalted to the right hand of God, **he has received from the Father the promised Holy Spirit and has poured out what you now see and hear.** (Acts 2:33)

OUR IDENTITY IN CHRIST: WHO I AM!!! (see: altogetherlovely.org Our Identity / Christian Theology)

My name is recorded in heaven. (Luke 10:20) I believe in Christ, have eternal life and will be raised up on the last day. (John 6:40) I have everlasting life. (John 6:47) I have abundant life (John 10:10) I have eternal life (John 10:28) I have a mansion of Glory waiting (John 14:2) I am indwelt by Christ (John 14:23) As I remain in Christ, I will bear much fruit. (John 15:5) I am a friend of God (John 15:15) I am in Jesus' prayers and a gift to Jesus from God (John 17:9,12,14) I am saved by Christ (Acts 4:12) By believing in Christ I receive forgiveness of sins through His name (Acts 10:43) In Christ, I live and move and have my being.(Acts 17:28) My hope in God has given me the promised resurrection of my body (Acts 24:15) I have righteousness from God through faith in Jesus Christ. (Rom 3:22) I am justified through faith in Jesus (Rom 3:26) I am dead to sin but alive to God in Christ Jesus. (Rom 6:11) I have received the free gift of God; eternal life in Christ Jesus (Rom 6:23) I have no condemnation in Christ Jesus. (Rom 8:1) I am indwelt by the Holy Spirit, an heir of God and joint-heir with Christ (Rom.8:16-17)nothing will be able to separate me from the love of God in Christ Jesus (Rom. 8:39) I will never be put to shame because I trust in Jesus (Rom. 9:33; 10:11) I am part of the Body of Christ belonging to the other members of His body. (Rom. 12:5) I'm filled with joy & peace. I overflow with hope by the Holy Spirit's power (Rom 15:13) I am sanctified in Christ Jesus and called to be holy (1 Cor. 1:2) • I have been given grace in Christ Jesus. (1 Cor. 1:4) Because of God I am in Christ Jesus (1 Cor. 1:30) I am wise in Christ! (1 Cor. 4:10) I have ten thousand guardians in Christ, (1 Cor. 4:15) I am made alive in Christ Jesus. (1 Cor. 15:22) • I am washed, sanctified and justified in the name of the Lord Jesus Christ (1 Cor.6:11) • My body is the Holy Spirit's abode (1 Cor.6:19) • I have spiritual gifts (1 Cor.12:11) Christ's promises are always "Yes" in Christ. (2 Cor. 1:19--20) • God makes me stand firm in Christ. (2 Cor. 1:21) God has anointed me, set his seal of ownership on me. (2 Cor.1:21) God has put His Spirit in my heart as a deposit, guaranteeing what is to come. (2 Cor.1:21) In Christ I have redemption through His blood, the forgiveness of sins (Eph. 1:7-8) God's grace has been lavished on me with all wisdom and understanding (Eph. 1:7-8) I have been chosen and predestined in Christ (Eph.1:11) In Christ, I am a new creation; the old has gone, the new has come! (2 Cor. 5:17) God has reconciled me to Himself in Christ, (2 Cor. 5:19) – He has committed to me the message of reconciliation. (2 Cor.5:19) God made Him who had no sin to be sin for me, (2 Cor.5:21) In God I have become the righteousness of God. (2 Cor.5:21) Everything I do is for other's strengthening. (2 Cor.12:19) I have freedom in Christ Jesus and will not become a slave again to sin. (Gal 2:4) I have put my faith in Christ Jesus that I may be justified by faith in Christ (Gal. 2:16) I have been blessed in the heavenly realms with every spiritual blessing (Eph. 1:3) • I was chosen in Him before the creation of the world to be holy and blameless (Eph. 1:4) I have been marked in him with a seal, the promised Holy Spirit, (Eph.1:13) • God raised me up with Christ and seated me with Him in the heavenly realms (Eph. 2:6) I am God's workmanship. (Eph.2:10) • I'm created in Christ Jesus to do good works prepared in advance for me (Eph.2:10) • In Christ Jesus I have been brought near through the blood of Christ. (Eph. 2:13) In Christ I may approach God with freedom and confidence. (Eph. 3:12) • Christ dwells in my heart through faith. I'm being rooted and established in love. (Eph. 3:17) I should pray in the Spirit on all occasions with all kinds of prayers/requests (Eph. 6:18) • I should be alert and always keep on praying for all the saints. (Eph.6:18) • I am a servant and saint in Christ Jesus (Phil. 1:1) I put no confidence in the flesh (Phil. 3:3) • I want to be found in Him, having God's righteousness by faith (Phil. 3:9) • I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (Phil. 3:14) • I have heavenly citizenship in Christ (Phil.3:20) My name is recorded in heaven (Phil. 4:3) The peace of God will guard my heart and mind in Christ Jesus. (Phil. 4:7) I am strengthened for all tasks to which God calls me (Phil.4:13) I have all my needs met according to His glorious riches in Christ Jesus (Phil. 4:19) I am a saint in Christ Jesus (Phil. 4:21) I am holy and faithful in Christ. God's given me grace and peace (Col. 1:2) I have been rescued from the dominion of darkness and brought into the kingdom of God's Son (Col.1:13) • In Christ, I have redemption, the forgiveness of sins. (Col. 1:14) • Christ is before all things, and in Him I am held together. (Col. 1:17) • All God's fullness dwells in me. I am complete in Him. (Col. 1:19) I have all the hidden treasures of wisdom and knowledge in Christ. (Col. 2:3) Just as I received Christ Jesus as Lord, I will continue to live in Him (Col. 2:6) I will be rooted and built up in Him, strengthened in the faith and overflowing with thankfulness. (Col. 2:7) I have been given fullness in Christ, the head over every power and authority (Col. 2:10) I died, and my life is now hidden with Christ in God. (Col. 3:3) I will give thanks in all circumstances, for this is God's will for me in Christ (1 Thess. 5:18) • The name of our Lord Jesus will be glorified in me (2 Thess. 1:12) I have served well and will gain an excellent standing and great assurance in my faith in Christ Jesus. (1 Tim. 3:13) I will set an example for the believers in speech, in life, in love, in faith and in purity. (1 Tim. 4:12) • God, who richly provides for me everything for my enjoyment. (1 Tim. 6:17) • I have the promise of life that is in Christ Jesus, (2 Tim.1:1) • God has saved me and called me to a holy life because of his own purpose and grace (2 Tim. 1:9) I want to live a godly life in Christ Jesus and I will be persecuted (2 Tim. 3:12) • The Scriptures are able to make me wise for salvation through faith in Christ (2 Tim. 3:15) • I will be active in sharing my faith, so that I'll have a full understanding of every good thing I have in Christ (Philemon 1:6) I am a child of God, and I belong to Him (1 Pet.1:9) – I am redeemed by the precious blood of Christ (1 Pet.1:18-19) • Thru Him I believe in God, who raised Him from the dead and glorified him. My faith and hope are in God (1 Pet. 1:21) • I have been born again of incorruptible seed (1 Pet.1:23) • I trust in God and will never be put to shame. (1 Pet. 2:6) • I am a priest of God (1 Pet.2:5,9) The God of all grace, will Himself restore me, make me strong, firm and steadfast (1 Pet. 5:10) • I have fellowship with the Trinity (1 John 1:3) • I am in Christ and have no darkness in me. (I John 1:5) • But when I walk in the light, as He is in the light, I have fellowship with one another, and the blood of Jesus, His Son, purifies me from all sin (I John 1:7) • Christ is my advocate (I John 2:1) Because I claim to live in Him, I must walk as Jesus did. (I John 2:6) I don't love the world and I have the Father's love in me. (I John 2:15) The anointing I received from God remains in me (I John 2:27) I will continue in Him, so that when he appears I'll be confident and unashamed before Him at his coming (I John 2:28) • I am a child of God (1 John 3:1) • He appeared so that he might take away my sins. And in Him is no sin. (I John 3:5) I know that I live in Him and He in me, because He has given me of His Spirit. (I John 4:13) • I acknowledge that Jesus is the Son of God, so God lives in me and I in God. (I John 4:15) I know Him who is true. And I am in Him who is true—even in His Son Jesus Christ. He is the true God and eternal life. (I John 5:20)

AN EXAMPLE OF A PRAYER TIME (can add others if you wish)

THE SERENITY PRAYER (read the prayer & then meditate on one line)

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
& wisdom to know the difference.
Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to peace;
taking, as Jesus did, this sinful world as it is,
not as I would have it;
trusting that He will make all things right
if I surrender to His Will;
that I may be reasonably happy in this life
and supremely happy with Him forever in the next.
In Jesus' Name I pray. Amen.

40 day FREEDOM PLAN

1) THE BLOOD: Father God, **I come to You through faith in the shed blood of Jesus Christ** Your Son on the cross of Calvary. I confess my sin(s) of (eg. walking in my sinful nature, my carnal mind, etc.). Thank You that Your blood Jesus gives me forgiveness, cleansing, healing, peace, power, etc. Now Jesus, let Your blood come and heal me of my past trauma(s). Thank You for rising from the dead so I can have life. Come fill my heart with You Jesus. Thank You Father God that I am Your child. I am forgiven, loved, accepted by God, & You are healing me

2) DIED: Jesus thank You for dying on the cross for me. Jesus You showed Your love for me by dying on the cross. **Your death brought death to my old sinful man.** I am crucified with You Jesus and my body of sin is now rendered powerless. I am dead and free from sin. Jesus I also die daily to myself – You are my life!!

3) BURIED: Jesus thank You **that I was buried in You and that my old man is in the grave.** Help me to leave my old sinful man there.

4) RESURRECTED: Jesus thank You that **I arose in You and that I have Resurrection Life.** I am a new creation and have new life in You Jesus – Resurrection Life!! The old has past the new has come.

My name is recorded in heaven. (Luke 10:20)

I believe in Christ, have eternal life and will be raised up on the last day. (John 6:40)

I have a mansion of Glory waiting (John 14:2) I am indwelt by Christ (John 14:23)

I am in Jesus' prayers and a gift to Jesus from God (John 17:9,12,14)

I am indwelt by the Holy Spirit, an heir of God and joint-heir with Christ (Rom.8:16-17)

.....nothing will be able to separate me from the love of God in Christ Jesus (Rom. 8:39)

I am washed, sanctified and justified in the name of the Lord Jesus Christ (1 Cor.6:11)

My body is the Holy Spirit's abode (1 Cor.6:19)

God has anointed me, set his seal of ownership on me. (2 Cor.1:21)

5) ASCENDED: Jesus, thank You that **I was ascended in You** and I am above things of this earth.

God has put His Spirit in my heart as a deposit, guaranteeing what is to come. (2 Cor.1:21)

I have been marked in him with a seal, the promised Holy Spirit, (Eph.1:13)

God raised me up with Christ and seated me with Him in the heavenly realms (Eph. 2:6)

In Christ Jesus I have been brought near through the blood of Christ. (Eph. 2:13)

All God's fullness dwells in me. I am complete in Him. (Col. 1:19)

I have all the hidden treasures of wisdom and knowledge in Christ. (Col. 2:3)

I have been given fullness in Christ, the head over every power and authority (Col. 2:10)

The anointing I received from God remains in me (1 John 2:27)

I know Him who is true. And I am in Him who is true—even in His Son Jesus Christ. He is the true God and eternal life.

FILLED WITH THE HOLY SPIRIT (can be prayed anytime!!): Jesus I am a member of Your Spiritual Church through faith in Your death and resurrection. **Holy Spirit, come fall upon me now. Come fill me Holy Spirit in my spirit, my soul (mind–will–emotions), and through every cell in my body** so I can serve You. Fill me Holy Spirit – I want more of You. Thank You Holy Spirit that I am sealed by You for the day of redemption. I am an anointed, blood bought, Spirit-filled, child of God. I am loved & accepted by God Almighty & free!!!!

6) SEATED: Jesus, thank You that **I am now seated in the heavenly realms in You,** Christ Jesus. Lord help me to live my life from this position of being seated in You in the heavenly realm. Then I am free from sin and Your power is strongest in my life. Spend time intimately talking to your Father and Jesus about fear/trauma/etc..

TALK TO THE FATHER TO FORGIVE (ONE PERSON A DAY FOR EACH SEPARATE INCIDENT):

“Lord, I thank You that, with Your power & help, I can forgive as You have forgiven me. I forgive (name) for (say every painful thing you remember done to you).”

“Lord, I now give (name) to You so You can deal with him/her the way You want to. I don't want (name) to have power over me anymore. I forgive (name) and give him/her to You. Thank You for setting me free. I am free. Lord, come and fill me with Your Holy Spirit. I receive Your Holy Spirit. In Jesus' Name I pray.Amen.”

Trauma (do each one a week at a time: see other one below)

Lord God Almighty, I come to You now as Your child through the shed blood of Jesus on the cross. I have led a sinful life and I have also been sinned upon. I was traumatized when _____ . I just don't feel like I'm altogether right now. I believe Jesus that You live in me and I believe that You are willing to come into my trauma and bring healing – Your gentle and loving healing touch. I also believe You will be with me in my life and help me not to fear walking with You by faith. Satan, you and your demons get away from me. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in sin. I pray that You will now come into my trauma Jesus and bring healing. I chose to forgive those who have hurt me and I thank You Jesus for filling me with You right now. Come Lord Jesus – fill me with You. I believe You are filling me right now. I pray this in the wonderful name of my Lord and Savior, Jesus Christ. Amen.

Fear or Anxiety:

Lord, I confess that I have misused fear or anxiety for the purpose of pleasure, to escape reality, to lessen my pain, or to cope with difficult problems. I confess that I have programmed my mind in a harmful way. I have quenched the Holy Spirit as well. Thank You for forgiving me. I renounce any satanic connection or influence in my life through my misuse of fear or anxiety. I cast my fears & anxieties on to Christ Who loves me. I commit myself to yield no longer to fear or anxiety but instead I choose to allow the Holy Spirit to direct and empower me.

I now 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 and unwilling involvement in this sin. Satan & your demons get away from me. I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them.

Now Lord Jesus come and fill me with Your Holy Spirit. Fill my spirit, soul, and body with You. Your blood is enough for the forgiveness of sin and I declare that I am Your child. I command Satan and his demons to get away from me and go to Jesus. I ask You Jesus to continue filling me with You and to give me power over fear or anxiety. Jesus teach me to fill myself with You and not fear or anxiety. When I feel afraid or anxious teach me to fill myself with You. Thank You Jesus that I am free. I am Yours. You are my God & I am Your child. I am loved unconditionally. I am perfect in Your sight. You are my Father and I'm Your child. I turn my will and life over to YOU. In Jesus' name, I pray. Amen.

Codependent Traits (pray one each day)

1. Feeling responsible for solving other's problems.
2. Offering advice even if it isn't asked for.
3. Poor communication regarding feelings, wants, or needs.
 4. Difficulty adjusting to change.
 5. Expecting others to do as you say.
 6. Difficulty making decisions.
7. Chronic anger. Need to constantly feel in control
 8. Feeling used and underappreciated.
 9. People-pleasing to be liked or loved.
 10. Lack of trust in self or others.
11. Fearing rejection or being unlovable.
 12. Feeling like a victim.
 13. Taking everything personally.
14. Lying to yourself and making excuses for others' bad behavior.
15. General sense of helplessness, anxiety, or depression.

PHONE IN ADVANCE (5-15 minute wait):

1-800-700-7000 / 1-866-987-7729 / 1-866-273-4444 / 1-800-633-3446 / 1-866-899-9673

1) I am a born again Christian and could you pray for me about (some past trauma).

2) Could you pray for some grief I'm going through. (share the losses in your family or life)

(do one for one week – then move on to the next one). Days left over? Do ones you still need prayer for.

Read Romans 8:28-39 (The Living Bible: TLB)

**“NOTHING CAN SEPARATE ME
FROM THE LOVE OF GOD DEMONSTRATED
BY JESUS CHRIST WHEN HE DIED FOR ME.
(Romans 8:39)**