

The Seven Steps To Freedom

For more resources on the Seven Steps to Freedom see:
Freedom in Christ Ministries (Canada) at: www.ficm.ca

This material by FREEDOM IN CHRIST MINISTRIES may be distributed “unaltered” for the purpose of study and teaching, so long as they are made available to others free of charge. These materials may not, in any manner, be sold or used to solicit "donations" from others, nor may they be included in anything you intend to copyright, sell, or offer for a fee. This copyright is exercised to keep these materials available to all.

For more FREE TEACHINGS / FREE BOOKS see:
www.altogetherlovely.org

The Seven Steps to Freedom

INTRODUCTION

“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). If you have received Christ as your Savior, He has already set you free through His victory over sin and death on the cross. The question is: Are you living victoriously in Christ’s freedom or are you still living in slavery?

How can you tell if you are living free in Christ? Freedom in Christ is having the desire and power to know, love, worship, and obey God. It is the joyful liberty of knowing God’s truth and walking according to God’s truth in the power of the Holy Spirit. It is not a perfect life, for that is impossible this side of heaven. But it is a growing, abundant life in Christ (John 10:10)!!

The Seven Steps to Freedom

If you are not experiencing that kind of freedom, it may be because you have not stood firm in the faith or lived according to who you are in Christ. Somehow you have allowed a yoke of slavery to put you back in bondage.

It is your responsibility, however, to do whatever is needed to walk in your freedom in Christ. If you are a Christian already, your eternal life is NOT at stake; you are safe and secure in Christ. But your daily victory is at stake if you choose not to walk according to the truth.

No matter how tough things might be for you spiritually right now, we've got great news for you!! You are not a helpless victim caught in a tug-of-war match between two nearly equal but opposite heavenly superpowers – God and Satan. Only God is all-powerful, always present and all-knowing. Satan was defeated by Christ the Victor at the cross, so don't believe the lie that your situation is hopeless or that you are helpless against the devil's attacks.

The Seven Steps to Freedom

Satan knows you have authority over him in Christ, but he doesn't want you to know it. He is a liar and the only way he can have power over you is if you believe his lies.

The battle is for your MIND. During this session you may experience nagging thoughts such as, "This isn't going to work" or "God doesn't love me," etc. Don't believe the devil's lies. If you believe Satan's deceptions, you will really struggle with making it through the Steps to Freedom in Christ.

If you are working through the book by yourself, don't pay any attention to accusing or threatening thoughts. If you are working through this with a trusted friend, pastor or counsellor (which we heartily encourage), then tell him/her any thoughts you are having that are in opposition to what you are trying to do.

The Seven Steps to Freedom

Remember, the only power Satan has over you is the power of the lie. Expose the lie by getting it out in the open; then choose the truth and the power of that lie is broken. In that way you will be able to maintain control during this session.

You MUST COOPERATE WITH THE PERSON WHO IS TRYING TO HELP YOU BY SHARING WHAT IS GOING ON INSIDE YOUR MIND. Also, if you experience any physical discomfort (such as headache, nausea, tightness in your throat, etc.) don't be alarmed. Just tell the person you are with so that he/she can pray for you. Don't let the devil set the agenda during this time; let the Holy Spirit call the shots.

As believers in Christ, we can pray with authority to stop any interference by Satan. Here is a prayer and declaration to get you going. Read these (and all the prayers and declarations in **BOLD type**) aloud.

The Seven Steps to Freedom

OPENING PRAYER (read by facilitator):

Dear Heavenly Father, We know that You are right here in this room with us and that You are present in our lives right now. You are the only all-knowing, all-powerful, and ever-present God. We are completely dependent upon You because without Jesus Christ we can do nothing. We choose to stand in the truth of Your Word and we refuse to believe the devil's lies. We thank You that the risen Lord Jesus has all authority in heaven and on earth. Father, thank You that because we are in Christ we share His authority in order to make disciples and set captives free. We ask You to protect our minds and bodies during this time. Please fill us with the Holy Spirit so that He can guide us into all truth. We choose to submit to His guidance alone during this time. Please reveal to our minds everything that You want us to deal with today. We ask for and trust in Your wisdom. We pray all this in faith, in the Name of Jesus. Amen.

The Seven Steps to Freedom

DECLARATION (read by facilitator):

In the name and authority of the Lord Jesus Christ we command Satan and all evil spirits to release their hold on (name) in order that (name) can be free to know and choose to do the will of God. As children of God, raised up and seated with Christ in the heavenly places, we agree that every enemy of the Lord Jesus Christ be bound. We say to Satan and all his evil workers that you cannot inflict any pain or in any way prevent God's will from being done today in (name's) life.

The Seven Steps to Freedom

PREPARATION:

Before going through the Steps to Freedom, review the events of your life to discern specific areas that might need to be addressed. As you share these areas the facilitator(s) will take notes and refer to areas of you've shared throughout the session. The notes will be destroyed later!!!

FAMILY HISTORY

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

The Seven Steps to Freedom

PERSONAL HISTORY

- ❖ Spiritual journey (salvation: when, how, and assurance of)
- ❖ Eating habits (bulimia, bingeing & purging, anorexia, compulsive eating)
 - ❖ Addictions (drugs, alcohol, sex, etc.)
- ❖ Prescription medications (what for? – addicting / mind-altering)
 - ❖ Sleeping patterns and nightmares
 - ❖ Rape or any sexual, physical, verbal, emotional abuse
- ❖ Thought life (obsessive, blasphemous, condemning, distracting thoughts, poor concentration, fantasy)
 - ❖ Mental interference in church, prayer, or Bible Study
- ❖ Emotional life (anger, anxiety, depression, bitterness, fears)

The Seven Steps to Freedom

AFTER YOUR “PERSONAL & FAMILY” HISTORY

Now you are ready to start going through the **STEPS TO FREEDOM IN CHRIST**. The following are seven steps to help you experience freedom from your past. You will address the areas in which Satan commonly takes advantage of believers and where strongholds are often built.

Remember that the Lord Jesus Christ has already purchased your freedom over sin and Satan on the cross. Experiencing that freedom will be the result of what you choose to believe, confess, renounce, and forgive. No one can do that for you, not even God. The battle for your mind will only be won as you personally choose the truth.

During each step, it is very important that you submit to God inwardly while resisting the devil outwardly. Do this by praying each prayer and making each declaration out loud. The prayers and declarations are all in bold type to remind you to do that.

The Seven Steps to Freedom

You will be taking a very thorough inventory of your life in order to make a rock-solid commitment to the truth. If your problems stem from another source not covered in these steps, you will have lost nothing by going through them. If you are open and honest during this time, you will greatly benefit by becoming right with God and close to Him once again.

May the Lord greatly touch your life during this time. He alone can and will give you the grace to make it through. Lean on His strength and wisdom, not on your own. It is crucial that you work through all seven steps during this session. Take short breaks as you need them, but don't allow yourself to become discouraged and give up.

Remember, the freedom that Christ purchased for all believers on the cross is meant for you!!!

STEP ONE:
COUNTERFEIT vs. REAL

STEP ONE: COUNTERFEIT vs. REAL

The first step toward experiencing your freedom in Christ is to renounce (verbally reject – Proverbs 28:13) all past or present involvement with occult practices, cult teachings and rituals, as well as non-Christian religions.

You must renounce any activity or group that denies Jesus Christ, or offers guidance through any source other than the absolute authority of the Bible. Any group that requires dark, secret initiations, ceremonies, promises or pacts should also be renounced. Begin this step by praying aloud:

Dear Heavenly Father, I ask You to bring to my mind anything and everything that I have done knowingly or unknowingly that involves occult, cult or non-Christian teachings or practices. I want to experience Your freedom by renouncing these things right now. In Jesus' name I pray. Amen.

STEP ONE: COUNTERFEIT vs. REAL

Even if you took part in something and thought it was just a game or a joke, you need to renounce it. Satan will try to take advantage of anything he can in our lives, so it is always wise to be as thorough as possible. Even if you were just standing by and watching others do it, you need to renounce your passive involvement. You may not have even realized at the time that what was going on was evil. Still, go ahead and renounce it.

If something comes to your mind and you are not sure what to do about it, trust that the Spirit of God is answering the prayer that you just prayed, and go ahead and renounce it.

STEP ONE: COUNTERFEIT vs. REAL

Note the Non-Christian Spiritual Checklist on the next slide(s). This inventory covers many of the most common occult, cult and non-Christian religious groups and practices. It is not a complete list, however. Feel free to add others that you were personally involved with.

Following the checklist, there are some additional questions designed to help you become aware of other things you may need to renounce. Below those questions is a short prayer of confession and renunciation. Pray it aloud, filling in the blanks with the groups, teachings or practices that the Holy Spirit has prompted you to renounce during this time of personal evaluation.

Non-Christian Spiritual Checklist

(Check all those that you have participated in)

ORGANIZED RELIGIONS

- Christian Science
- The Way International
- Unification Church
(Moonies)
- Mormonism
(Latter Day Saints)
- Church of the Living Word
- Jehovah Witness
(Watch Tower)
- Children of God
(Children of Love)
- Swedenborgianism
- Unitarianism/Universalism
- Masons/Eastern
star/Rebeccas/Job's
Daughters/deMoley
- The Forum (EST)
- Native American Spirit
Worship
- Church of Scientology
- Buddhism (including Zen)
- Hare Krishna
- Baha'ism
- Rosicrucianism
- Mind Science cults
- Used mantra(s),
contemplative or centering
prayer, labyrinth

Non-Christian Spiritual Checklist

(Check all those that you have participated in)

ORGANIZED RELIGIONS

- Science of Creative Intelligence
- Transcendental Meditation
- Hinduism
- Yoga
- Echkankar
- Roy Masters
- Silva Mind Control
- Father Divine
- Theosophical Society
- Islam
- Black Muslim
- Feung Choi
(balance of nature)
- Voodoo
- Necromancy
- Christadelphians
- Rastapharians
- Other non-Christian religions or cults
- False gods:
money, sex, power,
pleasure, certain
people
- Other

Non-Christian Spiritual Checklist

(Check all those that you have participated in)

OCCULT

- Out –of-body experience (astral-projection)
- Ouija Board
- Bloody Mary
- Table or Body Lifting (Levitation)
- Dungeons & Dragons (and similar games)
- Occult or Violent Video or Computer Games
- Magick (game)
- Speaking in Trance
- Automatic writing
- Magic Eight Ball
- Telepathy or mental control of others
- Using spells or curses
- Seances
- Materialization
- Clairvoyance
- Witchcraft/Sorcery/Wicca
- Satanism
- Fortune Telling/Divination
- Tea Leaves
- Tarot Cards
- Palm Reading
- Crystal Ball
- Astrology/Horoscopes/Zodiac Signs

Non-Christian Spiritual Checklist

(Check all those that you have participated in)

OCCULT

- Rod & Pendulum
(Dowsing or water witching)
- Hypnosis
(Amateur or Self-induced)
- Mental Manipulations/
Attempts to Swap Minds
- Black & White Magic
- Martial Arts
(Mysticism/devotion to Sensei)
- Blood Pacts or Cutting Yourself
on Purpose
- Telepathy or mental control of
others
- Using spells or curses
- Seances
- Materialization
- Clairvoyance
- Witchcraft/Sorcery/Wicca
- Satanism
- Fortune Telling/Divination
- Tea Leaves
- Tarot Cards
- Palm Reading
- Crystal Ball
- Objects of Worship,
Crystals, Good Luck
Charms, Fetishism
- Other

Non-Christian Spiritual Checklist

(Check all those that you have participated in)

OCCULT

- Superstitions
- Sexual Spirits
- Numerology
- Touch Therapy
- Applied Kinesiology
- Iridology
- Reflexology
- Shiatzu
- Rolfing
- Reicki
- Acupuncture
- Violent Movies
- Occult movies/books
- Anti-Christian movies, books, magazines, videos, internet (Stephen King, other violent, sexual, profane movies and games; pornography)

STEP ONE: COUNTERFEIT vs. REAL

1. Have you ever seen, heard or felt a spiritual being in your room?
2. Do you have recurring nightmares? Specifically renounce any accompanying fear.
3. Do you now have, or have you ever had, an imaginary friend, spirit guide or “angel” offering you guidance or companionship? (If it has a name, renounce it by name).
4. Have you ever been hypnotized, attended a New Age seminar, or consulted a medium, spiritist, channeler, or psychic?
5. Have you ever seen or been contacted by beings you thought were aliens?
6. Have you ever been involved in a satanic ritual of any kind or attended a concert in which Satan was the focus?
7. What other spiritual experiences have you had that would be considered out of the ordinary?

STEP ONE: COUNTERFEIT vs. REAL

Once you have completed your checklist, confess and renounce EACH ITEM you were involved in by praying the following prayer aloud:

Lord, I confess that I have participated in or experienced _____. I know that it was evil and offensive in Your sight. Thank You for Your forgiveness. I renounce any and all involvement with _____, and I cancel out any and all ground that the enemy gained in my life through this activity. In Jesus' Name, I pray. Amen.

STEP ONE: COUNTERFEIT vs. REAL

We were created to worship the true and living God. In fact, the Father seeks those who will worship Him in spirit and in truth (John 4:23). As children of God, we know also that the Son of God has come and has given us understanding, so that we may know him who is true. And we are in Him who is true – even in His Son Jesus Christ. He is the true God and eternal life. (1 John 5:20).

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

The apostle John follows 1 John 5:20 (see above) with a warning, “Little children, guard yourselves from idols”. (1 John 5:21). An idol is a false god, any object of worship other than the true God.

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

STEP ONE: COUNTERFEIT vs. REAL

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

I confess to You that I have not loved You “with all my heart and soul and mind” (Matthew 23:37) and as a result I have sinned against You, violating the first and greatest commandment. I repent of and turn away from this idolatry and now choose to return to You, Lord Jesus, as my first love once again. (Rev.2:4).

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

STEP ONE: COUNTERFEIT vs. REAL

IDOLS IN OUR LIVES:

THINGS OR PEOPLE WE'VE MADE "GREATER THAN GOD"

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

IDOLS IN OUR LIVES:

THINGS OR PEOPLE WE'VE MADE "GREATER THAN GOD"

- **Ambition**
- **Food or any substance**
- **Money/possessions**
- **Computers/games/software**
- **Financial security**
- **Rock stars/media celebrities/athletes**
- **Church activities**
- **TV/movies/music/other media**
- **Sports or physical fitness**
- **Fun/pleasure**
- **Ministry**
- **Appearance/image**
- **Work**
- **Busyness/activity**
- **Friends**
- **Power/control**
- **Boyfriend/girlfriend**
- **Popularity/opinion of others**
- **Spouse**
- **Knowledge/being right**
- **Children / Parents**
- **Hobbies**
- **Sex**
- **Other**

In the name of the true and living God, Jesus Christ, I renounce my worship of the false god of (name idol). I choose to worship only You, Lord, and ask You. Father, to enable me to keep this area of (name of idol) in its proper place in my life. In Jesus' Name I pray. Amen.

SPECIAL RENUNCIATIONS FOR SATANIC RITUAL INVOLVEMENT

If you have been involved in satanic rituals or heavy occult activity (or you suspect it because of blocked memories, severe and recurring nightmares or sexual bondages or dysfunction), you need to say aloud the following SPECIAL RENUNCIATIONS FOR SATANIC RITUAL INVOLVEMENT.

Read across the page, renouncing the first item in the column under “Domain of Darkness” and then announcing the first truth in the column under “Kingdom of Light.” Continue down the page in this manner.

SPECIAL RENUNCIATIONS FOR SATANIC RITUAL INVOLVEMENT

Domain of Darkness

- 1) I renounce ever signing my name over or having my name signed over to Satan by someone else.**
- 2) I renounce any ritual where I was wed to Satan.**
- 3) I renounce any and all covenants, agreements or promises that I made to Satan.**
- 4) I renounce all satanic assignments for my life, including duties, marriage and children.**

Kingdom of Light

- 1) I announce that my name is now written in the Lamb's Book of Life.**
- 2) I announce that I am the Bride of Christ.**
- 3) I announce that I have made a new covenant with Jesus Christ alone.**
- 4) I announce and commit myself to know and do only the will of God and I accept only His guidance for my life.**

SPECIAL RENUNCIATIONS FOR SATANIC RITUAL INVOLVEMENT

Domain of Darkness

- 5) I renounce all spirit guides assigned to me.**
- 6) I renounce ever giving of my blood or having my blood taken in the service of Satan.**
- 7) I renounce ever eating of flesh or drinking of blood for satanic worship.**
- 8) I renounce all guardians and Satanist parents who were assigned to me.**

Kingdom of Light

- 5) I announce and accept only the leading of the Holy Spirit.**
- 6) I trust only in the shed blood of my Lord Jesus Christ.**
- 7) By faith I eat only the body and drink only the blood of the Lord Jesus in Holy Communion.**
- 8) I announce that God is my Heavenly Father and the Holy Spirit is my guardian by whom I am sealed.**

SPECIAL RENUNCIATIONS FOR SATANIC RITUAL INVOLVEMENT

Domain of Darkness

- 9) I renounce any baptism whereby I am identified with Satan.**
- 10) I renounce any sacrifice made on my behalf by which Satan may claim ownership over me.**
- 11) I renounce my worship, whether forced or voluntary, of false Jesus' or other gods.**

Kingdom of Light

- 9) I announce that I have been baptized into Christ Jesus and my identity is now in Him.**
- 10) I announce that only the sacrifice of Christ has any claim on me. I belong to Him. I have been purchased by the blood of the Lamb.**
- 11) I announce that I choose to worship only the true and living God and His Son, the Lord Jesus Christ.**

SPECIAL RENUNCIATIONS FOR SATANIC RITUAL INVOLVEMENT

In addition, to the lists above, all other satanic rituals, covenants, (promises) and assignments must be “specifically” renounces as the Lord brings them to mind.

Some people who have been subjected to Satanic Ritual Abuse (SRA) develop multiple personalities (alters) in order to cope with their pain. If this is true in your case, you need someone who understands spiritual conflict to help you work through this problem.

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

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

**STEP TWO:
DECEPTION vs. TRUTH**

STEP TWO: DECEPTION vs. TRUTH

God's Word is true and we need to accept His truth in the innermost part of our being (Psalm 51:6). Whether or not we "feel" it is true, we need to believe it is true!!

Since Jesus is the truth (see John 14:6), the Holy Spirit is the Spirit of truth (see John 16:13), and the Word of God is truth (John 17:17), we ought to speak the truth in love (Ephesians 4:15).

The believe in Christ has no business deceiving others by lying, exaggerating, telling white lies, stretching the truth or anything relating to falsehoods. Satan is the father of lies (John 8:44), and he seeks to keep people in bondage through deception (Rev.12:9; 2 Tim.2:26), but it is the truth in Jesus that sets us free (John 8:32-36).

If Satan attacks or tempts us, we know it. If he deceives us, we don't know it.

STEP TWO: DECEPTION vs. TRUTH

We will find real joy and freedom when we stop living a lie and walk openly in the truth. After confessing his sin, King David wrote, “Blessed (happy) is the man...in whose spirit is no deceit (Psalm 32:2).

How can we find strength to walk in the light (see 1 John)? When we are sure that God loves and accepts us, we can be free to own up to our sin, face reality, and not run and hide from painful circumstances.

Start this step by praying the following prayer aloud. Don’t let any opposing thoughts such as, “This is a waste of time” or “I wish I could believe this stuff but I just can’t” keep you from praying and choosing the truth. Even if this is difficult for you, work your way through this step. God will strengthen you as you rely on Him.

STEP TWO: DECEPTION vs. TRUTH

Dear Heavenly Father, I know that You want me to know the truth, believe the truth, speak the truth and live in accordance with the truth. Thank You that it is the truth that will set me free. In many ways I have been deceived by Satan, the father of lies, and I have deceived myself as well.

Father, I pray in the name of the Lord Jesus Christ, by virtue of His shed blood and resurrection, asking You to rebuke all of Satan's demons that are deceiving me.

I have trusted in Jesus alone to save me, and so I am Your forgiven child. Therefore, since You accept me just as I am in Christ, I can be free to face my sin and not try to hide. I ask the Holy Spirit to guide me into all truth. I ask You to search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting (Psalm 139:23-24). In the name of Jesus, Who is the Truth, I pray. Amen.

WAYS SATAN DECEIVES US

There are many ways in which Satan, the god of this world (2 Cor.4:4), seeks to deceive us. Just as he did with Eve, the devil tries to convince us to rely on ourselves and to try to get our needs met through the world around us, rather than trusting in the provision of our Father in heaven.

The following exercise will help open your eyes to the ways you have been deceived by the world system around you. Check each area of deception that the Lord brings to your mind and confess it, using the prayer following the list.

WAYS YOU CAN BE DECEIVED BY THE WORLD

1. **Believing that acquiring money and things will bring lasting happiness (Matt.13:22; 1 Tim.6:10)**
2. **Believing that consuming food and alcohol excessively will make me happy (Prov.20:1; 23:19-21)**
3. **Believing that a great body and personality will get me what I want or make me happy. (Prov.31:10; 1 Peter 3:3-4)**
4. **Believing that gratifying sexual lust will bring lasting satisfaction (Eph.4:22-24; 1 Peter 2:11)**
5. **Believing that I can sin and get away with it and not have it affect my heart (Hebrews 3:12-13)**
6. **Believing that I need more than what God has given me in Christ (2 Cor.11:2-4, 13-15)**
7. **Believing that I can do whatever I want and no one can touch me (Proverbs 16:18; Obadiah 3; 1 Peter 5:5)**

WAYS YOU CAN BE DECEIVED BY THE WORLD

8. Believing that people can live a life of sin and still go to heaven without repenting (1 Cor. 6:9-11)
9. Believing that I can hang around bad company and not become corrupted (1 Cor.15:33-34)
10. Believing that I can read, see, or listen to anything and not be corrupted. (Prov.4:23-27; Matt.5:28)
11. Believing that there are no consequences on earth for my sin (Galatians 6:7-8)
12. Believing that I must gain the approval of certain people in order to be happy (Galatians 1:10)
13. Believing that I must measure up to certain standards in order to feel good about myself (Galatians 3:2-3; 5:1)

Lord, I confess that I have been deceived by _____.

I thank You for Your forgiveness and I commit myself to believing only Your truth. I pray in Jesus' Name. Amen.

Ways You Can Deceive Yourself

It is important to know that in addition to being deceived by the world, false teachers and deceiving spirits, we can also deceive ourselves. Now that you are alive in Christ, completely forgiven and totally accepted, you don't need to defend yourself the way you used to. Christ is now your defense. Confess the ways the Lord shows you that you have deceived yourself or defended yourself wrongly by using the lists and prayers of confession below:

Ways You Can Deceive Yourself

1. Hearing God's Word but not doing what it says (James 1:22)
2. Saying I have no sin (1 John 1:8)
3. Thinking I am something I'm really not (Galatians 6:3)
4. Thinking I am wise in this worldly age – resting on my own wisdom
(1 Cor.3:18-19)
5. Thinking I can be truly religious but not bridle my tongue – gossip, criticism, swearing, lying, coarse jokes, etc. (James 1:26)
6. Thinking that God is the source of my problems (Lamentations 3)
7. Thinking I can live my life without the help of anyone else
(1 Corinthians 12:14-20)
8. Thinking I can grow in the Lord even if I don't attend church regularly
(Hebrews 10:25)

Lord, I confess that I have deceived myself by _____.

Thank You for Your forgiveness. I commit myself to believing only Your truth. In Jesus' Name I pray. Amen.

Ways You Can Wrongly Defend Yourself

1. Denial of reality (conscious or unconscious)
2. Fantasy (escaping reality through daydreaming, TV, movies, music, computer or video games, etc.)
3. Emotional insulation (withdrawing from people or keeping people at a distance to avoid rejection)
4. Regression (reverting back to a less threatening time)
5. Displaced anger (taking out your frustrations on innocent people)
6. Projection (blaming others for my problems)
7. Lying (protecting self through falsehoods)
8. Blaming myself (when not responsible)
9. Rationalization (making excuses for my own poor behaviour)
10. Running away (physically and/or emotionally; wishing to become invisible)
11. Hypocrisy (presenting a false image)

Ways You Can Wrongly Defend Yourself

Lord, I confess that I have defended myself wrongly by _____
_____. Thank You for Your forgiveness.

I now commit myself to trusting in You to defend and protect me.

In Jesus' Name, I pray. Amen.

WAYS SATAN DECEIVES US

Choosing the truth may be hard for you if you have been believing lies for many years. You may need some ongoing counselling to help weed out any defense mechanisms that you have relied on to cope with life. Every Christian needs to learn that Christ is the only defense he or she needs. Realizing that you are already forgiven and accepted by God through Christ as well as forgiving yourself will help free you to place all your dependence on Him.

Faith is the biblical response to the truth and believing what God says is a choice we all can make. If you say, "I wish I could believe God, but I just can't," you are being deceived. Of course you can believe God, because what God says is always true.

LIES WE BELIEVE ABOUT OUR HEAVENLY FATHER

Sometimes we are greatly hindered from walking by faith in our Father God because of lies we have believed about Him. We are to have a healthy fear of God (awe of His holiness, power and presence) but we are not to be afraid of Him. Romans 8:15 says, “For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out ‘Abba, Father.’ The exercise on the following page will help break the chains of those lies and enable you to begin to experience that intimate Abba Father relationship with Him.

Work your way down the following lists, one by one, left to right. Begin each one with the statement in bold print at the top of that list. Read through the list **ALOUD**.

LIES WE BELIEVE ABOUT OUR HEAVENLY FATHER

**I renounce the lie that my Father
God is**

1. Distant and disinterested
2. Insensitive and uncaring
3. Stern and demanding
4. Passive and cold
5. Absent or too busy for me
6. Never satisfied with what I do;
impatient or angry

**I joyfully accept the truth that my
Father God is.....**

1. Intimate and involved
(Psalm 139:1-18)
2. Kind and compassionate
(Psalm 103:8-14)
3. Accepting and filled with joy
and love
(Rom. 15:7; Zeph.3:17)
4. Warm and affectionate
(Isaiah 40:11; Hos. 11:3-4)
5. Always with me and eager to
be with me (Heb.3:5;
Jer.31:20; Ezek.34:11-16)
6. Patient and slow to anger
(Ex. 34:6; 2 Peter 3:9)

LIES WE BELIEVE ABOUT OUR HEAVENLY FATHER

I renounce the lie that my Father God is

7. Mean, cruel or abusive

8. Trying to take all the fun out of life.

9. Controlling or manipulative

I joyfully accept the truth that my Father God is.....

7. Loving, gentle and protective of me (Jer.31:3; Isaiah 42:3; Psalm 18:2)

8. Trustworthy and wants to give me a full life, His will is good perfect and acceptable for me (Lam.3:22-23; John 10:10; Romans 12:1-2)

9. Full of grace and mercy, and He gives me freedom to fail (Heb.4:15-16; Luke 15:11-16)

LIES WE BELIEVE ABOUT OUR HEAVENLY FATHER

I renounce the lie that my Father God is

10. Condemning or unforgiving

11. Nitpicking, exacting or perfectionistic.

12. Not a good provider, emotionally and/or physically.

I joyfully accept the truth that my Father God is.....

10. Tender-hearted and forgiving; His heart & arms are always open to me (Psalm 130:1-4; Luke 15:17-24)

11. Committed to my growth and proud of me as His growing child (Romans 8:28-29; Hebrews 12:5-11; 2 Cor.7:4)

12. Able and willing to supply all my needs (Phil.4:19; Psa.37:4; Matt.6:33)

LIES WE BELIEVE ABOUT OUR HEAVENLY FATHER

I AM THE APPLE OF HIS EYE!!

(Deut.32:9-10)

Note: Now go through the “lie” side above. Put people’s names who you can relate these 12 points to. Then see if this has affected your perception of your loving Heavenly Father. We highly recommend taking time to meditate on “Who Your Loving Heavenly Father” is from the three slides above!! We might suggest meditating on one for 3-7 days and then the next, etc. God loves you!

WAYS SATAN DECEIVES US: FEAR!!

A central part of walking in the truth and rejecting deception is to deal with the fears that plague our lives. 1 Peter 5:8 says that our “enemy, the devil, prowls around like a roaring lion, seeking people to devour.” Just as a lion’s roar strikes terror into the hearts of those who hear it, so Satan uses fear to try to paralyze Christians. His intimidation tactics are designed to rob us of faith in God and drive us to try to get our needs met through the world or the flesh.

Fear weakens us, causes us to be self-centered, and clouds our minds so that all we can think about is the thing that frightens us. But fear can only control us if we let it.

God, however, does not want us to be mastered by anything, including fear (1 Cor.6:12). Jesus Christ is to be our only Master (2 Tim.2:21; John 13:13). In order to begin to experience freedom from the bondage of fear and the ability to walk by faith in God, pray the following prayer from your heart:

WAYS SATAN DECEIVES US: FEAR!!

Dear Heavenly Father, I confess to You that I have listened to the devil's roar and have allowed fear to master me. I have not always walked by faith in You but instead have focused on my feelings and circumstances (2 Cor. 4:16-18; 2 Cor.5:7). Thank You for forgiving me for my unbelief. Right now I renounce the spirit of fear and affirm the truth that You have "not given me a spirit of fear but of power, love and a sound mind" (2 Tim. 1:7). Lord, please reveal to my mind now all the fears that have been controlling me so I can renounce them and be free to walk by faith in You. I thank You for the freedom You give me to walk by faith and not by fear. In Jesus' powerful name, I pray. Amen.

WAYS SATAN DECEIVES US: FEAR!!

The following list may help you recognize some of the fears the devil has used to keep you from walking by faith. Check the ones that apply to your life. Write down any others that the Spirit of God brings to your mind. Then, one by one renounce those fears aloud, using the suggested renunciation below.

WAYS SATAN DECEIVES US: FEAR!!

- Fear of death
- Fear of Satan
- Fear of failure
- Fear of rejection by people
- Fear of disapproval
- Fear of becoming/being homosexual, standing up against homosexuality
- Fear of financial problems
- Fear of never getting married
- Fear of the death of a loved one
- Fear of being a hopeless case
- Fear of losing my salvation
- Fear of having committed the unpardonable sin
- Fear of abandonment

WAYS SATAN DECEIVES US: FEAR!!

- Fear of not being loved by God
- Fear of never loving or not being loved by others
- Fear of embarrassment
- Fear of being victimized by crime
- Fear of marriage
- Fear of divorce
- Fear of going crazy
- Fear of pain/illness
- Fear of the future
- Fear of confrontation
- Fear of specific individuals; list them:
- Fear of dark, drowning, heights, snakes, falling, etc.
- Other specific fears that come to mind now:

I renounce the (name of fear) because God has “not given me a spirit of fear” (2 Tim.1:7). I choose to live faith in God who has promised to protect me and meet all my needs as I walk by faith in Him (Psalm 27:1; Matthew 6:33-34).

WAYS SATAN DECEIVES US: FEAR!!

- Fear of not being loved by God
- Fear of never loving or not being loved by others
- Fear of embarrassment
- Fear of being victimized by crime
- Fear of marriage
- Fear of divorce
- Fear of going crazy
- Fear of pain/illness
- Fear of the future
- Fear of confrontation
- Fear of specific individuals; list them:
- Fear of dark, drowning, heights, snakes, falling, etc.
- Other specific fears that come to mind now:

I renounce the (name of fear) because God has “not given me a spirit of fear” (2 Tim.1:7). I choose to live faith in God who has promised to protect me and meet all my needs as I walk by faith in Him (Psalm 27:1; Matthew 6:33-34).

WAYS SATAN DECEIVES US: FEAR!!

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

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

THE ANSWER: FAITH IN CHRIST!!

Faith is choosing to believe and act upon what God says, regardless of feelings or circumstances. Believing something, however, does not make it true. It's true; therefore, we choose to believe it.

The New Age movement has twisted the concept of faith by saying that we can make something true by believing it. No, we can't create reality with our minds; only God can do that. We can only face reality with our minds.

Just "having faith" is not enough. The key question is whether the object of your faith is trustworthy. If the object of your faith is not reliable, then no amount of believing will change it. That is why our faith must be on the solid rock of God Himself and His Word. That is the only way to live a responsible and fruitful life. On the other hand, if what you believe in is not true, then how you end up living will not be right.

For generations, Christians have known the importance of publicly declaring what they believe. Read aloud the following "Statements of Truth", thinking about what you are saying. You may find it very helpful to read it daily for several weeks to renew your mind with the truth and replace any lies you might be believing.

STATEMENTS OF FAITH

1. I recognize that there is only one true and living God (Exodus 20:2-3) who exists as the Father, Son and Holy Spirit. He is worthy of all honor, praise and glory as the One who made all things and holds all things together (Col. 1:16-17).
2. I recognize that Jesus Christ is the Messiah, the Word who became flesh and dwelt among us (see John 1:1,14). I believe that He came to destroy the works of the devil (1 John 3:8), and that He disarmed the rulers and authorities and made a public display of them, having triumphed over them (Col.2:15).
3. I believe that God has demonstrated His own love for me in that while I was still a sinner, Christ died for me (Romans 5:8). I believe that He has delivered me from the domain of darkness and transferred me to His kingdom, and in Him I have redemption – the forgiveness of sins (Col.1:13-14).
4. I believe that I am now a child of God (1 John 3:1-3) and that I am seated with Christ in the heavenlies (Eph.2:6). I believe that He has delivered me from the domain of darkness and transferred me to His kingdom, and in Him I have redemption – the forgiveness of sins (Col.1:13-14)

STATEMENTS OF FAITH

5. I choose to be strong in the Lord and in the strength of His might (Eph.6:10). I put no confidence in the flesh (Phil.3:3); for the weapons of warfare are not of the flesh but are divinely powerful for the destruction of strongholds (2 Cor.10:4). I put on the full armor of God (Eph.6:10-20). I resolve to stand firm in my faith and resist the evil one.
6. I believe that apart from Christ I can do nothing (John 15:5), so I declare my complete dependence on Him. I choose to abide in Christ in order to bear much fruit and glorify my Father (see John 15:8). I announce to Satan that Jesus is my Lord (1 Cor.12:3), and I reject any and all counterfeit gifts or works of Satan in my life.
7. I believe that the truth will set me free (John 8:32) and that Jesus is the truth (John 14:6). If He sets me free, I will be free indeed (John 8:36). I recognize that walking in the light is the only path of true fellowship with God and man (1 John 1:3-7). Therefore, I stand against all of Satan's deception by taking every thought captive in obedience to Christ (2 Cor.10:5). I declare that the Bible is the only authoritative standard for truth and life (2 Tim.3:15-17). I am the gatekeeper of my mind.

STATEMENTS OF FAITH

8. I choose to present my body to God as a living and holy sacrifice (Romans 12:1) and the members of my body as instruments of righteousness to God (Romans 6:13). I choose to renew my mind by the Living Word of God in order that I may prove that the will of God is good, acceptable and perfect (Romans 12:2). I put off the old self with its evil practices and put on the new self (Col.3:9-10). I declare myself to be a new creation in Christ (2 Cor.5:17).
9. By faith, I choose to be filled with the Spirit (Eph.5:18) so that I can be guided into all truth (John 6:13). I choose to walk by the Spirit so that I will not carry out the desires of the flesh (Gal.5:16).

STATEMENTS OF FAITH

10. I renounce all selfish goals and choose the ultimate goal of love (1 Tim.1:5). I choose to obey the two greatest commandments: to love the Lord my God with all my heart, soul, mind and strength and to love my neighbour as myself (Matt.22:37-39).
11. I believe that the Lord Jesus has all authority in heaven and on earth (Matt.28:18) and that He is the head over all rule and authority. I am complete in Him (Col.2:10). I believe that Satan and his demons are subject to me in Christ since I am a member of Christ's Body (Eph.1:19-23). Therefore, I obey the command to submit to God and resist the devil (James 4:7), and I command Satan in the name of Jesus Christ to leave my presence.

STEP THREE:

BITTERNESS vs. FORGIVENESS

STEP THREE: BITTERNESS vs. FORGIVENESS

We need to forgive others so Satan cannot take advantage of us (2 Cor.2:10-11). We are commanded to get rid of all bitterness in our lives and forgive others as we have been forgiven (Eph.4:31-32).

Let's take a few minutes to review what forgiveness is and what it is not.

Forgiveness is not forgetting. People who want to forget all that was done to them will find they cannot do it. Don't put off forgiving those who have hurt you, hoping the pain will one day go away. Once you choose to forgive someone, then Christ can come and begin to heal you of your hurts. But the healing cannot begin until you first forgive.

Forgiveness is a choice, a decision of your will. Since God requires you to forgive, it is something you can do. Sometimes it is very hard to forgive someone because we naturally want revenge for the things we have suffered. Forgiveness seems to go against our sense of what is right and fair. So we hold on to our anger, punishing people over and over again in our minds for the pain they've caused us.

STEP THREE: BITTERNESS vs. FORGIVENESS

But we are told by God never to take our own revenge (Romans 12:19). Let God deal with the person. Let him or her off your hook because as long as you refuse to forgive someone, you are still hooked to them. You are still chained to your past, bound up in your bitterness.

By forgiving, you let the other person off your hook, but they are not off God's hook. You must trust that God will deal with the person justly and fairly, something you simply cannot do. You might say, "But you don't know how much this person hurt me!" You're right. We don't but Jesus does; and He tells us to forgive. And don't you see? Until you let go of your anger and hatred, the person is still hurting you. You can't turn back the clock and change the past, but you can be free from it. You can stop the pain, but there is only one way to do it – forgive!!

You forgive others for your sake so you can be set free. Forgiveness is mainly a matter of obedience to God. God wants you to be free; there is no other way.

STEP THREE: BITTERNESS vs. FORGIVENESS

Forgiveness is agreeing to live with the consequences of another person's sin, but you are going to live with those consequences anyway whether you like it or not. The only choice you have is whether you will do so in "the bondage of bitterness" or in "the freedom of forgiveness."

But no one truly forgives without accepting and suffering the pain of another's sin. That can seem unfair and you may wonder where the justice is in it, but justice is found at the Cross, which makes forgiveness legally and morally right.

Jesus took the eternal consequences of sin upon Himself. God made Him who knew no sin to be sin on our behalf, that we might become the righteousness of God in Him (2 Cor.5:21). We, however, often suffer the temporary consequences of other people's sins. That is simply a harsh reality of life all of us have to face.

STEP THREE: BITTERNESS vs. FORGIVENESS

Do not wait for the other person to ask for your forgiveness before forgiving him or her. They may never do so. Remember, Jesus did not wait for those who were crucifying Him to apologize before He forgave them. Even while they mocked and jeered at Him, He prayed, Father, forgive them; for they do not know what they are doing. (Luke 23:34).

STEP THREE: BITTERNESS vs. FORGIVENESS

HOW DO YOU FORGIVE FROM YOUR HEART? You allow God to bring to the surface the painful emotions you feel toward those who have hurt you. If your forgiveness doesn't touch the emotional core of your life, it will be incomplete. Too often we're afraid of the pain so we bury our emotions deep down inside us. Let God bring them to the surface so He can begin to heal those damaged emotions. (Matt.18:35).

Forgiveness is choosing not to hold someone's sin against him or her anymore. It is common for bitter people to bring up past issues with those who have hurt them. They want them to feel bad. But we must let go of the past and choose to reject any thought of revenge. This doesn't mean you must continue to put up with the future sins of others. God does not tolerate sin and neither should you. Don't allow yourself to be continually abused by others. Take a stand against sin while continuing to exercise grace and forgiveness toward those who hurt you. You may need help in setting wise limits and boundaries to protect yourself from further abuse.

STEP THREE: BITTERNESS vs. FORGIVENESS

Don't wait to forgive until you feel like forgiving. You will never get there. Make the hard choice to forgive even if you don't feel like it. Once you choose to forgive, Satan will have lost his power over you in that area and God's healing touch will be free to move. Freedom is what you will gain right now, not necessarily an immediate change in feelings.

Ask God to bring to your mind the people you need to forgive by praying the following prayer aloud.

Dear Heavenly Father, I thank You for the riches of Your kindness, forbearance and patience toward me, knowing that Your kindness has led me to repentance (Romans 2:4). I confess that I have not shown that same kindness and patience toward those who have hurt me. Instead, I have held on to my anger, bitterness and resentment toward them. Please bring to my mind all the people I need to forgive in order that I may do so now. In Jesus' Name, I pray. Amen.

STEP THREE: BITTERNESS vs. FORGIVENESS

On a separate sheet of paper, list the names of people who come to your mind. At this point don't question whether you need to forgive them or not. If a name comes to mind, just write it down.

Often we hold things against ourselves as well, punishing ourselves for wrong choices we've made in the past. Write "myself" at the bottom of your list so you can forgive yourself. Forgiving yourself is accepting the truth that God has already forgiven you in Christ. If God forgives you, you can forgive yourself!!

Also write "thoughts against God" at the bottom of your list. Obviously, God has never done anything wrong so we don't have to forgive Him. Sometimes, however, we harbour angry thoughts against Him because He did not do what we wanted Him to do. Those feelings of anger and resentment against God can become a wall between us and Him so we must let them go.

STEP THREE: BITTERNESS vs. FORGIVENESS

Now, you are ready to begin. Starting with the first person on your list, make the choice to forgive him or her for every painful memory that comes to your mind. Focus on that individual until you are sure you have dealt with all the remembered pain. Then work your way down the list in the same way.

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

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

STEP THREE: BITTERNESS vs. FORGIVENESS

For every painful memory you have for each person on your list, pray aloud:

Lord, I choose to forgive (name the person) for (say what they did to hurt you) even though it made me feel (share the painful feelings).

STEP THREE: BITTERNESS vs. FORGIVENESS

After you have forgiven that person for all the offenses that come to your mind and after you have honestly expressed how you felt, conclude your forgiveness of that person by praying aloud:

Lord, I choose not to hold any of these things against (name) any longer. I thank You for setting me free from the bondage of my bitterness toward (name). I now ask You to bless (name) with truth and repentance. In Jesus' Name I pray. Amen.

STEP THREE: BITTERNESS vs. FORGIVENESS

Finally, after you have forgiven all of the people on your list, pray the following prayer aloud:

Thank You Lord that I am no longer responsible to fix, change, or punish any of these people on my list. I give them all to You. Thank You Lord, for taking my load! Help me to see each of these people as You see them. Now I ask You to heal my damaged emotions as I walk with You. In Jesus' Name. Amen.

STEP FOUR:
REBELLION vs. SUBMISSION

STEP FOUR: REBELLION vs. SUBMISSION

We live in a rebellious age. Many people only obey laws and authorities when it is convenient for them. There is a general lack of respect for those in government, and Christians are often as guilty as the rest of society in fostering a critical, rebellious spirit. Certainly we are not expected to agree with our leaders' policies which are in violation of Scripture, but we are to honor all men; love the brotherhood, fear God, honor the king (1 Peter 2:17).

It is easy to believe the lie that those in authority over us are only robbing us of the freedom to do what we want. The truth is, however, that God has placed them there for our protection and liberty.

Rebelling against God and His authorities is a very serious sin for it gives Satan a wide open avenue to attack. Submission is the only solution. God requires more, however, than just the outward appearance of submission; He wants us to sincerely submit to those in authority FROM THE HEART. When you stand under the authority of God and those He has placed over you, you cut off this dangerous avenue of demonic attack.

STEP FOUR: REBELLION vs. SUBMISSION

The Bible makes it clear that we have two main responsibilities toward those in authority over us; to pray for them (1 Tim. 2:1-2) and to submit to them (Romans 13:1-7). To commit yourself to that godly lifestyle, pray the following prayer aloud from your heart:

Dear Heavenly Father, You have said in the Bible that rebellion is the same thing as witchcraft and as bad as idolatry (1 Samuel 15:23). I know I have not obeyed You in this area and have rebelled in my heart against You and against those You have placed in authority over me. Thank You for Your forgiveness of my rebellion. By the shed blood of the Lord Jesus Christ, I pray that all ground gained by evil spirits in my life due to my rebellion would be canceled. I pray that You would show me all the ways I have been rebellious. I choose now to adopt a submissive spirit and a servant's heart. In Jesus' precious name, I pray. Amen.

STEP FOUR: REBELLION vs. SUBMISSION

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

There may be times when those over you abuse their authority and break the laws which are ordained by God for the protection of innocent people. In those cases, you will need to seek help from a higher authority for your protection. The laws in your province/state may require that such abuse be reported to the police or other governmental agency.

If there is continuing abuse – physical, mental, emotional or sexual where you live – you may need further counselling from a local agency to help you deal with that situation.

STEP FOUR: REBELLION vs. SUBMISSION

If authorities abuse their position by requiring you to break God's law or compromise your commitment to Him, then you need to obey God rather than man (Acts 4:19-20). Be careful, though. Don't assume that an authority is violating God's Word just because they are telling you to do something you don't like!

We all need to adopt a humble, submissive spirit to one another in the fear of Christ (Eph.5:21). In addition, however, God has set up specific lines of authority to protect us and to give order to our daily lives.

STEP FOUR: REBELLION vs. SUBMISSION

As you prayerfully look over the following list, allow the Lord to show you any specific ways in which you have been rebellious to authority. Write them down on a piece of paper.

- Civil government, including traffic laws and tax laws; attitude toward government officials, and for not praying for this government. (Romans 13:1-7; 1 Tim.2:1-4; 1 Peter 2:13-17).
- Parents, stepparents or legal guardians (Eph.6:1-3)
- Teachers, coaches, school officials (Romans 13:1-4)
- Employer – past or present (1 Peter 2:18-23)
- Husband (see 1 Peter 3:1-5)
- Wife (Eph.5:21; 1 Peter 3:7)

(Note to husbands: Take a moment and ask the Lord if your lack of love for your wife could be fostering a rebellious spirit within her.

If so, confess that now as a violation of Eph.5:22-23)

- Church leaders (Hebrews 13:17)
- God (Daniel 9:5,9)

STEP FOUR: REBELLION vs. SUBMISSION

Now, using the following prayer of confession, specifically confess what the Lord brings to mind. For each way in which the Spirit of God brings to your mind that you have been rebellious, use the following prayer to specifically confess that sin:

Lord, I confess that I have been rebellious toward (_____)
by (say what you did specifically.)

Thank You for forgiving my rebellion. I choose now to be submissive and obedient to Your Word. In Jesus' Name I pray. Amen.

STEP FIVE:
PRIDE vs. HUMILITY

STEP FIVE: PRIDE vs. HUMILITY

Pride kills. Pride says, “I don’t need God or anyone else’s help. I can handle it by myself.” Oh, no you can’t!! We absolutely need God and we desperately need each other. The apostle Paul wisely wrote, “For it is we who worship in the Spirit of God and glory in Christ Jesus, and who put no confidence in the flesh (Phil.3:3).

That is a good definition of humility: putting no confidence in the flesh, that is, in ourselves; but, rather, being strong in the Lord and in His mighty power (Eph.6:10). Humility, therefore, is confidence properly placed in God.

Proverbs 3:5-7 expresses a similar thought: “Trust in the Lord will all your heart and lean not on your own understanding; in all your ways acknowledge him and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil.”

James 4:6-10; and 1 Peter 5:1-10 warn us that serious spiritual problems will result when we are proud.

STEP FIVE: PRIDE vs. HUMILITY

Now, use this prayer to express your commitment to living humbly before God:

Dear Heavenly Father, You have said that pride goes before destruction and an arrogant spirit before stumbling (Prov.16:18). I confess that I have been thinking mainly of myself and not of others. I have not denied myself, picked up my cross daily and followed You (Matt.16:24). As a result, I have given ground to the devil in my life. I have sinned by believing I could be happy and successful on my own. I confess that I have placed my will before Yours and have centered my life around myself instead of You.

I repent of my pride and selfishness and pray that all ground gained in my members by the enemies of the Lord Jesus Christ would be canceled. I choose to rely on the Holy Spirit's power and guidance so I will do nothing from selfishness or empty conceit, but with humility of mind I will regard others as more important than myself (Phil.2:3). And I choose to make You, Lord, the most important of all in my life (Matt.6:33).

Please show me now all the specific ways in which I have lived my life in pride. Enable me through love to serve others and in honor to prefer others (Rom.12:10). I ask all of this in the gentle and humble name of Jesus, my Lord. Amen.

STEP FIVE: PRIDE vs. HUMILITY

Having made that commitment to God in prayer, now allow Him to show you any specific ways in which you have lived in a proud manner. The following list may help you.

As the Lord brings to your mind areas of pride, use the prayer following the list to guide you in your confession.

STEP FIVE: PRIDE vs. HUMILITY

- **Having a stronger desire to do my will than God's will.**
- **Leaning too much on my own understanding and experience rather than seeking God's guidance through prayer and His Word.**
- **Relying on my own strengths and abilities rather than depending on the power of the Holy Spirit**
- **Being more concerned about controlling others than in developing self-control**
- **Often being too busy doing "important" things than to take time to do little things for others**
- **Having a tendency to think that I have no needs**
- **Finding it hard to admit when I am wrong**
- **Being more concerned about pleasing people than pleasing God (Prov.29:25)**
- **Being concerned about getting the credit I feel I deserve**
- **Thinking I am more humble, spiritual, religious or devoted than others**

STEP FIVE: PRIDE vs. HUMILITY

- Being driven to obtain recognition by attaining degrees, titles or positions
- Often feeling that my needs are more important than another's needs
- Considering myself better than others because of my academic, artistic, or athletic abilities or accomplishments
- Having feelings of inferiority appearing as false humility
- Not waiting on God
- Other ways I have thought more highly of myself than I should:
_____.

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

Lord, I agree I have been proud in _____. Thank You for forgiving me for my pride. I choose to humble myself before You and others. I choose to place all my confidence in You and none in my flesh. In Jesus' name, I pray. Amen.

STEP FIVE: PRIDE vs. HUMILITY

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

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

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

STEP FIVE: PRIDE vs. HUMILITY

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

Dear Heavenly Father, I know that You love all people equally and that You do not show favouritism but You accept men from every nation who fear You and do what is right (Acts 10:34-35). You do not judge people based on skin color, race, ethnic background, gender, denominational preference or any other worldly matter (1 Cor.5:16; Acts 17:26). I confess that I have too often prejudged others or regarded myself as superior because of these things. I have not always been a minister of reconciliation but have been a proud agent of division through my attitudes, words and deeds. I repent of all hateful bigotry and prideful prejudice and I ask You, Lord to now reveal to my mind all the specific ways in which this form of pride has corrupted my heart and mind. In Jesus' name, I pray. Amen.

STEP FIVE: PRIDE vs. HUMILITY

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

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

STEP SIX:
BONDAGE vs. FREEDOM

STEP SIX: BONDAGE vs. FREEDOM

This step deals with wrong behaviour, addictions and moral issues.

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

Sin that has become a habit often requires help from a trusted brother or sister in Christ. James 5:16 says, “Confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.” Sometimes the assurance of 1 John 1:9 is enough: “If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

STEP SIX: BONDAGE vs. FREEDOM

Remember, confession is not say “I’m sorry;” it is openly admitting “I did it.” Whether you need help from other people or just the accountability of walking in the light before God, pray the following prayer aloud:

Dear Heavenly Father, You have told me to put on the Lord Jesus Christ and not to think about how to gratify my sinful desires (Romans 13:14). I confess that I have given in to sinful desires which war against my soul (1 Peter 2:11). I thank You that in Christ my sins are already forgiven, but I have broken Your holy law and given the devil a chance to wage war in my body (Romans 6:12-13; James 4:1; 1 Peter 5:8). I come to You now to confess and renounce these sins of the flesh (Prov.28:13; 2 Cor.4:2) so that I might be cleansed and set free from the bondage of sin. Please reveal to my mind now all the sins of the flesh I have committed and the ways I have grieved the Holy Spirit. In Jesus’ holy name, I pray. Amen.

STEP SIX: BONDAGE vs. FREEDOM

There are many sins of the flesh that can control us. The following list contains many of them, but a prayerful examination of Galatians 5:19-21; Eph.4:25-31; and Mark 7:20-23 and other Scripture passages will help you to be even more thorough. Look over the following list and ask the Holy Spirit to bring to your mind the ones you need to confess. He may reveal to you others as well. For each one the Lord shows you, pray a prayer of confession from your heart. There is a sample prayer following the list.

NOTE: Sexual sins, divorce, eating disorders, substance abuse, abortion, suicidal tendencies, and perfectionism will be dealt with later in this Step.

STEP SIX: BONDAGE vs. FREEDOM

Stealing
Quarreling/fighting
Jealousy/envy
Complaining/criticism
Sarcasm
Lustful actions
Gossip/slander
Swearing
Apathy/laziness
Lying

Hatred
Anger
Lustful thoughts
Drunkenness
Cheating
Procrastination
Greed/materialism
Gambling
Others: _____

Lord, I confess that I have committed the sin of _____.
Thank You for Your forgiveness and cleansing. I now turn away
from this sin and turn to You, Lord. Strengthen me by Your Holy
Spirit to obey You. In Jesus' name, I pray. Amen.

SEXUAL BONDAGE

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). Sexual immorality is sin against the body, the temple of the Holy Spirit (2 Cor.6:14-17). To find freedom from sexual bondage, begin by praying the following prayer:

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

SEXUAL BONDAGE

As the Lord brings to your mind every wrong sexual use of your body, whether it was done to you – rape, incest, sexual molestation – or willingly by you (including pornography, masturbation, sexual immorality, bestiality), 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). In the name of the Lord Jesus Christ I command that all demonic strongholds and other spiritual garbage passed onto me through relationships in which I was sexually, emotionally, spiritually, or mentally bonded to _____ (names) in a sinful way be cancelled, and that the demons connected with each of them go to the Lord Jesus Christ, now and never come back to me. In Jesus' name, I pray. Amen.

SEXUAL BONDAGE

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

Lord, I renounce all these uses of my body as an instrument of unrighteousness and I admit to my wilful 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 (Heb.13:4).

I reject the 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. In Jesus' name, I pray. Amen. (see Isaiah 1:18)

SPECIAL PRAYERS FOR SPECIAL NEEDS

Pornography

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

SPECIAL PRAYERS FOR SPECIAL NEEDS

Divorce

Lord, I confess to You any part that I played in my divorce (ask the Lord to show you specifics). Thank You for Your forgiveness, and I choose to forgive myself as well. I renounce the lie that my identity is now in “being divorced.” I am a child of God, and I reject the lie that says I am a second-class Christian because of the divorce. I reject the lie that says I am worthless, unlovable, and that my life is empty and meaningless. I am complete in Christ, Who loves me and accepts me just as I am. Lord, I commit the healing of all hurts in my life to You as I have chosen to forgive those who have hurt me. I also place my future into Your hands and trust You to provide the human companionship You created me to need through Your Church and, if it be Your will, through another spouse. I pray all this in the healing name of Jesus, my Savior, Lord, and closest friend. Amen.

SPECIAL PRAYERS FOR SPECIAL NEEDS

Homosexuality

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

Abortion

Lord, I confess that I was not a proper guardian and keeper of the life You entrusted to me and I admit that as sin. Thank You that because of Your forgiveness, I can forgive myself. I recognize the child is in Your caring hands for all eternity. In Jesus' name, I pray. Amen.

SPECIAL PRAYERS FOR SPECIAL NEEDS

Suicidal Tendencies

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

Victimization

In the name of the Lord Jesus Christ, I renounce the lie of Satan that I am still a victim of my past or present circumstances. The truth is that I am a child of God, unconditionally loved by Him and He has set me free to become the person HE intends for me to be. I announce that in Christ I can be victorious at all times and I choose to act like a beloved child of God, not like Satan's victim. In Jesus' name. Amen.

SPECIAL PRAYERS FOR SPECIAL NEEDS

Drivenness and Perfectionism

Lord, I renounce the lie that my self-worth is dependent upon my ability to perform. I announce the truth that my identity and sense of worth is found in who I am as Your child. I renounce seeking the approval and acceptance of other people, and I choose to believe that I am already approved and accepted in Christ because of His death and resurrection for me. I choose to believe the truth that I have been saved, not by deeds done in righteousness, but according to Your mercy. I choose to believe that I am no longer under the curse of the law because Christ became a curse for me. I receive the free gift of life in Christ and choose to abide in Him. I renounce striving for perfection by living under the law. By Your grace, Heavenly Father, I choose from this day forward to walk by faith in the power of Your Holy Spirit according to what You have said is true. In Jesus' name, I pray. Amen.

SPECIAL PRAYERS FOR SPECIAL NEEDS

Eating Disorders and Self-Mutilation

Lord, I renounce the lie that my value as a person is dependent upon my appearance or performance. I renounce cutting or abusing myself, vomiting, using laxatives, diet pills, or starving myself as a means of being in control, altering my appearance or cleansing myself of evil. I announce that only the blood of the Lord Jesus cleanses me from sin. I realize I have been bought with a price and my body, the temple of the Holy Spirit, belongs to God. Therefore, I choose to glorify God in my body. I renounce the lie that I am evil or that any part of my body is evil. Thank You that You accept me just the way I am in Christ. In Jesus' name, I pray. Amen.

SPECIAL PRAYERS FOR SPECIAL NEEDS

Substance Abuse

Lord, I confess that I have misused substances (alcohol, tobacco, food, prescription or street drugs) for the purpose of pleasure, to escape reality or to cope with difficult problems. I confess that I have abused my body and programmed my mind in a harmful way. I have quenched the Holy Spirit as well. Thank You for forgiving me. I renounce any satanic connection or influence in my life through my misuse of food or chemicals. I cast my anxieties on to Christ Who loves me. I commit myself to yield no longer to substance abuse, but instead I choose to allow the Holy Spirit to direct and empower me. In Jesus' name, I pray. Amen.

SPECIAL PRAYERS FOR SPECIAL NEEDS

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 wilful and unwilling involvement in sin. I pray this in the wonderful name of my Lord and Savior, Jesus Christ. Amen.

STEP SEVEN:
CURSES vs. BLESSINGS

STEP SEVEN: CURSES vs. BLESSINGS

The next step to freedom is to renounce the sins of your ancestors as well as any curses which may have been placed on you by deceived and evil people or groups.

In giving the Ten Commandments, God said, “You shall not make for yourself an idol or any likeness of what is in heaven above or on the earth beneath or in the water under the earth. You shall not worship them or serve them; for I, the LORD your God, am a jealous God visiting the iniquity of the fathers on the children to the third and fourth generations of those who hate Me but showing lovingkindness to thousands, to those who love Me and keep My commandments” (Exodus 20:4-6).

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

STEP SEVEN: CURSES vs. BLESSINGS

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

Ask the Lord to show you specifically what sins are characteristic of your family by praying the following prayer. Then list those sins on a separate piece of paper.

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

STEP SEVEN: CURSES vs. BLESSINGS

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

Ask the Lord to show you specifically what sins are characteristic of your family by praying the following prayer. Then list those sins on a separate piece of paper.

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

STEP SEVEN: CURSES vs. BLESSINGS

As the Lord brings those areas of family sin to your mind, list them. You will be specifically renouncing them later in this step. Some examples are also below:

- ❖ Alcoholism/ addiction
- ❖ Religious spirit
- ❖ Anger
- ❖ Fear (be specific)
- ❖ Schizophrenia
- ❖ Depression
- ❖ Suicide
- ❖ Hopelessness
- ❖ Passivity
- ❖ Poverty
- ❖ Rebellion
- ❖ Sexual immorality/addiction
- ❖ Pride
- ❖ Greed
- ❖ Stealing
- ❖ Fighting
- ❖ Complaining/criticism
- ❖ Sarcasm

STEP SEVEN: CURSES vs. BLESSINGS

As the Lord brings those areas of family sin to your mind, list them. You will be specifically renouncing them later in this step. Some examples are also below:

- ❖ Abuse
- ❖ Gambling
- ❖ Insecurity
- ❖ Shame
- ❖ Guilt
- ❖ Unforgiveness (self/others)
- ❖ Perfectionism
- ❖ Rejection
- ❖ Control
- ❖ Bitterness
- ❖ Selfishness
- ❖ Lack of contentment
- ❖ Lack of intimacy
- ❖ Others _____

STEP SEVEN: CURSES vs. BLESSINGS

DECLARATION

I here and now reject and disown all the sins of my ancestors. I specifically renounce the sins of (list here the areas of family sin the Lord revealed to you). As one who has now been delivered from the domain of darkness and into the kingdom of God's Son, I cancel out all demonic working that has been passed down to me from my family. As one who has been crucified and raised with Jesus Christ and who sits with him in heavenly places, I renounce all satanic assignments that are directed toward me and my ministry. I cancel out every curse that Satan and his workers have put on me. I announce to Satan and all his forces that Christ became a curse for me when He died for my sins on the cross (Galatians 3:13). I reject any and every way in which Satan may claim ownership of me. I belong to the Lord Jesus Christ who purchased me with His own blood. I reject all blood sacrifices whereby Satan may claim ownership of me. I declare myself to be fully and eternally signed over and committed to the Lord Jesus Christ. By the authority I have in Christ, I now command every familiar spirit and every enemy of the Lord Jesus that is influencing me to leave my presence. I commit myself to my heavenly Father to do His will from this day forward. In Jesus' precious name I pray. Amen.

STEP SEVEN: CURSES vs. BLESSINGS

PRAYER

Dear Heavenly Father, I come to You as Your child, bought out of slavery to sin by the blood of the Lord Jesus Christ. You are the Lord of the universe and the Lord of my life. I submit my body to You as an instrument of righteousness, a living and holy sacrifice that I may glorify You in my body (Romans 12:2). I now ask You to fill me with the Holy Spirit. I commit myself to the renewing of my mind in order to prove that Your will is good, acceptable and perfect for me. All this I pray in the name and authority of the risen Lord Jesus Christ. Amen.

PRAISE THE LORD!!

You have completed the Seven Steps to Freedom!!

Now let's look at how you can maintain your freedom.

**MAINTAINING
YOUR FREEDOM**

MAINTAINING YOUR FREEDOM

Even after finding freedom in Christ by going through these seven steps, you may still be attacked by demonic influences trying to regain control of your mind hours, days or even weeks later. But you don't have to let them. As you continue to walk in humble submission to God, you can resist the devil and he will flee from you (James 4:7).

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

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

MAINTAINING YOUR FREEDOM

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

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

MAINTAINING YOUR FREEDOM

YOUR FREEDOM MUST BE MAINTAINED. WE CANNOT EMPHASIZE THAT ENOUGH.

You have won a very important battle in an ongoing way. Freedom will continue to be yours as long as you keep choosing the truth and standing firm in the strength of the Lord.

- ❖ If you become aware of lies you have believed, renounce them and choose the truth.
- ❖ If new painful memories surface, forgive those who hurt you.
- ❖ If the Lord shows you other areas of sin in your life, confess those promptly.

MAINTAINING YOUR FREEDOM

This tool can serve as a constant guide for you in dealing with the things God points out to you. Some people have found it helpful to walk through the **STEPS TO FREEDOM IN CHRIST** again! As you do, read the instructions carefully. For your encouragement and growth, read:

- Victory over the Darkness (youth version: Stomping Out the Darkness)**
- The Bondage Breaker (adult or youth version)**
- Walking in the Light (youth version: Know Light, No Fear)**
- Living for Christ**
- Freedom From Fear**
- Walking in Freedom (a 21-day devotional designed to reinforce the truth found in these steps)**

[see: www.ficm.ca to order books & resources]

MAINTAINING YOUR FREEDOM

To maintain your freedom in Christ, we **strongly** suggest the following:

- 1. Be involved in a loving, caring church fellowship** where you can be open and honest with others and where God's truth is taught with grace.
- 2. Read and meditate on the Bible daily.** Memorize key verses from the Steps to Freedom in Christ. You may want to read the Statement of Truth (see Step 2 and see below) aloud daily and study the verses in it.
- 3. Learn to take every thought captive to the obedience of Christ.** Assume responsibility for your thought life. Don't let your mind become passive. Reject all lies, choose to focus on the truth and stand firm in your true identity as a child of God in Christ.
- 4. Don't drift back to old patterns of thinking, feeling and acting.** This can happen very easily if you become spiritually and mentally lazy. If you are struggling with walking in the truth, share your battles openly with a trusted, spiritual, mature Christian who will pray for you and encourage you to stand firm.

MAINTAINING YOUR FREEDOM

5. **Don't expect other people to fight your battles for you, however.**
They can help you, but they can't think, pray, read the Bible or choose the truth for you.
6. **Commit yourself to daily prayer.** Prayer demonstrates a life of trusting in and depending on God. You can pray the following prayers below often (in the power of God's Spirit) and with confidence. Let the words come from your heart as well as your lips and feel free to change them to make our prayers – your prayers!!
7. **Put on the armor of God** (Ephesians 6:14-17).
8. **Work through Walking in Freedom**, a 21-day devotional designed to reinforce the truth found in the Steps to Freedom in Christ.

**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).**

**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.

FOR CHILDREN

Prayers

“For them”

and

“By them”.

Praying for CHILDREN

Baby Dedication

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

For Their Salvation

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 Protection

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 Rebellion

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 Future

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 an Adopted Child

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 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

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.

DECLARATIONS

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. Thank about what you are reading and let your heart rejoice in the truth.

DECLARATIONS

I renounce the lie that I am rejected, unloved, dirty or shameful because

IN CHRIST I am completely accepted. God says.....

John 1:12

I am God's child.

John 15:5

I am Christ's friend.

Romans 5:1

I have been justified.

1 Cor. 6:17

I am united with the Lord & am one spirit with Him

1 Cor. 6:19-20

I have been bought with a price. I belong to God.

1 Cor.12:27

I am a member of Christ's Body.

Eph.1:1

I am a saint, a holy one.

Eph.1:5

I have been adopted as God's child.

Eph.2:18

I have direct access to God through the Holy Spirit.

Col.1:14

I have been redeemed and forgiven of all my sins.

Col.2:10

I am complete in Christ.

DECLARATIONS

I renounce the lie that I am guilty, unprotected, alone or abandoned because
IN CHRIST I am totally secure. God says.....

Romans 8:1-2 I am free forever from condemnation.

Romans 8:28 I am assured that all things work together for good.

Romans 8:31-34 I am free from any condemning charges against me.

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

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

Phil. 1:6 I am confident that the good work God has begun in me will
be perfected.

Phil. 3:20 I am a citizen of heaven.

Col. 3:3 I am hidden with Christ in God.

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

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

1 John 5:18 I am born of God and the evil one cannot touch me.

DECLARATIONS

I renounce the lie that I am worthless, inadequate, helpless or hopeless because

IN CHRIST I am deeply significant. God says.....

Matthew 5:13-14

I am the salt of the earth and the light of the world.

John 15:1,5

I am a branch of the true vine, Jesus, a channel of His life.

John 15:16

I have been chosen and appointed by God to bear fruit.

Acts 1:8

I am a personal, Spirit-empowered witness of Christ.

1 Cor.3:16

I am a temple of God.

2 Cor.5:17-21

I am a minister of reconciliation for God.

2 Cor.6:1

I am God's co-worker.

Eph.2:6

I am seated with Christ in the heavenly realms.

Eph.2:10

I am God's workmanship, created for good works.

Eph.3:12

I may approach God with freedom and confidence.

Phil.4:13

I can do all things thru Christ who strengthens me!!

DECLARATIONS

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

**“but by the grace of God I am what I am”
(1 Cor.15:10)**

DECLARATIONS

I renounce the lie that my 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

I joyfully accept the truth that my 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 me (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 me (Jer.31:3; Isaiah 42:3; Psalm 18:2)
- Trustworthy and wants to give me a full life, His will is good perfect and acceptable for me (Lam.3:22-23; John 10:10; Romans 12:1-2)
 - Full of grace & mercy, and He gives me freedom to fail
(Heb.4:15-16; Luke 15:11-16)
- Tender-hearted and forgiving; His heart and arms are always open to me
(Psalm 130:1-4; Luke 15:17-24)
 - Committed to my growth and proud of me as His growing child
(Romans 8:28-29; Hebrews 12:5-11; 2 Cor.7:4)
- Able and willing to supply all my needs (Phil.4:19; Psa.37:4; Matt.6:33)

20 “Cans” of Success

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

20 “Cans” of Success

8. Why should I lack wisdom when I know that Christ became wisdom to me from God and God gives wisdom to me generously when I ask Him for it? [1 Corinthians 1:30, James 1:5]
9. Why should I be depressed when I can recall to mind God’s loving-kindness, compassion, faithfulness and have hope? [Lamentations 3:21-23]
10. Why should I worry and be upset when I can cast all my anxiety on Christ who cares for me? [1 Peter 5:7]
11. Why should I 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 I feel condemned when the Bible says there is no condemnation for those who are in Christ Jesus? [Romans 8:1]
13. Why should I feel alone when Jesus said He is with me always and He will never leave me nor forsake me? [Matthew 28:20, Hebrews 13:5]
14. Why should I feel like I’m cursed or the victim of misfortune when the Bible says that Christ rescued me from the curse of the law that I might receive His Spirit by faith? [Galatians 3:13-14]

20 “Cans” of Success

15. Why should I be unhappy when I, like Paul, can learn to be content whatever the circumstances? [Philippians 4:11]
16. Why should I feel worthless when Christ became sin for me so that I might become the righteousness of God in Him? [2 Corinthians 5:21]
17. Why should I feel helpless in the presence of others, when I know that if God is for me, who can be against me? [Romans 8:31]
18. Why should I be confused when God is the author of peace and He gives me knowledge through His Spirit who lives in me? [1 Cor. 2:12, 14:33]
19. Why should I feel like a failure when I am more than a conqueror through Christ who loves me? [Romans 8:37]
20. Why should I let the pressures of life bother me when I can take courage knowing that Jesus has overcome the world and its problems? [John 16:33]

The Overcomers Covenant in Christ

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

The Overcomers Covenant in Christ

6. I declare that sin shall no longer be master over me because I am not under the Law but under grace, and there is no more guilt or condemnation because I am spiritually alive in Christ Jesus.

7. I renounce every unrighteous use of my body, and I commit myself to no longer be conformed to this world but rather to be transformed by the renewing of my mind. I choose to believe the truth and walk in it, regardless of my feelings or circumstances.

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

9. I commit myself to God's great goal for my life to conform to His image. I know that I will face many trials, but God has given me the victory and I not a victim but an overcomer in Christ.

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

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

FOR INFO/TRAINING/RESOURCES/DISCIPLESHIP CONTACT:

Freedom In Christ Ministries (Canada)

PO Box 33115, Regina, Sask., Canada, S4T 7X2

Email: freedominchrist@sasktel.net

Website: www.ficm.ca

This material by FREEDOM IN CHRIST MINISTRIES may be distributed “unaltered” for the purpose of study and teaching, so long as they are made available to others free of charge. These materials may not, in any manner, be sold or used to solicit "donations" from others, nor may they be included in anything you intend to copyright, sell, or offer for a fee. This copyright is exercised to keep these materials available to all.

**“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)**

For more FREE TEACHINGS / FREE BOOKS see:

www.altogetherlovely.org

“He is Altogether Lovely”