



# WARRIORS *setfree*

## Freedom Manual

(WSF FM-1)

### **Warriors Set Free**

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**Division of Set Free Ministries**

# Conducting a Freedom Appointment

1. Start the appointment with Reassurance.
2. Have the Ministry Recipient (MR) understand that we are bound by a confidentiality agreement.
3. **The MR should sign the Hold Harmless Agreement before any talks start (online).**
4. Start with a cleansing prayer.
5. Explain how the appointment will be organized (breaks, snacks, restroom locations, etc.)
6. Explain the roles of the Encourager and Prayer Partner (possibly an apprentice).
7. Explain about spiritual house cleaning
8. Have Prayer – specific for the MR, Encourager, and Prayer Partner.
9. If needed, other materials will be provided or made available.
10. **Have MR complete a post-appointment survey (online).**
11. After the FA is completed, destroy the CPI.
12. Encourage the MR is connected to a local church or group and go over next possible steps in maintaining freedom.
13. Pray to break any spiritual ties that may have been created during the appointment.

## Prayer of Cleansing for Prayer Room

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. We claim this space as a place of spiritual safety for this ministry and protected from all 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 against any and all attempts of the enemy to enter and disturb Your purposes for this ministry. We thank You, Heavenly Father, for doing this in the name of the Lord Jesus Christ, Amen.

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**Note:** All Bible verse references are New International Version (NIV) unless otherwise indicated.

# MISSION OF WARRIORS SET FREE

**WSF guides warriors in building their faith by healing from the past and winning life's battles.**

Your Warrior's journey is our faith-based approach to encouraging you along your journey to restoration. Standing solid on the foundation of truth in God's word, being in relationship with Christian brothers and sisters, understanding and walking in whom God has created you to be, and living out a life driven by purpose provided by our Heavenly Father. The **TRIP roadmap for the Warrior's Journey** is based on spiritual truth and something that you can accomplish in your daily walk with Jesus.

## **Truth: living based on reality and Biblical worldview**

1. Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. John 14:6
2. Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." John 8:31-32
3. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, Ephesians 6:14
4. Trust in the Lord with all your heart and lean not on your own understanding; in all your ways, submit to him, and he will make your paths straight. Proverbs 3:5-6

## **Relationships: restored and healthy**

1. Greater love has no one than this: to lay down one's life for one's friends. John 15:13
2. But pity anyone who falls and has no one to help them up. Ecclesiastes 4:10
3. Therefore encourage one another and build each other up, just as in fact you are doing. 1 Thessalonians 5:11
4. Walk with the wise and become wise, for a companion of fools suffers harm. Proverbs 13:20

## **Identity: a restored sense of value**

1. Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 2 Corinthians 5:17
2. "For I know the plans I have for you," declares the Lord, "plans for welfare and not for evil, to give you a future and a hope." Jeremiah 29:11
3. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. Ephesians 1:5 (NLT)
4. "Before I formed you in the womb I knew you, before you were born, I set you apart; I appointed you as a prophet to the nations." Jeremiah 1:5

## **Purpose: mission-focused to serve others**

1. "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' Matthew 22:37-39
2. Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, Colossians 3:23
3. And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28
4. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10

# THE ABC'S OF SALVATION

## The Problem:

We must **Admit** we are sinners. Everyone has done things that displeases a Holy God. No one can live up to God's standards. He says no sin can enter heaven. Something must be done to get rid of our sin.

Romans 3:10 There is no one righteous, not even one.

Romans 3:23 All have sinned and fall short of the glory of God.

## God's Solution:

We must **Believe** Jesus died on the cross for us. God loves us and wants us to become His children. He loves you so much that He sent His Son, Jesus, to shed His blood to save you from your sins. He took your place on the cross and suffered the punishment you deserve. You must believe that He died for you, was buried, and rose again on the third day. Do you believe this?

Romans 5:8 But God demonstrates his own love for us in this; while we were still sinners, Christ died for us.

Romans 6:23 For the wages of sin is death, but the gift of God is eternal life in Jesus Christ our Lord.

Romans 10:17 Consequently, faith comes from hearing the message, and the message is heard through the word of Christ.

I Peter 2:24 Who Himself (Jesus) bore our sins in His own body on the tree (cross), that we, having died to sins, might live for righteousness.

Acts 16:31 Believe on the Lord Jesus Christ, and you will be saved.

## Our Part:

We must **Commit** our life to following Jesus. We must call upon Jesus to save us, and trust in Him as our savior. This must be sincerely from your heart and expressed out loud.

1 Kings 8:61 May your hearts be fully committed to the Lord our God, to live by his decrees and obey his commands, as at this time.

Psalms 37:5-6 Commit your way to the Lord; trust in him and He will do this: He will make your righteous reward shine like the dawn, your vindication like the noonday sun.

Acts 20:32 Now, I commit you to God and to the word of his grace, which can build you up and give you an inheritance among all those who are sanctified.

## Prayer for Salvation

**Dear Heavenly Father,**

**I come to you asking for the forgiveness of my sins. I confess with my mouth and believe with my heart that Jesus is Your Son. I believe that Jesus died on the cross so that I will be forgiven and have eternal life in the Kingdom of Heaven. I believe that Jesus rose from the dead. I ask You right now to come into my life and be my Lord and Savior. I repent of my sins and choose to worship You all the days of my life. I confess with my mouth that I am born again through the work of the Holy Spirit and cleansed by the blood of Jesus. In Jesus' Name, Amen.**

Now that you believe in Jesus and have placed your faith and trust in Him, God has forgiven you. You, along with all others who sincerely believe in Jesus, will spend eternity in heaven with Him.

Take a few minutes to listen. God speaks to us through the Holy Spirit. What issues in your life need to be addressed?

What events or issues from your past have set you off course? When these issues are addressed and resolved you will be free from them.

Ask God to reveal them to you in prayer now. (Take a few silent minutes to hear what God is speaking to you.)

What did you hear? Did you experience peace or anxiety? What memories or issues came to your mind?

You can trust your team to pray for these items with you.

Write the items in the blank in the following prayer.

### Prayer of Surrender

Loving Father, I surrender to You today with all my heart and soul. Please come into my heart in a deeper way. I say "Yes," to You today. I open all the secret places of my heart to You and say, "Come on in." Jesus, You are the Lord of my whole life. I believe in You and receive You as my Lord and Savior. I hold nothing back. I surrender all to You, my health, my family, my resources, occupation, skills, relationships, time management, successes, and failures. I release it, and let go. I surrender my understanding of how things ought to be, my choices, and my will. I surrender to You the promises I have kept and the promises I have failed to keep. I surrender my weaknesses and strengths to You. I surrender my emotions, my fears, my insecurities, my sexuality, and I especially surrender \_\_\_\_\_ . Lord, I surrender my entire life to you, the past, the present, and the future. In sickness and in health, in life and in death, I belong to You. In Jesus' name, Amen

# TRUTH TRAIN (or choo-choo train)

## Do Not Depend on Feelings

Not our feelings, but the promise of God's Word, the Bible, is our authority. The Christian lives by faith (trust) in the trustworthiness of God Himself and His Word. The following drawing shows the relationship between **fact** (God and His Word), **faith** (our trust in God and His Word), and **feelings** (the result of our faith and obedience) – John 14:21.



The train will run with or without the caboose. But it would be useless to attempt to pull the train by the caboose. In the same way, we as Christians do not depend on feelings or emotions, but we place our faith (trust) in the trustworthiness of God and the promise of His Word.

## So, what now...

Many things happened when, as an act of your will, you received Christ by faith, including:

- Christ came into your life (Revelations 3:20 and Colossians 1:27).
- Your sins were forgiven (Colossians 1:14).
- You became a child of God (John 1:12).
- You received eternal life (John 5:24).
- You began a new life for which God created you (John 10:10; 2 Corinthians 5:17 and 1 Thessalonians 5:18).

## Suggestions for Christian Growth

Spiritual growth results from trusting Jesus Christ.

*The righteous man shall live by faith* – Galatians 3:11. Practice the following:

- G** – Go to God in prayer daily (John 15:7).
- R** – Read God's Word daily (Acts 17:11). Begin with the Gospel of John.
- O** – Obey God moment by moment (John 14:21).
- W** – Witness for Christ by your life and words (Matthew 4:19; John 15:8).
- T** – Trust God for every detail of your life (1 Peter 5:7).
- H** – Holy Spirit – Allow Him to control and empower your daily life and witness (Galatians 5:16-17; Acts 15:16).

## Accountability and Fellowship

Find your accountability partner, someone who will hold you accountable in your Christian walk on a weekly basis. Hebrews 10:25 encourages us to continue to meet together. A bright fire has many logs burning together and giving heat and light but take a log out of the fire, and that one log will stop giving light and heat. Find a church where Christ is honored, and the Word is preached boldly. Start right away and make plans to attend regularly.

You are now ready to begin The Steps by saying the prayer and declaration.

## PRAYER

**Dear Heavenly Father, You are present in this room and in my life. You alone are all-knowing, all-powerful, and everywhere present, and I worship You alone. I declare my dependency upon You, for apart from you, I can do nothing. I choose to believe Your Word, which teaches that all authority in heaven and on earth belongs to the resurrected Christ, and being alive in Christ, I have the authority to resist the devil as I submit to You. I ask that You fill me with Your Holy Spirit and guide me into all truth. I ask for Your complete protection and guidance as I seek to know You and do Your will. In the wonderful name of Jesus, I pray. Amen.**

## DECLARATION

**In the name and authority of the Lord Jesus Christ, I command satan and all evil spirits to release their hold on me in order that I can be free to know and choose to do the will of God. As a child of God who is seated with Christ in the heavenly places, I declare that every enemy of the Lord Jesus Christ in my presence be bound. God has not given me a spirit of fear; therefore, I reject any and all condemning, accusing, blasphemous, and deceiving spirits of fear. Satan and all his demons cannot inflict any pain or in any way prevent God's will from being done in my life today, because I belong to the Lord Jesus Christ.**

# REVIEW OF YOUR LIFE

Before going through 'The Steps, review the following events of your life to discern specific areas that need to be addressed:

### Family History

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

### Personal History

- Eating habits (bulimia, anorexia, compulsive eating)
- Addictions (smoking, drugs, alcohol, gambling)
- Prescription medications (what for?)
- Sleeping patterns, dreams, and nightmares
- Rape or any other sexual, physical, mental, or emotional abuse
- Thought life (obsessive, blasphemous, condemning, and distracting thoughts; poor concentration; fantasy; suicidal; fearful; jealous; confused; guilt and shame)
- Mental interference during church, prayer, or Bible study
- Emotional life (anger, anxiety, depression, bitterness, and fear)
- Spiritual journey (salvation: when, how, and assurance)
- Time in the service and significant events
- Any other traumatic experience



# WARRIORS SET FREE

## STEP 1 - COUNTERFEIT VERSUS REAL



Be on your guard; stand firm in the faith; be courageous; be strong.  
1 Cor 16:13

### **You would never allow your enemy access to you, on purpose. Would you?**

Many warriors have been a part of “pulling security.” You may have been guarding a unit or accident scene. Regardless of when or where you were on security, one thing is always true...

“Keep the enemy or threat away” That was your purpose, your mission, and your goal, while you stood guard.

Spiritually you have the same responsibility. Your enemy, satan, has a mission to steal, kill and destroy YOU! (John 10:10) Don't let him. Turn away from evil, have nothing to do with darkness. (Eph 5:11)

Secure your perimeter, and you will enjoy more peace and rest. You will be ready to meet the enemy on your terms!

Step one will lead you in closing the gaps in your spiritual perimeter and keep the enemy out of your camp.

## COUNTERFEIT VERSUS REAL

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

**Dear Heavenly Father, please bring to my mind anything and everything that I have done knowingly or unknowingly that involves occult, cult, or false religious teachings and practices. Grant me the wisdom and grace to renounce any and all spiritual counterfeits, false religious teachings, and practices. In Jesus' name, I pray. Amen.**

The Lord may bring events to your mind that you have forgotten, even experiences you participated in as a game or thought were a joke. You might even have been passively or curiously watching others participate in counterfeit religious practices. The purpose is to renounce all counterfeit spiritual experiences and associated beliefs that God brings to your mind. Use the following "Non-Christian Spiritual Experience Checklist" as a guide. Then pray the prayer following the checklist to renounce each activity or group the Lord brings to mind. He may reveal to you counterfeit spiritual experiences that are not on the list. Be especially aware of your need to renounce non-Christian religious practices that were part of your culture growing up. It is important that you prayerfully renounce them.

# NON-CHRISTIAN SPIRITUAL EXPERIENCE CHECKLIST

## OCCULT INVOLVEMENT

Check each area in which you have participated, both in the past and present. If your parents or family were involved, write their names by the specific area.

- |   |   |   |  |
|---|---|---|--|
| <input type="checkbox"/> Acupuncture                                | <input type="checkbox"/> Fantasy role-playing                 | <input type="checkbox"/> Medium, Spiritist (healing), Channeler | <input type="checkbox"/> Reiki/touch therapy/massage             |
| <input type="checkbox"/> Amulets (Roman Catholic)                   | <input type="checkbox"/> Fortune telling                      | <input type="checkbox"/> Mental control of others               | <input type="checkbox"/> Satanic books, tapes, websites, worship |
| <input type="checkbox"/> Amulets/Charms/Omens                       | <input type="checkbox"/> Games involving Occult Power         | <input type="checkbox"/> Mental suggestions                     | <input type="checkbox"/> Séance                                  |
| <input type="checkbox"/> Ancestor worship                           | <input type="checkbox"/> Harry Potter                         | <input type="checkbox"/> Mind control                           | <input type="checkbox"/> Superstitions                           |
| <input type="checkbox"/> Astral projection (out-of-body experience) | <input type="checkbox"/> Hearing voices in your mind          | <input type="checkbox"/> Mind swapping                          | <input type="checkbox"/> Sexual Spirits                          |
| <input type="checkbox"/> Astrology/horoscopes (read or follow)      | <input type="checkbox"/> Horoscopes                           | <input type="checkbox"/> Mystical meditation                    | <input type="checkbox"/> Sorcery                                 |
| <input type="checkbox"/> Automatic writing                          | <input type="checkbox"/> Horror films                         | <input type="checkbox"/> Nagging thoughts within                | <input type="checkbox"/> Speaking in a trance                    |
| <input type="checkbox"/> Black or white magic                       | <input type="checkbox"/> Hypnosis (by self or another person) | <input type="checkbox"/> New Age medicine                       | <input type="checkbox"/> Spirit worship                          |
| <input type="checkbox"/> Blood pact                                 | <input type="checkbox"/> Imaginary playmate                   | <input type="checkbox"/> Occult books or literature             | <input type="checkbox"/> Tarot cards                             |
| <input type="checkbox"/> Bloody Mary                                | <input type="checkbox"/> Levitation/Lifting (body/table)      | <input type="checkbox"/> Occult games involving                 | <input type="checkbox"/> Telepathy (mind reading)                |
| <input type="checkbox"/> Clairvoyance (seeing the unseen)           | <input type="checkbox"/> Luck & Charms, Rabbit's foot, etc.,  | <input type="checkbox"/> Occult music (glorifies satan)         | <input type="checkbox"/> Trance (out-of-body experience)         |
| <input type="checkbox"/> Crystal ball/crystal gazing/crystals       | <input type="checkbox"/> Magic 8 ball                         | <input type="checkbox"/> Ouija board                            | <input type="checkbox"/> Using spells or curses                  |
| <input type="checkbox"/> Demonic tongues                            | <input type="checkbox"/> Magic rituals                        | <input type="checkbox"/> Palm reading/tea leaves                | <input type="checkbox"/> Water witching/dowsing                  |
| <input type="checkbox"/> Dungeons and Dragons                       | <input type="checkbox"/> Magic spells                         | <input type="checkbox"/> Parapsychology                         | <input type="checkbox"/> Yoga                                    |
|   |   | <input type="checkbox"/> Pokemon                                | <input type="checkbox"/> Other: _____                            |
|   |   | <input type="checkbox"/> Psychic reading/consulting             |  |

## EXPOSURE TO FALSE TEACHING

- |  |   |   |   |
|--|---|---|---|
| <input type="checkbox"/> Bahaim                    | <input type="checkbox"/> Fetishism (object of worship)  | <input type="checkbox"/> Masons                         | <input type="checkbox"/> Transcendental Meditation TM |
| <input type="checkbox"/> Buddhism (including Zen)  | <input type="checkbox"/> Guardian spirits               | <input type="checkbox"/> Mormonism                      | <input type="checkbox"/> Unification Church           |
| <input type="checkbox"/> Cabala/kabala             | <input type="checkbox"/> Hare Krishna                   | <input type="checkbox"/> Native American Spirit Worship | <input type="checkbox"/> Unitarianism                 |
| <input type="checkbox"/> Children of God           | <input type="checkbox"/> Herbert W. Armstrong           | <input type="checkbox"/> New Age Seminar                | <input type="checkbox"/> Universalism                 |
| <input type="checkbox"/> Christian Science         | <input type="checkbox"/> Hinduism                       | <input type="checkbox"/> Rosicrucianism                 | <input type="checkbox"/> Unity                        |
| <input type="checkbox"/> Church of the Living Word | <input type="checkbox"/> I Ching (Chinese philosophy)   | <input type="checkbox"/> Roy Masters                    | <input type="checkbox"/> Voodoo                       |
| <input type="checkbox"/> Dance with spirits        | <input type="checkbox"/> Indian Occult rituals          | <input type="checkbox"/> Science of the mind            | <input type="checkbox"/> Way international            |
| <input type="checkbox"/> Earth worship             | <input type="checkbox"/> Inner Peace Movement           | <input type="checkbox"/> Scientology                    | <input type="checkbox"/> Witchcraft/Wicca             |
| <input type="checkbox"/> Eastern religion          | <input type="checkbox"/> Islam, Muslim, Black Muslim    | <input type="checkbox"/> Spirit travel                  | <input type="checkbox"/> Other: _____                 |
| <input type="checkbox"/> Echkanbar                 | <input type="checkbox"/> Jehovah Witnesses (watchtower) | <input type="checkbox"/> Sweat lodge purification       |   |
| <input type="checkbox"/> EST                       | <input type="checkbox"/> Martial arts (karate)          |   |   |
| <input type="checkbox"/> Father Divine             |   |   |   |

## DRUGS

- |   |  |   |                                       |
|---|--|---|---------------------------------------|
| <input type="checkbox"/> Alcohol Abuse        | <input type="checkbox"/> Ecstasy       | <input type="checkbox"/> Marijuana          | <input type="checkbox"/> Salvia       |
| <input type="checkbox"/> Amphetamine (uppers) | <input type="checkbox"/> Glue sniffing | <input type="checkbox"/> Nembutal (downers) | <input type="checkbox"/> STP          |
| <input type="checkbox"/> Ayahuasca            | <input type="checkbox"/> Hashish       | <input type="checkbox"/> Other street drugs | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Cocaine              | <input type="checkbox"/> Heroin        | <input type="checkbox"/> Peyote             |                                       |
| <input type="checkbox"/> DMT                  | <input type="checkbox"/> LSD           | <input type="checkbox"/> PCP                |                                       |

Once you have completed your checklist, confess, and renounce every false religious practice, belief, ceremony, vow, or pact that you were involved in by praying the following prayer aloud. Take your time and be thorough. Give God time to remind you of every specific incident or ritual as needed:

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

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

Now consider the following questions and use the words in bold to renounce any issue that God brings to your mind.

1. Do you now have, or have you ever had, an imaginary friend, spirit guide, or "angel" offering you guidance or companionship? If it has a name, renounce it by name. **I renounce...**
2. Have you ever seen or been contacted by beings you thought were aliens from another world? Such deceptions should be identified and renounced. **I renounce...**
3. Have you ever heard voices in your head or had repeated, nagging thoughts (such as I'm dumb, I'm ugly, nobody loves me, or I can't do anything right) — as if there were a conversation going on inside your head? **I renounce all deceiving spirits and the lies I have believed** [specify the lies]
4. Have you ever been hypnotized, attended a New Age seminar, or consulted a psychic, medium/channeler, or spiritist? Renounce all specific false prophecies and guidance they offered. **I renounce...**
5. Have you ever made a secret covenant or vow to any organization or persons other than God, or made an inner vow contrary to Scripture (for example, "I will never . . . "). Renounce it. **I renounce...**
6. Have you ever been involved in a satanic ritual or attended a concert in which satan was the focus? **I renounce...**
7. Have you ever made any sacrifices to idols, false gods, or spirits? Renounce each one. **I renounce...**
8. Have you ever attended any counterfeit religious event or entered a non-Christian shrine that required you to participate in their religious observances, such as washing your hands or removing your shoes? Confess your participation and renounce your participation in false worship. **I confess... and I renounce...**
9. Have you ever consulted a shaman or witch doctor for the purpose of manipulating the spiritual world to place curses, seek psychic healing, or guidance? All such activity needs to be renounced. **I renounce...**
10. Have you ever tried to contact the dead in order to send or receive messages? Renounce such practices. **I renounce...**

# Idolatry/Counterfeit vs. Real

“Children, guard yourselves from idols” is the warning the apostle John gave us in 1 John 5:21. An idol is a false god- any object of worship other than the one true God. Since we were created to worship the true and living God, putting anyone or anything in first place but the Lord God is a heinous sin against Him and puts us in a dangerous position. The Father seeks those who will worship Him in spirit and in truth (John 4:23).

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

Though we may not bow down to statues, as did the Israelites of old, and like those in other cultures and religions in the present world, it is easy for us to make people and things of this world subtly more important to us than the Lord Himself. Now, pray this prayer from your heart, to express the commitment of your heart that chooses to; *worship the Lord your God and serve Him only.* (Matthew 4:10)

**Dear Heavenly Father, 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 since 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 22:37), and as a result I have sinned against You, violating the first and greatest commandment. I repent of and turn away from this idolatry and now choose to return to You, Lord Jesus, as my first love once again (Rev 2:4-5). Please reveal to my mind now any and all idols in my life. I want to renounce each of them and, in so doing, cancel out any and all ground satan may have gained in my life through idolatry. In the name of Jesus, the one true God. Amen.**

*Use the checklist below to help recognize those areas that have been a trap for you. Notice that most (if not all) of these areas are not evil in themselves; they become idols when they usurp God's rightful place as Lord of our lives.)*

- |  |  |   |   |
|--|--|---|---|
| <input type="checkbox"/> Ambition Money/<br>Possessions              | <input type="checkbox"/> Computers/<br>Games/ Software         | <input type="checkbox"/> Knowledge/ Being<br>right            | <input type="checkbox"/> Rock stars/ media<br>celebrities/ athletes     |
| <input type="checkbox"/> Ancestors/<br>Heritage/<br>Forefathers      | <input type="checkbox"/> Drugs/Alcohol/Food<br>/ Any substance | <input type="checkbox"/> My opinions                          | <input type="checkbox"/> Sports/ Physical<br>fitness                    |
| <input type="checkbox"/> Appearance/Image                            | <input type="checkbox"/> Financial Security                    | <input type="checkbox"/> My work                              | <input type="checkbox"/> Spouse   |
| <input type="checkbox"/> Boyfriend/ Girlfriend                       | <input type="checkbox"/> Friends                               | <input type="checkbox"/> Parents                              | <input type="checkbox"/> TV/ Movies/ Music/<br>Internet/ Other<br>media |
| <input type="checkbox"/> Busyness/ activity                          | <input type="checkbox"/> Fun/ Pleasure                         | <input type="checkbox"/> Popularity/ Opinion<br>of others     | <input type="checkbox"/> Other  |
| <input type="checkbox"/> Children                                    | <input type="checkbox"/> Hobbies/ Collecting<br>things         | <input type="checkbox"/> Position/<br>Credentials/<br>Degrees | _____   |
| <input type="checkbox"/> Church/ Christian<br>activities/ Ministries | <input type="checkbox"/> Individuals-name<br>them              | <input type="checkbox"/> Power/ Control                       |   |

As the Holy Spirit brings to your mind the things or people that have become more important to you than the One True God, Jesus Christ, use the prayer below to renounce them now.

**In the Name of the true and living God, Jesus Christ, I renounce my worship of the false gods of [ list from above ]. I choose to worship only You, Lord, and ask You, Father, to enable me to keep all these areas in their proper place in my life. I renounce idolatry and all its effect in my life (marriage, family, and ministry). Thank You that I am forgiven. In Jesus' Name, Amen.**

# SELF PROTECTIVE VOWS

It is critical to understand that a vow is never made outside of the context of a prayer. Often, as either an unconscious or willful reaction to painful life events, children, adolescents, and adults make “inner vows” (Matthew 5:33-37; James 5:12). An inner vow is defined as:

*“An independent self-protective determination toward or away from a course of action and outside the will of God, set by the mind and heart into all of one’s being.”*

When we make inner vows, we are, in ignorance, making a prayer. Self-protecting vows are empty wells (Jeremiah 2:13) made outside the will of God, made unwittingly in agreement with the enemy, and destined to fail. Isaiah 28:15 says:

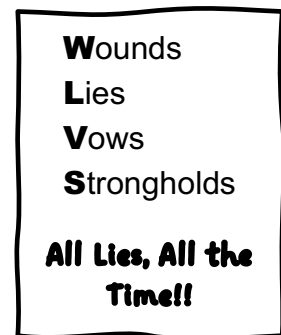
*“You boast, we have entered a covenant with death, with the grave we have made an agreement. When an overwhelming scourge sweeps by, it cannot touch us, for we have made a lie our refuge and falsehood our hiding place.”*

When we make these self-protective inner vows, there is an evil one who “honors” that prayer and assigns his fallen companions alongside you in allegiance to support the vow made outside the will of God. Every time you begin to jeopardize the self-protective vow through developing healthy, holy intimacy, there is one speaking in the ear, saying, “Remember, you promised never to let this happen the day you made your vow!”

Binding, unholy vows must be renounced and broken in Jesus’ name. Ask the Holy Spirit to reveal inner vows you had knowingly or unknowingly made. Renouncing all inner vows by praying the prayer at the bottom:

**Examples of self-protective vows, “empty wells,” or “hiding places” are:**

- |   |  |
|---|--|
| <input type="checkbox"/> “I will never be completely transparent.”                    | <input type="checkbox"/> “I must never completely trust.”  |
| <input type="checkbox"/> “I will never let anyone have my heart again.”               | <input type="checkbox"/> “I must always avoid conflict at all costs because conflict is terrible.” |
| <input type="checkbox"/> “I will not allow myself to need.”                           | <input type="checkbox"/> “I must always be nice.”  |
| <input type="checkbox"/> “I will never be like my father (or mother)”                 | <input type="checkbox"/> “I will never let a man (or woman) control me.”                           |
| <input type="checkbox"/> “I must always stay in control.”                             | <input type="checkbox"/> “I must not show weakness.”   |
| <input type="checkbox"/> “I will never be taken advantage of again.”                  | <input type="checkbox"/> “I will never allow myself to be dependent on anyone.”                    |
| <input type="checkbox"/> “I will never give without getting back.”                    | <input type="checkbox"/> “I will not feel pain.” (I will not let others see my pain.)              |
| <input type="checkbox"/> “I cannot let my deepest sins be known or I’ll be rejected.” | <input type="checkbox"/> “I will never amount to anything.”  |
| <input type="checkbox"/> “I must be strong.”  | <input type="checkbox"/> “I will always be an outsider.”   |
|   | <input type="checkbox"/> “I will never be poor again.”   |



(Dr. Marcus Warner)

**“Heavenly Father, thank you for revealing areas of fear and hurt in my life that I attempted to cover with lies. I know that You desire truth in my inner self, truth that sets me free (John 8:32). I confess the sin of being deceived by the father of lies (John 8:44), and that I have deceived myself (1 John 1:8). Father God, I recognize You as my ultimate authority and I release to you the “kingdom” of self-protection I have built, including all my “I wills,” “musts,” “nevers,” and “always.” I ask, in Jesus’ name, that You, Father, will bring Your Kingdom power to heal any remaining hurts at the root of these inner vows. I repent of making these inner vows, and specifically renounce the vows: [ list from above ] and declare that these inner vows are lies. I ask You, God, to rebuke all deceiving spirits by virtue of the shed blood of Jesus Christ, taking back ground given over through sin. Father God, I ask you to help me trust your protection instead of my own and to trust Your ability to heal my hurts, past and present and future, of any pain You allow in my life.” In Jesus name, amen.**

# WARRIORS SET FREE

## STEP 2 - DECEPTION VERSUS TRUTH

### Q's

Knowing is half the battle  
... maybe.

What if you had a compass  
that didn't work right?

What if you were  
reading a map wrong?

### A's

These tools would be giving you bad  
information that will lead to bad  
decisions, with dire outcomes!

## Truth

Everyone who does evil hates the light and will not come into the light for fear that his deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what he has done has been done through God.

— John 3:20-21

It would be unwise if you knew the Truth and purposely didn't follow it. Many people think they know how life works and have made up reality within their minds. Through the Bible, we know that God has shown us how He would have us live.

His word, the Bible, is always true.

Following His word leads to wisdom.

Making decisions based on lies is dumb.

## Truth or Lies

As you experience this step, you will see that you have received lies from the world and even from yourself. This step is your chance to turn from those lies and live in the wisdom that comes from the Creator of the Universe and the Creator of you!

# DECEPTION VERSUS TRUTH

The Christian life is lived by faith according to what God says is true. Jesus is the truth, the Holy Spirit is the Spirit of Truth, God's word is truth, and we are to speak the truth in love (see John 14:6; 16:13; 17:17; Ephesians 4:15). The biblical response to truth is faith regardless of whether we feel it is true or not. Christians are to forsake all lying, deceiving, or stretching of the truth and anything else associated with falsehood. Believing lies will keep us in bondage. Choosing to believe the truth is what sets us free (John 8:32). David wrote, "How blessed [happy] is the man . . . in whose spirit there is no deceit" (Psalm 32:2). The liberated Christian is free to walk in the light and speak the truth in love.

We can be honest and transparent before God because we are already forgiven, and God already knows the thoughts and intentions of our hearts (Hebrews 4:13). So why not be honest and confess our sins? Confession means to agree with God. People in bondage are tired of living a lie. Because of God's great love and forgiveness, we can walk in the light and fellowship with God and others (see 1 John 1:7-9). Begin this commitment to truth by praying the following prayer out loud. Don't let any opposing thoughts keep you from pressing forward. God will strengthen you as you rely on Him.

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



## WAYS WE CAN BE DECEIVED BY THE WORLD

- Believing that having an abundance of money and possessions will make me happy (Matthew 13:22; 1 Timothy 6:10)
- Believing that eating food, drinking alcohol, or using drugs can relieve my stress and make me happy (Proverbs 23:19-21)
- Believing that an attractive body, phony personality, or image will meet my needs for acceptance and significance (Proverbs 31: 10; 1 Peter 3:3-4)
- Believing that gratifying sexual lust will bring lasting satisfaction without any negative consequences (1 Peter 2:11)
- Believing that I can sin and suffer no negative consequences (Hebrews 3:12-13)
- Believing that I need more than Jesus to meet my needs of acceptance, security, and significance (2 Corinthians 11:2-4, 13-15)
- Believing that I can do whatever I want regardless of others and still be free (Proverbs 16:18; Obadiah 3; 1 Peter 5:5)
- Believing that people who refuse to receive Jesus will go to heaven anyway (1 Corinthians 6:9-11)
- Believing that I can associate with bad company and not become corrupted (1 Corinthians 15:33-34)
- Believing that I can read, see, or listen to anything and not be corrupted (Proverbs 4:23-27; Matthew 5:28)
- Believing that there are no earthly consequences for my sin (Galatians 6:7-8)
- Believing that I must gain the approval of certain people in order to be happy (Galatians 1:10)
- Believing that I must measure up to certain religious standards for God to accept me (Galatians 3:2-3; 5:1)
- Believing that there are many paths to God and Jesus is only one of the many ways (John 14:6)
- Believing that I must live up to worldly standards in order to feel good about myself (1 Peter 2:1-12)

**Dear Heavenly Father, I confess that I have been deceived by [ confess the items you checked above ]. I thank You for Your forgiveness, and I choose to believe Your Word and believe in Jesus who is the Truth. In Jesus' name, I pray. Amen.**

## WAYS WE DECEIVE OURSELVES

- Hearing God's Word but not doing what it says (James 1:22)
- Saying I have no sin (1 John 1:8)
- Thinking I am something or someone, I'm really not (Galatians 6:3)
- Thinking I am wise in this worldly age (1 Corinthians 3:18-19)
- Thinking I can be truly religious and not control what I say (James 1:26)
- Thinking I can live successfully without the help of anyone else (1 Corinthians 12:14-20)
- Thinking that God is the source of my problems (Lamentations 3:1-24)

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

# WAYS WE WRONGLY DEFEND OURSELVES

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

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

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

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

Everybody lives by faith. The only difference between Christian faith and non-Christian faith is the object of our faith. If the object of our faith is not trustworthy or real, then no amount of believing will change that. That's why our faith must be grounded on the solid rock of God's perfect, unchanging character and the truth of His Word.

For two thousand years, Christians have known the importance of verbally and publicly declaring the truth. Read aloud the following Statements of Truth, and carefully consider what you are professing. You may find it helpful to read them aloud every day for at least six weeks, which will help renew your mind to the truth.

# STATEMENTS OF TRUTH

1. I recognize that there is only one true and living God who exists as the Father, Son, and Holy Spirit. He is worthy of all honor, praise, and glory as the One who made all things and holds all things together. (See Exodus 20:2-3; Colossians 1:16-17.)
2. I recognize that Jesus Christ is the Messiah, the Word who became flesh and dwelt among us. I believe that He came to destroy the works of the devil and that He disarmed the rulers and authorities and made a public display of them, having triumphed over them. (See John 1:1,14; Col 2:15; 1 John 3:8)
3. I believe that God demonstrated His own love for me in that while I was still a sinner, Christ died for me. I believe that He has delivered me from the domain of darkness and transferred me to His kingdom, and in Him, I have redemption, the forgiveness of sins. (See Rom 5:8; Col 1:13-14.)
4. I believe that I am now a child of God and that I am seated with Christ in the heavenly realms. I believe that I was saved by the grace of God through faith and that it was a gift and not a result of any works on my part. (See Ephesians 2:6, 8-9; 1 John 3:1-3.)
5. I choose to be strong in the Lord and in the strength of His might. I put no confidence in the flesh, for the weapons of warfare are not of the flesh but are divinely powerful for the destruction of strongholds. I put on the full armor of God. I resolve to stand firm in my faith and resist the evil one. (See 2 Corinthians 10:4; Ephesians 6:10-20; Philippians 3:3.)
6. I believe that apart from Christ, I can do nothing, so I declare my complete dependence on Him. I choose to abide in Christ in order to bear much fruit and glorify my Father. I announce to satan that Jesus is my Lord. I reject any and all counterfeit gifts or works of satan in my life. (See John 1 5:5, 8; 1 Cor 12:3.)
7. I believe that the truth will set me free and that Jesus is the truth. If He sets me free, I will be free indeed. I recognize that walking in the light is the only path to true fellowship with God and man. Therefore, I stand against all of satan's deception by taking every thought captive in obedience to Christ. I declare that the Bible is the only authoritative standard for truth and life. (See John 8:32, 36; 14:6; 2 Corinthians 10:5; 2 Timothy 3:15-17; 1 John 1:3-7.)
8. I choose to present my body to God as a living and holy sacrifice and the members of my body as instruments of righteousness. I choose to renew my mind by the living Word of God in order that I may prove that the will of God is good, acceptable, and perfect. I put off the old self with its evil practices and put on the new self. I declare myself to be a new creation in Christ. (See Romans 6:13; 12:1-2; 2 Corinthians 5:17; Colossians 3:9-10.)
9. By faith, I choose to be filled with the Spirit so that I can be guided into all truth. I choose to walk by the Spirit so that I will not carry out the desires of the flesh. (See John 16:13; Gal 5:16; Ephesians 5: 1 8.)
10. I renounce all selfish goals and choose the ultimate goal of love. I choose to obey the two greatest commandments: to love the Lord my God with all my heart, soul, mind, and strength, and to love my neighbor as myself. (See Matthew 22:37-39; 1 Timothy 1:5.)
11. I believe that the Lord Jesus has all authority in heaven and on earth, and He is the head over all rule and authority. I am complete in Him. I believe that satan and his demons are subject to me in Christ since I am a member of Christ's body. Therefore, I obey the command to submit to God and resist the devil, and I command satan in the name of Jesus Christ to leave my presence. (See Matthew 28:18; Ephesians 1:19-23; Colossians 2:10; James 4:7.)

<b>I Renounce the Lie that:</b>	<b>I Declare the Truth that in Christ:</b>
I am unlovable	<b>I am very Loved!</b> John 15:9, Romans 8:35-39, Ephesians 2:4-6
I am not good enough	<b>I am Chosen!</b> John 15:15-16, Ephesians 1:3-6
I am unworthy	<b>I am Righteous!</b> Romans 8:31-34, 1 Corinthians 6:19-20, 2 Corinthians 5:21
I am inadequate	<b>I can do all things through Him!</b> 2 Corinthians 2:14, 3:5-6, 12:9, Philippians 4:13
I am a failure	<b>I am Victorious!</b> Romans 8:37, 2 Corinthians 2:14, 1 John 5:4
I am fearful	<b>I am Free from fear in Jesus name!</b> Psalms 4:8, 27:1, 32:7; 2 Timothy 1:7, 1 John 4:18
I am anxious	<b>I am Peaceful!</b> Psalms 4:8, 37:5; Philippians 4:6-7,11; Hebrews 13:5
I am weak	<b>I am Strong in Christ!</b> Acts 1:8, 2 Corinthians 12:9-10, Ephesians 1:19, 3:16
I am not smart enough	<b>I have God's Wisdom!</b> John 15:15,16:13-14; 1 Corinthians 1:30, James 1:5
I am in bondage	<b>I am Set Free!</b> John 8:32-36, 2 Corinthians 3:17, Galatians 5:1, 13
I am unwanted and belong to no one	<b>I have been Adopted by God and am His Child!</b> Romans 8:16-17, Galatians 4:5-7, 1 John 3:2
I am guilty	<b>I am totally Forgiven!</b> Ephesians 1:7, 2:13; Colossians 1:14
I am depressed.	<b>I have the Joy of the Lord!</b> John 15:11, 17:13; Romans 15:13, 1 John 1:4
There is nothing special about me	<b>I have been Chosen, and Set Apart by God!</b> John 15:16, 1 Corinthians 1:30, 6:11
I am hopeless	<b>I have Hope in Jesus!</b> Romans 8:20-25, 15:4,13; Colossians 1:26-27, 1 Peter 1:3
I am condemned	<b>I am Blameless!</b> John 3:18, 5:24; Romans 8:1
I am alone	<b>I am never Alone!</b> Romans 8:38-39, Hebrews 13:5
I can't reach God	<b>I have access to God anytime!</b> Ephesians 2:18, Hebrews 4:14-16, 1 Peter 2:5- 9
I am afraid of Satan	<b>I have Authority over Satan!</b> Colossians 1:13, 1 John 4:4, Revelation 12:7-11
I have no confidence	<b>I have Confidence in my Savior!</b> Proverbs 3:26

# WARRIORS SET FREE

## STEP 3 - BITTERNESS VERSUS FORGIVENESS

### Unforgiveness



If you have ever been on a “Ruck March,” you understand the pain that comes with carrying a heavy weight on your back for miles that never seem to end.

What if you didn’t have to carry that weight? What if at the beginning of a march someone had told you that you could walk without carrying anything extra!

Yes, that would make the painful journey turn into a nice walk.

Clinically stated, unforgiveness is a state of emotional and mental distress that results from a delayed response to forgiving an offender. It is characterized by indignation, bitterness, and a demand for punishment or restitution.

Biblically stated, unforgiveness is **a sin that causes bitterness in our life**. The Bible warns about bitterness: “See to it that no one falls short of God’s grace; that no root of resentment springs up and causes trouble, and by it many be defiled;” (Hebrews 12:15 AMP).

We are commanded to forgive: Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you (Eph 4:32), “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold (Eph 4:26-27).



### Truth

You will experience the relief of dropping your rucksack when you understand forgiveness and forgive those who deeply hurt you. You may have bitterness from unforgiveness toward family members, friends, the military, the enemy, and even yourself.

Dealing with the pain of your past the way God requires you to is the only way to Freedom. Yes, God commands you to forgive, and now is your time to do it!

# BITTERNESS VERSUS FORGIVENESS

We are called to be merciful just as our Heavenly Father is merciful (Luke 6:36) and forgive others as we have been forgiven (Ephesians 4:31). Doing so sets us free from our past and doesn't allow Satan to take advantage of us (2 Corinthians 2: 10-11). Ask God to bring to your mind the people you need to forgive by praying the following prayer aloud:

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

**Forgiveness is not forgetting.** People who want to forget all that was done to them will find they cannot do it. When God says, He will remember our sins no more; He is saying He will not use the past against us. Forgetting is a long-term by-product of forgiveness, but it is never a means toward it. Don't put off forgiving those who have hurt you, hoping the pain will go away. Once you choose to forgive someone, then Christ will begin to heal your wounds. We don't heal in order to forgive; we forgive in order to heal.

**Forgiveness is a choice, a decision of the will.** Since God requires you to forgive, it is something you can do. Some people hold on to their anger to protect themselves against further abuse, but all they are doing is hurting themselves. Others want revenge. The Bible teaches, "It is mine to avenge; I will repay" (Romans 12:19). Let God deal with the person. Let him or her off your hook because as long as you refuse to forgive someone, you are still hooked to that person. You are still chained to your past, bound up in your bitterness. By forgiving, you let the other person off your hook, but he or she is not off God's hook. You must trust that God will deal with the person justly and fairly, something you simply cannot do. *"But you don't know how much this person hurt me!"* No other human knows another person's pain, but Jesus does and instructs us to forgive others for our own sake. Until you let go of your bitterness and hate, the person is still hurting you. Nobody can fix your past, but you can be free from it. What you gain by forgiving is freedom from your past and those who have abused you. Forgiveness is to set a captive free and then realize you were the captive.

**Forgiveness is agreeing to live with the consequences of another person's sin.** We are all living with the consequences of someone else's sin. The only choice is to do so in the bondage of bitterness or in the freedom of forgiveness. But where is the justice? The cross makes forgiveness legally and morally right. Jesus died, once, for all our sins. We are to forgive as Christ has forgiven us. He did that by taking upon Himself the consequences of our sins. God "made Him who knew no sin to be sin on our behalf, that we might become the righteousness of God in Him" (2 Corinthians 5:21). Do not wait for the other person to ask for your forgiveness. Remember, Jesus did not wait for those who were crucifying Him to apologize before He forgave them. Even while they mocked and jeered at Him, He prayed, "Father, forgive them; for they do not know what they are doing" (Luke 23:34).

**Forgive from your heart.** Allow God to bring to the surface the painful memories and acknowledge how you feel toward those who've hurt you. If your forgiveness doesn't touch the emotional core of your life, it will be incomplete. Too often, we're afraid of the pain, so we bury our emotions deep down inside us. Let God bring them to the surface so He can begin to heal those damaged emotions.

**Forgiveness is choosing not to hold someone's sin against him or her anymore.** It is common for bitter people to bring up past offenses with those who have hurt them. They want them to feel as bad as they do! But we must let go of the past and choose to reject any thought of revenge. This doesn't mean you continue to put up with the abuse. God does not tolerate sin, and neither should you. You will need to set up Biblical boundaries that put a stop to further abuse. Take a stand against sin while continuing to exercise grace and forgiveness toward those who hurt you. If you need help setting Biblical boundaries to protect yourself from further abuse, talk to a trusted friend, counselor, or discipler.

**Don't wait until you feel like forgiving.** You may never get there. Make the hard choice to forgive even if you don't feel like it. Once you choose to forgive, satan will lose his hold on you, and God will begin to heal your damaged emotions.

On a separate sheet of paper (See worksheet at the end of the manual), list the names of people who come to your mind. At this point, don't question whether you need to forgive them or not.

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

Also, write down "thoughts against God" at the bottom of your list. God has never done anything wrong, so He doesn't need our forgiveness, but we need to let go of our disappointments with our Heavenly Father. People often harbor angry thoughts against Him because He did not do what they wanted Him to do. Those feelings of anger or resentment toward God need to be released.

Start with the first person on your list and make the choice to forgive him or her for every painful memory that comes to your mind. Stay with that individual until you are sure you have dealt with all the remembered pain. Then work your way down the list in the same way. As you begin forgiving people, God may bring to your mind painful memories you've totally forgotten. Let Him do this even if it hurts. God is surfacing those painful memories so you can face them once and for all time and let them go. Don't excuse the offender's behavior, even if it is someone you are really close to.

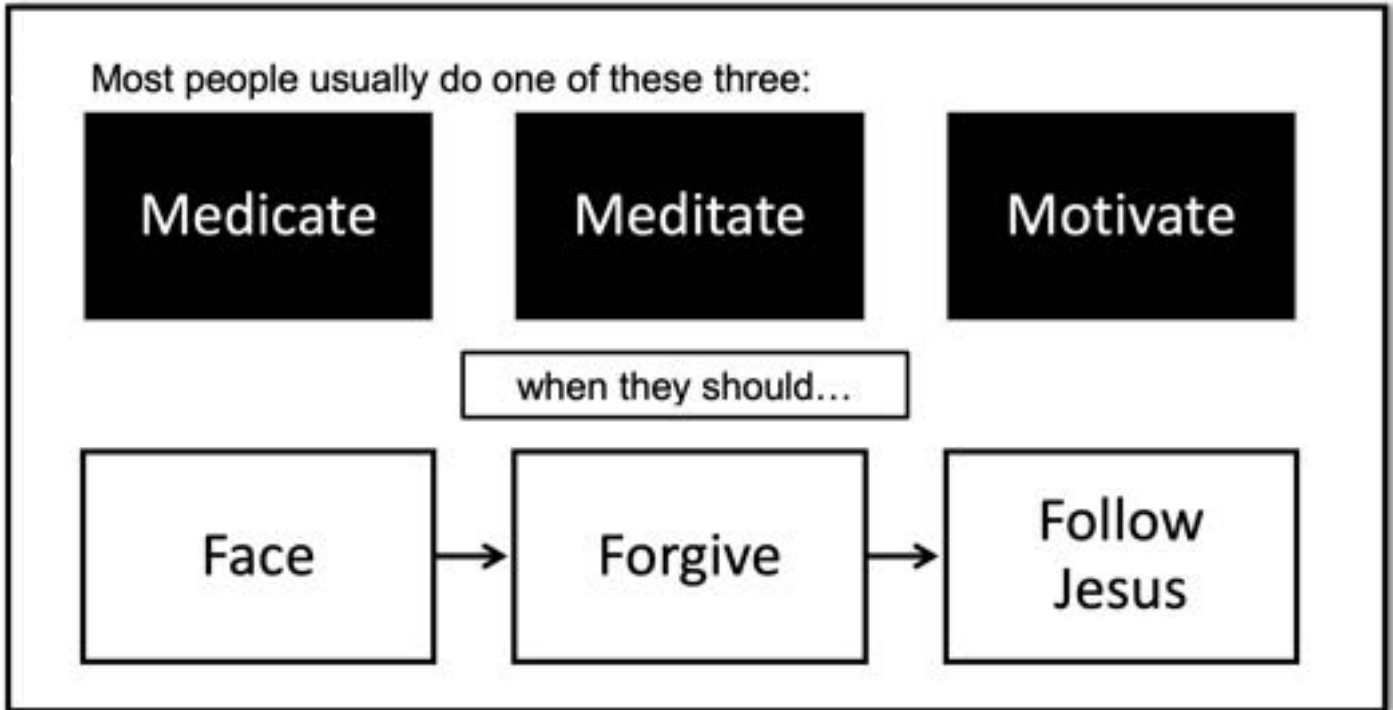
Don't say, "Lord, please help me to forgive." He is already helping you and will be with you all the way through the process. Don't say, "Lord, I want to forgive," because that bypasses the hard choice we have to make. Say, "Lord, I choose to forgive these people and what they did to me."

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

**Dear Heavenly Father, I choose to forgive [ Name ] for [ what they did or failed to do ], because it made me feel [ share the painful feelings ].**

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

# PROCESSING PAIN



*Pastor Jimmy Evans – "The Hurt Pocket" message*

Before we received Christ, we were slaves to sin. But because of Christ's work on the cross, sin's power over us has been broken. Satan has no right of ownership or authority over us. He is a defeated foe, but he is committed to keeping us from realizing that. He knows he can block your effectiveness as a Christian if he can deceive you into believing that you are nothing but a product of your past, subject to sin, prone to failure, and controlled by your habits.

— Neil T. Anderson



# CHOOSING THE TRUTH ABOUT YOUR HEAVENLY FATHER

Before we came to Christ, thoughts were raised-up in our minds against a true knowledge of God (2 Corinthians 10:3-5). What we believe about our earthly fathers often distorts what we believe about our heavenly Father. Even as believers, we can harbor resentments toward God, and that will hinder our walk with Him. We should have a healthy fear of God (awe of His holiness, power, and presence), but we fear no punishment from Him. Romans 8:15 reads, "For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, 'Abba! Father!'" Renew your mind with the true knowledge of God by reading the following list aloud:

I renounce the lie that You, Father God, are	I choose to believe the truth that
distant and uninterested in me	you are always personally present with me, have plans to give me a hope and a future, and have prepared works in advance specifically for me to do. (Psalm 139:1-18; Matthew 28:20, Jeremiah 29: 1 1, Ephesians 2:10)
insensitive and don't know me or care for me	you are kind and compassionate and know every single thing about me. (Psalm 103:8-14; 1 John 3:1-3; Hebrews 4:12-13)
stern and have placed unrealistic expectations on me	you have accepted me and are joyfully supportive of me. (Romans 5:8-11; 15:17)
passive and cold toward me	you are warm and affectionate toward me. (Isaiah 40:1 1; Hosea 1 1:3-4)
absent or too busy for me	you are always present and eager to be with me and enable me to be all that You created me to be. (Philippians 1:6; Hebrews 13:5)
impatient or angry with me or have rejected me	you are patient and slow to anger, and that when You discipline me, it is a proof of Your love, and not rejection. (Exodus 34:6; Romans 2:4; Hebrews 12:5-11)
mean, cruel, or abusive to me	satan is mean, cruel, and abusive, but You, Father God, are loving, gentle, and protective. (Psalm 18:2; Matthew 1 1:28-30; Ephesians 6:10-18)
denying me the pleasures of life	God you are the author of life and will lead me into love, joy, and peace when I choose to be filled with Your Spirit. (Lamentations 3:22-23; Galatians 5:22-24)
trying to control and manipulate me	you have set me free and gave me the freedom to make choices and grow in Your grace. (Galatians 5: 1; Hebrews 4:15-16)
condemning and no longer forgive me	you have forgiven all my sins and will never use them against me in the future. (Jeremiah 31:31-34; Romans 8: 1)
or have rejected me when I fail to live a perfect or sinless life	you are patient toward me and cleanse me when I fail. (Proverbs 24:16; 1 John 1:7-2:2)

I AM the Apple of His Eye! (Deuteronomy 32:9,10).

# THE FATHER'S LOVE LETTER

To My Child,

You may not know me, but I know everything about you... Psalms 139:1

Even the very hairs on your head are numbered... Matt 10:29-31

For you were made in my image... Genesis 1:27

I knew you even before you were conceived... Jeremiah 1:4

I chose you when I planned creation... Ephesians 1:11

And I knit you together in your mother's womb... Psalms 139:13

You are not a mistake, for all your days are written in my book... Psalms 139:16

I determined when you would be born and where you would live... Acts 17:26

Because I love you with an everlasting love... Jeremiah 31:3

I have been misrepresented by those who don't know me... John 8:41-44

I am not distant and angry but am the complete expression of love... 1 John 4:16

And it is my desire to lavish my love on you... 1 John 3:1

For every good gift that you receive comes from my hand... James 1:17

I offer you more than your earthly father ever could... Matthew 7:11

Because I am the perfect Father... Matthew 5:48

And I am the provider who meets all your needs... Matthew 6:11-33

My plan for your future has always been filled with hope... Jeremiah 29:11

My thoughts toward you are as countless as the sands on the seashore... Psalms 139:17, 18

And I rejoice over you with singing... Zephaniah 3:17

I will never stop doing good to you... Jeremiah 32:40

For you are my treasured possession... Exodus 19:5

Delight in me and I will give you the desires of your heart... Psalms 37:4

For it is I who gave you those desires... Philippians 2:13

I am able to do more for you than you could possibly imagine... Ephesians 3:20, 21

For I am your greatest encourager... 2 Thessalonians 2:16,17

I am also the Father who comforts you in all your troubles... 2 Corinthians 1:3,4

When you are brokenhearted, I am close to you... Psalms 34:18

As a shepherd carries a lamb, I have carried you close to my heart... Isaiah 40:11

One day I will wipe every tear from your eyes... Revelation 21:3,4

Because I love you even as I love my son, Jesus... John 17:23

For in Jesus, my love for you is revealed... John 17:23

He is the exact representation of my being... Hebrews 1:3

He came to demonstrate that I am for you, not against you... Romans 8:31

And to tell you that I am not counting your sins... 2 Corinthians 5:18, 19

Jesus died so that we could be reconciled... 2 Corinthians 5:18,19

His death was my ultimate expression of love for you ... 1 John 4:10

I gave up everything that I loved to gain your love... Romans 8:31,32

If you receive the gift of my Son you receive me... 1 John 2:23

And nothing will ever separate you from my love again... Romans 8:38,39

Come home and I'll throw the biggest party heaven has ever seen... Luke 15:7

I have always been Father, and will always be Father... Ephesians 3:14, 15

My question is.... Will you be my child? John 1:12, 13

I am here if you ever want to talk

Your Father, God

# WARRIORS SET FREE

## STEP 4 - REBELLION VERSUS SUBMISSION

**The military doesn't care for those who can't follow orders. Article 92 of the UCMJ simply states "Failure to Obey" is a punishable offense. You will, Obey!**



As a young servicemember, the first lesson of the military is to do what you are told. Straight forward obedience is typically the best option when we interact with our leadership in the military.

When we submit to God's authority in our lives, it brings us freedom. It sets order and direction for those found in Christ in our everyday lives. Often what follows our submission is unimaginable blessings.

Obedying and following God is also the best method to navigate life. The Bible is loaded with examples of people who obeyed God and were blessed and those who disobeyed and suffered the consequences.



## Truth

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

God's position on the matter is firm: "Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves." (Romans 13:2) But, we know that "Whoever pursues righteousness and love finds life, prosperity and honor" (Proverbs 21:21). For we must all appear before the judgment seat of Christ, so that each of us may receive what is due us for the things done while in the body, whether good or bad (2 Corinthians 5:10)

# REBELLION VERSUS SUBMISSION

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

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

It is an act of faith to trust God to work in our lives through leaders who are something less than perfect, but that is what God is asking us to do. Should those in positions of leadership or power abuse their authority and break the laws designed to protect innocent people, you need to seek help from a higher authority. Many governments require certain types of abuse to be reported to a governmental agency. If that is your situation, we urge you to immediately get the help you need. Don't, however, assume that someone in authority is violating God's Word just because he or she is telling you to do something you don't like. God has set up specific lines of authority to protect us and give order to society. It is the position of authority that we respect. Without governing authorities, every society would be in chaos. From the list below, allow God to show you any specific ways you have been rebellious, and use the prayer that follows to confess those sins He brings to mind.

- Civil government (including traffic laws, tax laws, and attitude toward government officials), (Romans 13:1-7; 1 Timothy 2:1-4; 1 Peter 2:13-17)
- Parents, stepparents, or legal guardians (Ephesians 6:1-3)
- Teachers, coaches, and school officials (Romans 13:1-4)
- Employers (past and present), (1 Peter 2:18-23)
- Husband (1 Peter 3:1-4) or wife (Ephesians 5:21; 1 Peter 3:7)  
[Note to husbands: Ask the Lord if your lack of love for your wife could be fostering a rebellious spirit within herself, so confess that as a violation of Ephesians 5:22-33.]
- Church leaders (Hebrews 13:7)
- God (Daniel 9:5, 9)

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

**Heavenly Father, I confess that I have been rebellious toward [ name or position ] by [ specifically confess what you did or did not do ].**

**Thank You for Your forgiveness. I choose to be submissive and obedient to Your Word. In Jesus' name I pray. Amen.**

# WARRIORS SET FREE

## STEP 5 - PRIDE VERSUS HUMILITY

Pride is a big part of the Military and First Responder Culture, and we are taught to take pride in our uniform, service, and accomplishments.



**MARINES**  
THE FEW. THE PROUD.

We spent hours fixing and adjusting the insignias, medals, and ribbons on our uniforms to be precisely the way regulations required them. We stood tall, chest out, shoulders back, as we were inspected and praised for a job well done.

That pride drives many to serve in unique ways and make great sacrifices in an attempt to prove that they are "the best."

There are two kinds of pride, both good and bad. 'Good pride' represents our dignity and self-respect. 'Bad pride' is the deadly sin of superiority that reeks of conceit and arrogance.

-- John C Maxwell

Working hard is noble and essential, but how you view and respond to your accomplishments shows your character. It is written that, in his pride, the wicked man does not seek Him; in all His thoughts there is no room for God. (Psalms 10:4) And, that pride goes before destruction, a haughty spirit before a fall. (Proverbs 16:18)

For the LORD takes delight in his people; He crowns the humble with victory (Psalms 149:4), He mocks proud mockers but shows favor to the humble and oppressed (Psalms 3:34), and says that, "I will punish the world for its evil, the wicked for their sins. I will put an end to the arrogance of the haughty and will humble the pride of the ruthless." (Isaiah 13:11)

Every talent and skill you have is a gift from God himself. We need to understand that we have received the ability to accomplish tasks from God, so he deserves the credit. "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." (Eph 2:8-10)

Understand that even your next breath is a gift from God, and you will understand how dependent we are on Him. The Spirit of God has made you; the breath of the Almighty gives you life (Job 33:4). Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. (James 1:17) Recognize that our ability to accomplish goals is a gift from God as well. Give him the glory!

# PRIDE VERSUS HUMILITY

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

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

Pray through the list below and use the prayer following to confess any sins of pride the Lord brings to mind.

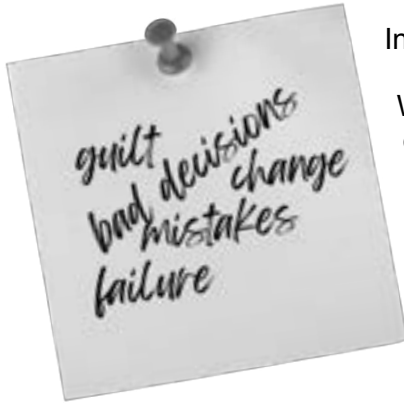
- Having a stronger desire to do my will than God's will (John 5:30)
- Leaning too much on my own understanding and experience rather than seeking God's guidance through prayer and His Word. (Prov 3:5-6)
- Relying on my own strengths and resources instead of depending on the power of the Holy Spirit (Ephesians 4:30-31)
- Being more concerned about controlling others than in developing self-control (2 Peter 1:5-6)
- Being too busy doing "important" and selfish things rather than seeking and doing God's will (Philippians 2:1-4)
- Having a tendency to think that I have no needs (Philippians 4:19)
- Finding it hard to admit when I am wrong (Proverbs 28:13)
- Being more concerned about pleasing people than pleasing God (Galatians 1:10)
- Being overly concerned about getting the credit I feel I deserve (1 Corinthians 10:24)
- Thinking I am more humble, spiritual, religious, or devoted than others (Matthew 23:23)
- Being driven to obtain recognition by attaining degrees, titles, and positions (Matthew 6:5)
- Often feeling that my needs are more important than another person's needs (Luke 20:46-47)
- Considering myself better than others because of my academic, artistic, athletic, or other abilities and accomplishments (James 4:6)
- Not waiting on God (Psalms 27:14)
- Other ways I have thought more highly of myself than I should (Romans 12:3)

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

**Dear Heavenly Father, I agree I have been proud by [ name what you checked above ]. Thank You for Your forgiveness. I choose to humble myself before You and others. I choose to place all my confidence in You and put no confidence in my flesh. In Jesus' name, I pray. Amen.**

# WARRIORS SET FREE

## STEP 6 - BONDAGE VERSUS FREEDOM



In this next step to freedom, you'll deal with habitual sin.

What if you could go back and correct one of the worst decisions you ever made? Would you do it?

What would it change in your life?

Apart from some of the tough lessons we learn from mistakes, most people would gladly take a redo so they could fix a failure. Maybe you broke a rule that you knew you shouldn't have and lost rank; maybe you shot your mouth off to the wrong person and got in a fight.

We all have some moments from the past that make us shake our heads with regret or embarrass us. While you can't undo past mistakes, you can be forgiven for the guilt and shame by confessing and repenting from sins.

We often get ourselves caught in the trap of sin-confess-sin-confess. As the Apostle James instructs, we are to "confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective" (James 5:16).

As service members or first responders, we had "battle buddies" or someone to be with us in the fight. Scripture instructs us to seek out a righteous person who will hold you up in prayer and to whom you can be accountable. Others may need only the assurance of 1 John 1:9: "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." Nevertheless, having someone to walk with and help us up when we fall is paramount to maintaining our spiritual freedom.



Sin separates us from God (Isaiah 59:2). We can reconnect with him through confessing and repenting, almost as if those bad decisions were undone! Let's get to it...

# BONDAGE VERSUS FREEDOM

God's promises say, "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." (1 Corinthians 10:13), and "Submit yourselves, then, to God. Resist the devil, and he will flee from you." (James 4:7). If you did not choose the way of escape and sinned, then you should confess that to God, ask Him to fill you with His Holy Spirit, and resist the devil by putting on the Full Armor of God (see Ephesians 6:10-20) and he will flee from you.

Remember, confession is not saying, "I'm sorry." It is openly admitting, "I did it." Pray the following prayer:

**Dear Heavenly Father, You have told me to put on the Lord Jesus Christ and make no provision for the flesh in regard to its lust. I confess that I have given in to fleshly lusts that wage war against my soul. I thank You that in Christ my sins are already forgiven, but I have broken Your holy law, and I have allowed sin to wage war in my body. I come to You now to confess and renounce these sins of the flesh so that I might be cleansed and set free from the bondage of sin. Please reveal to my mind all the sins of the flesh I have committed and the ways I have grieved the Holy Spirit. In Jesus' holy name, I pray. Amen. (See Romans 6:12-13; 13:14; 2 Corinthians 4:2; James 4:1; 1 Peter 2:11; 5:8)**

The following list contains many sins of the flesh, but a prayerful examination of Mark 7:20-23, Gal 5:19-21, Ephesians 4:25-31, and other passages will help you to be even more thorough. Look over the list below and ask the Holy Spirit to bring to your mind the sins you need to confess. He may reveal others to you as well. For each sin the Lord shows you, pray a prayer of confession from your heart. Use the prayer following the list.

Note: Sexual sins, marriage, and divorce issues, gender identity, abortion, suicidal tendencies, perfectionism, eating disorders, substance abuse, gambling, and bigotry will be dealt with later in this step.

- |   |  |  |                                   |
|---|--|--|-----------------------------------|
| <input type="checkbox"/> Anger                      | <input type="checkbox"/> Complaining/<br>criticism | <input type="checkbox"/> Hatred              | <input type="checkbox"/> Stealing |
| <input type="checkbox"/> Apathy/laziness            | <input type="checkbox"/> Drunkenness               | <input type="checkbox"/> Jealousy/envy       | <input type="checkbox"/> Swearing |
| <input type="checkbox"/> Avoiding<br>responsibility | <input type="checkbox"/> Gossip/slander            | <input type="checkbox"/> Lying               | <input type="checkbox"/> Others:  |
| <input type="checkbox"/> Cheating                   | <input type="checkbox"/> Greed/materialism         | <input type="checkbox"/> Quarreling/fighting |                                   |
|   |  | <input type="checkbox"/> Sarcasm             |                                   |

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



# RESOLVING SEXUAL SIN

Our responsibility is not to allow sin to reign (rule) in our physical bodies. To avoid that, we must not use our bodies or another person's body as an instrument of unrighteousness (see Romans 6:12-13). Sexual immorality is not only a sin against God but is a sin against your body, the temple of the Holy Spirit (1 Cor 6:18-19). Sex was intended by God to be the means for procreation and for the pleasure of a husband and wife. When marriage is consummated, they become one flesh. If we sexually join our bodies to another person outside of marriage, we also become "one flesh" (1 Cor 6:16), which creates a spiritual bond between two people leading to spiritual bondage whether it is heterosexual or homosexual. Sexual relations between people of the same sex are explicitly forbidden by God, but so is sex with someone of the opposite sex who is not your spouse. To find freedom from sexual bondage, begin by praying the following prayer:

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

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

List each moral failure in which you participated in the past.

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Adultery                       | <input type="checkbox"/> Lust (thoughts/desires)         | <input type="checkbox"/> Prostitution              |
| <input type="checkbox"/> Bestiality                     | <input type="checkbox"/> opposite sex                    | <input type="checkbox"/> Rape                      |
| <input type="checkbox"/> Exposing oneself               | <input type="checkbox"/> same sex                        | <input type="checkbox"/> Sexual abuse              |
| <input type="checkbox"/> Fantasy/Lust                   | <input type="checkbox"/> Masturbation                    | <input type="checkbox"/> Sexual arousal of another |
| <input type="checkbox"/> Homosexuality/lesbian activity | <input type="checkbox"/> Pornography                     | <input type="checkbox"/> Sexual harassment         |
| <input type="checkbox"/> Incest                         | <input type="checkbox"/> Premarital sexual relationships | <input type="checkbox"/> Topless/nude bars         |
|   |  | <input type="checkbox"/> Other                     |

**Dear Heavenly Father, I renounce [ name the sexual experience ] with [ name ]. I ask You to break that sinful bond with [ name ] spiritually, physically, and emotionally (repeat for each experience).**

**In Jesus' name, I pray. Amen.**

If you have used pornography, say the following prayer:

**Dear Heavenly Father, I confess that I have looked at sexually suggestive and pornographic material for the purpose of stimulating myself sexually. I have attempted to satisfy my lustful desires and polluted my body, soul, and spirit. Thank You for cleansing me and for Your forgiveness. I renounce any satanic bonds I have allowed in my life through the unrighteous use of my body and mind. Lord, I commit myself to destroy any objects in my possession that I have used for sexual stimulation and to turn away from all media that are associated with my sexual sin. I commit myself to renewing of my mind and to thinking 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.**

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

**Dear Heavenly Father, I renounce all these uses of my body as an instrument of unrighteousness, and I admit to any willful participation. I choose to present my physical body to You as an instrument of righteousness, a living and holy sacrifice, acceptable to You. I choose to reserve the sexual use of my body for marriage only. I reject the devil's lie that my body is not clean or that it is dirty or in any way unacceptable to You as a result of my past sexual experiences. Lord, thank You that You have cleansed and forgiven me and that You love and accept me just the way I am. Therefore, I choose now to accept myself and my body as clean in Your eyes. In Jesus' name, I pray. Amen.**

# SPECIAL PRAYERS AND DECISIONS FOR SPECIFIC SITUATIONS

The following prayers will enhance your growth process and help you make critical decisions. On their own, they are unlikely to bring complete resolution or recovery but are an excellent starting point. You will then need to work on renewing your mind. Please don't hesitate to seek godly counsel for additional help when needed.

## **Marriage**

Dear Heavenly Father, I choose to believe that You created us male and female and that marriage is a spiritual bond between one man and one woman who become one in Christ. I believe that bond can only be broken by death, adultery, or desertion by an unbelieving spouse. I choose to stay committed to my vows and to remain faithful to my spouse until physical death separates us. Give me the grace to be the spouse You created me to be and enable me to love and respect my partner in marriage. I will seek to change only myself and accept my spouse as You have accepted me. Teach me how to speak the truth in love, to be merciful as You have been merciful to me, and to forgive as You have forgiven me. In Jesus' name, I pray. Amen.

## **Divorce**

Dear Heavenly Father, I have not been the spouse You created me to be, and I deeply regret that my marriage has failed. I choose to believe that You still love and accept me. I choose to believe that I am still Your child and that Your desire for me is that I continue serving You and others in Your Kingdom. Give me the grace to overcome the disappointment and the emotional scars that I carry, and I ask the same for my ex-spouse. I choose to forgive him/her, and I choose to forgive myself for all the ways I contributed to the divorce. Enable me to learn from my mistakes and guide me so that I don't repeat the same old flesh patterns. I choose to believe the truth that I am still accepted, secure, and significant in Christ. Please guide me to healthy relationships in Your Church and keep me from seeking marriage on the rebound. I trust You to supply all my needs in the future, and I commit myself to following You. In Jesus' name, I pray. Amen.

## **Gender Identity**

Dear Heavenly Father, I choose to believe that You have created all humanity to be either male or female (Genesis 1:27) and commanded us to maintain a distinction between the two genders (Deuteronomy 22:5; Romans 1:24-29). I confess that I have been influenced by the social pressures of this fallen world and the lies of satan to question my biological gender identity and that of others. I renounce all the accusations and lies of satan that would seek to convince me that I am somebody other than whom You created me to be. I choose to believe and accept my biological gender identity, and I pray that You would heal my damaged emotions and enable me to be transformed by the renewing of my mind. I take up the full armor of God (Ephesians 6:13) and the shield of faith to extinguish all the temptations and accusations of the evil one (Ephesians 6:16). I renounce any identities and labels that derive from my old nature, and I choose to believe that I am a new creation in Christ. In the wonderful name of Jesus, I pray. Amen.

## **Abortion**

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

## **Suicidal Tendencies**

Dear Heavenly Father, 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 to remain alive in Christ who said He came to give me life and give it abundantly. Thank You for Your forgiveness that allows me to forgive myself. I choose to believe that there is always hope in Christ and that my Heavenly Father loves me. In Jesus' name I pray. Amen.

## **Substance Abuse**

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

## **Eating Disorders or Self-Mutilation**

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

## **Drivenness and Perfectionism**

Dear Heavenly Father, I renounce the lie that my sense of worth is dependent upon my ability to perform. I announce the truth that my identity and sense of worth are found in who I am as Your child. I renounce seeking the approval and acceptance of other people for my affirmation, and I choose to believe the truth 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.

## **Gambling**

Dear Heavenly Father, I confess that I have been a poor steward of the financial resources that have been in my possession. I have gambled away my future chasing a false god. I have not been content with food and clothing, and the love of money has driven me to behave irrationally and sinfully. I renounce making provision for my flesh in regard to this lust. I commit myself to stay away from all gambling casinos, gambling websites, bookmakers, and lottery sales. I choose to believe that I am alive in Christ and dead to sin. Fill me with Your Holy Spirit so that I don't carry out the desires of the flesh. Show me the way of escape when I am tempted to return to my addictive behaviors. I stand against all of Satan's accusations, temptations, and deceptions by putting on the armor of God and standing firm in my faith. I choose to believe that You will meet all my needs according to Your riches in glory. In Jesus' name, I pray. Amen.

## **Bigotry**

Dear Heavenly Father, You have created all humanity in Your image. I confess that I have judged others by the color of their skin, their national origin, their social or economic status, their cultural differences, or their sexual orientation. I renounce racism, elitism, and sexism. I choose to believe, "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus" (Galatians 3:28). Please show me the roots of my own bigotry that I may confess it and be cleansed from such defilement. I pledge myself "to walk in a manner worthy of the calling to which I have been called, with humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace" (Ephesians 4:1-3 ESV). In Jesus' name, I pray. Amen.

## **Fear and Anxiety**

See Appendices A and B for a comprehensive process for overcoming fear and anxiety issues that are rampant around the world.

# WARRIORS SET FREE

## STEP 7 - CURSES VERSUS BLESSINGS

The history of the military units and service departments have different dates of creation or recognition. The US Army is our country's oldest department.

The US Military has a long record of unit histories with combat victories dating back to our country's founding. Some units have had controversy and scandals in the past. Joining a unit is like being born into a family – you can't control the history.



Because of your family history, you might "have a bad name" in certain areas. The last step to freedom is to deal with your family's history.

The Bible declares that the iniquities of one generation can be visited on to the third and fourth generations of those who hate God, but God's blessings will be poured out on thousands of generations of those who love and obey Him (Exodus 20:4-6). The iniquities of one generation can adversely affect future ones unless those sins are renounced, and your new spiritual heritage in Christ is claimed. This cycle of abuse and all negative influences can be stopped through genuine repentance. You are not guilty of your ancestor's sins, but because of their sins, you have been affected by their influence.

The fact that demonic strongholds can be passed on from one generation to the next is well-attested by those who counsel the afflicted. This is not to deny that many problems are transmitted genetically or acquired from an immoral atmosphere.

Spiritually you can be free from the sins of past generations through confession. Since you are truly a child of God, more than a child of your parents or a member of an old unit, get free from the weight of this past!

# CURSES VERSUS BLESSINGS

Jesus said that after we have been fully trained, we will be like our teachers (Luke 6:40), and Peter wrote that you were redeemed "from your futile way of life inherited from your forefathers" (1 Peter 1:18). Ask the Lord to reveal your ancestral sins and then renounce them as follows:

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

Listen carefully to what the Holy Spirit may reveal as you review the list below.

## Possible Generational Sins/Weakness

- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> Abuse – Emotional, Physical, Sexual or Spiritual | <input type="checkbox"/> Cursing                   | <input type="checkbox"/> Laziness/or avoiding problems           | <input type="checkbox"/> Rage  |
| <input type="checkbox"/> Adultery/premarital sex                          | <input type="checkbox"/> Cutting                   | <input type="checkbox"/> Lying                                   | <input type="checkbox"/> Rebellion/Stubbornness                        |
| <input type="checkbox"/> Alcohol/drugs/Food Addictions                    | <input type="checkbox"/> Divorce                   | <input type="checkbox"/> Lust                                    | <input type="checkbox"/> Religious legalism                            |
| <input type="checkbox"/> Anger  | <input type="checkbox"/> Depression                | <input type="checkbox"/> Occult                                  | <input type="checkbox"/> Self-Pity                                     |
| <input type="checkbox"/> Anxiety/worry                                    | <input type="checkbox"/> Discouragement            | <input type="checkbox"/> Manipulation                            | <input type="checkbox"/> Stealing                                      |
| <input type="checkbox"/> Avoidance  | <input type="checkbox"/> Despair/suicidal thoughts | <input type="checkbox"/> Negative Attitude                       | <input type="checkbox"/> Suicide                                       |
| <input type="checkbox"/> Belittling                                       | <input type="checkbox"/> Envy/jealousy             | <input type="checkbox"/> Physical and mental disorders/illnesses | <input type="checkbox"/> Temporal (worldly) values (no eternal values) |
| <input type="checkbox"/> Bitterness                                       | <input type="checkbox"/> Evil speaking             | <input type="checkbox"/> Pornography                             | <input type="checkbox"/> Unforgiveness                                 |
| <input type="checkbox"/> Covetousness                                     | <input type="checkbox"/> Fear                      | <input type="checkbox"/> Pride/Prejudice                         | <input type="checkbox"/> Workaholic                                    |
| <input type="checkbox"/> Cruelty  | <input type="checkbox"/> Gambling                  | <input type="checkbox"/> Procrastination                         |  |
|   | <input type="checkbox"/> Gluttony                  |  |  |
|   | <input type="checkbox"/> Ingratitude               |  |  |

When nothing else comes to mind, conclude with:

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

We cannot passively take our place in Christ; we must actively and intentionally choose to submit to God, resist the devil, and then he will flee from us. Verbally complete this final step with the following declaration:

### DECLARATION

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

# IN CHRIST

**I renounce the lie that I am rejected, unloved, or shameful. In Christ, I am accepted.**

**God says:**

I am God's child (John 1:12)  
I am Christ's friend (John 15:5)  
I have been justified (Romans 5:1)  
I am united with the Lord, and I am one spirit with Him (1 Corinthians 6:17)  
I have been bought with a price: I belong to God (1 Corinthians 6:19-20)  
I am a member of Christ's body (1 Corinthians 12:27)  
I am a saint, a holy one (Ephesians 1:1)  
I have been adopted as God's child (Ephesians 1:5)  
I have direct access to God through the Holy Spirit (Ephesians 2:18)  
I have been redeemed and forgiven of all my sins (Colossians 1:14)  
I am complete in Christ (Colossians 2:10)

**I renounce the lie that I am guilty, unprotected, alone, or abandoned. In Christ I am secure.**

**God says:**

I am free from condemnation (Romans 8:1-2)  
I am assured that all things work together for good (Romans 8:28) I am free from any condemning charges against me (Romans 8:31-34)  
I cannot be separated from the love of God (Romans 8:35-39)  
I have been established, anointed, and sealed by God (2 Corinthians 1:21-22)  
I am confident that the good work God has begun in me will be perfected (Philippians 1:6)  
I am a citizen of heaven (Philippians 3:20)  
I am hidden with Christ in God (Colossians 3:3)  
I have not been given a spirit of fear, but of power, love, and self-control (2 Timothy 1:7)  
I can find grace and mercy to help in time of need (Hebrews 4:16)  
I am born of God and the evil one cannot touch me (1 John 5:18)

**I renounce the lie that I am worthless, inadequate, helpless, or hopeless. In Christ I am significant.**

**God says:**

I am the salt of the earth and the light of the world (Matthew 5:13-14)  
I am a branch of the true vine, Jesus, a channel of His life (John 15: 1-5)  
I have been chosen and appointed by God to bear fruit (John 15:16)  
I am a personal, Spirit-empowered witness of Christ's (Acts 1:8)  
I am a temple of God (1 Corinthians 3:16)  
I am a minister of reconciliation for God (2 Corinthians 5:17-21)  
I am a fellow worker with God (2 Corinthians 6:1)  
I am seated with Christ in the heavenly realms (Ephesians 2:6)  
I am God's workmanship, created for good works (Ephesians 2:10)  
I may approach God with freedom and confidence (Ephesians 3:12)  
I can do all things through Christ who strengthens me! (Philippians 4:13)  
I am not the great "I Am," but by the grace of God I am what I am (Exodus 3:14; John 8:24, 28, 58; 1 Corinthians 15:10)

# MAINTAINING YOUR FREEDOM

It is exciting to experience your freedom in Christ, but what you have gained must be maintained. You have won an important battle, but the war goes on. To maintain your freedom in Christ and grow as a disciple of Jesus in the grace of God, you must continue renewing your mind to the truth of God's word. If you become aware of lies that you have believed, renounce them, and choose the truth. If more painful memories surface, then forgive those who hurt you and renounce any sinful part you played. Many people choose to go through The Steps to Freedom in Christ again on their own to make sure they have dealt with all their issues. Often new issues will surface. The process can assist you in regular "housecleaning."

It is not uncommon after going through The Steps for people to have thoughts like: *Nothing has really changed; you're the same person you always were, or it didn't work.* In most cases, you should just ignore it. We are not called to dispel the darkness; we are called to turn on the light. You don't get rid of negative thoughts by rebuking everyone; you get rid of them by repenting and choosing the truth.

If there are false beliefs and lies you dealt with during your appointment, we encouraged you to, for the next 40 days, verbally work through that list, saying: I renounce [the lies you have believed], and I announce the truth that [what you have chosen to believe is true based on God's Word].

We encourage you to read Victory Over the Darkness and The Bondage Breaker if you haven't already done so or to go through the Freedom in Christ Course. The 21-day devotional, Walking in Freedom, was written for those who have gone through The Steps. To continue growing in the grace of God, I suggest the following:

1. Get rid of or destroy any cult or occult objects in your home. (See Acts 19:18-20.)
2. Be part of a church where God's truth is taught with kindness and grace and get involved in a small group where you can be honest and real.
3. Read and meditate on the truth of God's Word each day.
4. Don't let your mind be passive, especially concerning what you watch and listen to (for example, the internet, music, TV). Actively take every thought captive to the obedience of Christ.
5. Be a good steward of your health and develop a godly lifestyle of rest, exercise, and proper diet.
6. Say the following daily prayer for the next forty days and the other prayers as needed.

## PROCESSING THE STEPS (Again)

The best way to go through The Steps is to process them with a trained encourager. You can also go through The Steps on your own. Every step is explained, so you will have no trouble doing that. We suggest you find a quiet place where you can process The Steps out loud. If you experience some mental interference, just ignore it, and continue. Thoughts such as, "*This isn't going to work, or I don't believe this,* or blasphemous, condemning, and accusing thoughts have no power over you unless you believe them. They are just thoughts, and it doesn't make any difference if they originate from you, an external source, or from Satan and his demons. They will be resolved when you have fully repented. If you are working through The Steps with an encourager, share any mental or physical opposition that you are experiencing. The mind is the control center, and you will not lose control in the Freedom Appointment if you don't lose control of your mind. The best way to do that, if you are being mentally harassed, is to just share it. Exposing the lies to the light breaks the power.



## **DAILY PRAYER AND DECLARATION**

Dear Heavenly Father, I praise You and honor You as my Lord and Savior. 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 Jesus 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 can be guided by You and not carry out the desires of the flesh. 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; 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 You, and I choose to renew my mind by Your living Word. By so doing, I will be able to prove that Your will is good, acceptable, and perfect for me. In the name of my Lord and Savior' Jesus Christ, I pray. Amen.

## **BEDTIME PRAYER**

Thank You, Lord, that You have brought me into Your family and have blessed me with every spiritual blessing in the heavenly places 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 against nightmares. I renounce all fear and cast every anxiety upon You. I commit myself to You as my rock, my fortress, and my strong tower. May Your peace be upon this place of rest. In the strong name of the Lord Jesus Christ, I pray. Amen.

## **PRAYER FOR SPIRITUAL CLEANSING OF HOME/APARTMENT/ROOM**

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

Dear Heavenly Father, I acknowledge that You are the Lord of heaven and earth. In Your sovereign power and love, You have entrusted many things to me. Thank You for this place to live. I claim my home as a place of spiritual safety for my family and me and ask for Your 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 my family and me, to leave and never return. I renounce all demonic assignments directed against this place. I ask You, Heavenly Father, to post Your holy angels around this place to guard it from any and all attempts of the enemy to enter and disturb Your purposes for my family and me. I thank You, Lord, for doing this in the name of the Lord Jesus Christ. Amen.

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

After removing and destroying all objects of false worship from your possession, pray this 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 (or 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 angels to protect me while I live here. In Jesus' mighty name I pray. Amen.

(Read these prayers "out loud")

# APPENDIX A

## OVERCOMING ANXIETY

Anxiety is different from fear because it doesn't have an object. People are anxious because they are uncertain about an outcome or don't know what is going to happen tomorrow. It is normal to be concerned about things we value. For some, the intensity and regularity of anxiety is out of proportion to the actual problem. We have been admonished to cast all our anxieties upon Jesus (1 Peter 5:7).

The root word for anxiety in Scripture means 'doublemindedness'. The first step to becoming single-minded is to pray, "Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God! (Philippians 4:5-6). Ask God to guide you through these steps to overcoming anxiety with the following prayer:

**Dear Heavenly Father, I am Your child bought by the blood of the Lord Jesus Christ. I am completely dependent on You, and I need You. I know that without Jesus, I can't do anything. You know the thoughts and intentions in my heart, and You know my situation from the beginning to the end. I feel as though I am double-minded, and I need Your peace to guard my heart and my mind. I humble myself before You and choose to trust You to exalt me at the right time in any way You choose. I trust You to meet all my needs according to Your riches in glory in Christ Jesus and to guide me into all truth. Please guide me so that I can fulfill my calling to live a responsible life by faith in the power of Your Holy Spirit. "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". (Psalms 139:23-24). In Jesus' precious name. Amen.**

### RESOLVE ANY PERSONAL AND SPIRITUAL CONFLICTS

The purpose of The Steps to Freedom in Christ is to help you submit to God and resist the devil through repentance and faith in God. Then you will have "the peace of God which transcends all understanding, [that] will guard your hearts and your minds through Christ Jesus" (Philippians 4:7 NKJV). Repentance means a change of mind. Worrysome people struggle with anxious thoughts. Since "The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons" (1 Timothy 4:1) it is imperative that we resist the devil and put on the armor of God. If you pay attention to a deceiving spirit, you will be a double-minded person.

### STATE THE PROBLEM

A problem well-stated is half-solved. When people are anxious, they can't see the forest for the trees, so start by putting the problem in perspective: Will it matter for eternity? Being overly anxious is often more detrimental to the person than the negative consequences they are worried about.

### DIVIDE THE FACTS FROM THE ASSUMPTIONS

People may be fearful of the facts, but not anxious. When we don't know what's going to happen, we tend to make assumptions, and people typically assume the worst. Very little good will happen if we act upon those assumptions.

### DETERMINE WHAT YOU HAVE THE RIGHT OR ABILITY TO CONTROL

You are only responsible for the things you have the right and ability to control. You are not responsible for the things you don't. Your sense of worth is tied only to that which you are responsible for. If you're not living a responsible life, you should feel anxious! Don't try to cast your responsibility onto Jesus - He will throw it back at you. But do cast your anxiety onto Him because His integrity is at stake in meeting your needs if you are living a responsible and righteous life (Matthew 6:19-33).

### FULLFILL YOUR RESPONSIBILITIES

List everything that you can do that is related to the situation that is your responsibility and then commit yourself to do it (Isaiah 32:17).

### THE REST IS GOD'S RESPONSIBILITY

The only thing left to do is pray and focus on the truth according to Philippians 4:6-8. Any leftover anxiety is probably due to your assuming responsibilities that God never intended you to have.

# APPENDIX B

## OVERCOMING FEAR

Fear is a God-given natural response when our physical or psychological safety is threatened. Fear always has an object, that is, something or someone, and that object must be both present and potent, that is perceived to have some power over us. It ceases to be a fear object when only one of those attributes is eliminated.

Almost all fears are related to the fear of death, people, and satan. Death is still present in that it is an imminent possibility, but it is no longer potent (1 Corinthians 15:54-55). The believer who dies physically is still alive spiritually and fully in God's presence. Paul wrote, "For to me, to live is Christ and to die is gain" (Philippians 1:21)

People may threaten us when present, but Jesus said, "Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell." (Matthew 10:28). "And who is he who will harm you if you become followers of what is good? But even if you should suffer for righteousness's sake, you are blessed. And do not be afraid of their threats, nor be troubled. But sanctify the Lord God in your hearts" (1 Peter 3:13-15 NKJV).

Satan still roars around like a hungry lion, but he is disarmed (Colossians 2:15). People tend to fear satan more than they fear God, which elevates him as a greater object of worship. The fear of God is the beginning of wisdom. He is the ultimate fear object because He is omnipotent, meaning all-powerful; omniscient, meaning all-knowing; and omnipresent, meaning present everywhere at all times. "Do not call conspiracy everything this people calls a conspiracy; do not fear what they fear, and do not dread it." (Isaiah 8:12-14).

Courage is not the absence of fear. Courage is choosing to live by faith and doing what is right in the face of perceived fear objects. Behind every irrational fear is a lie, which must be identified. Ask the Lord to reveal to your mind the nature of your fears and the irrational lies that compel them as follows:

**Dear Heavenly Father, I confess that I have allowed fear to control my life. Thank You for Your forgiveness. I choose to believe that You have not given me a spirit of fear, but of power, love, and self-control (2 Timothy 1:7). I renounce any spirit of fear operating in my life and ask You to reveal any and all-controlling fears in my life and the lies behind them. I desire to live by faith according to what You have said is true in the power of the Holy Spirit. In Jesus' name, I pray. Amen.**

- |  |  |
|--|--|
| <input type="checkbox"/> Fear of becoming/being homosexual | <input type="checkbox"/> Fear of having committed the unpardonable sin |
| <input type="checkbox"/> Fear of being a hopeless case     | <input type="checkbox"/> Fear of losing my salvation                   |
| <input type="checkbox"/> Fear of being victimized          | <input type="checkbox"/> Fear of marriage                              |
| <input type="checkbox"/> Fear of confrontation             | <input type="checkbox"/> Fear of never getting married                 |
| <input type="checkbox"/> Fear of death                     | <input type="checkbox"/> Fear of never loving or being loved           |
| <input type="checkbox"/> Fear of disapproval               | <input type="checkbox"/> Fear of not being loved by God                |
| <input type="checkbox"/> Fear of divorce                   | <input type="checkbox"/> Fear of pain/illness                          |
| <input type="checkbox"/> Fear of embarrassment             | <input type="checkbox"/> Fear of rejection by people                   |
| <input type="checkbox"/> Fear of failure                   | <input type="checkbox"/> Fear of satan                                 |
| <input type="checkbox"/> Fear of financial problems        | <input type="checkbox"/> Fear of the death of a loved one              |
| <input type="checkbox"/> Fear of going crazy               | <input type="checkbox"/> Fear of the future                            |
- Other fears that come to mind: \_\_\_\_\_
- Fear of specific individuals (list them): \_\_\_\_\_

**Lord Jesus, I have allowed the fear of [ name the fear object ] to control my life. I have believed [ state the lie ]. I renounce all irrational fears and the lies behind them. I choose to live by faith and acknowledge You as the only legitimate fear object in my life. In Jesus' name I pray. Amen.**

## **ANALYZE YOUR FEARS AND WORK OUT A RESPONSIBLE PLAN:**

When did you first experience the fear, and what events preceded the first experience? Knowing such experiences can help you identify the basis for your fears. Fear is a powerful motivator for good and evil. "Therefore, knowing the fear of the Lord, we persuade others" (2 Corinthians 5:11 ESV).

### **How has fear...**

1. Prevented you from doing what is responsible and right?
2. Compelled you to do something wrong and live irresponsibly?
3. Compromised your witness?

Once you have analyzed your fear, the next step is to work out a plan of responsible behavior. This may require baby steps at first, and it may be helpful to invite a trusted friend to help you make the first step. Don't set yourself up for failure. Determine in advance what your reaction will be to any fear object when confronted. Finally, commit yourself to carry out the plan. Do the thing you fear, and the death of fear is certain. The key to any cure is commitment.

### **How to succeed:**

Nobody can keep you from having a successful life in God's kingdom if you follow these three principles:

1. Commit yourself to know God and His ways (Joshua 1:7-8).
2. Become the person God has created you to be (Philippians 3:12-14).
3. Be a good steward of the time, talent, and treasure that God has entrusted to you (1 Corinthians 4:1-2).

Note: For additional help, read *Freedom from Fear*, Harvest House Publishers, 1999.

# APPENDIX C

## EMOTIONAL PAIN WORDS

abandoned  
accused  
afraid  
all my fault  
alone  
always wrong  
angry  
anxious  
apathetic  
ashamed  
bad  
belittled  
betrayal  
betrayed  
bitter  
blamed  
can't do anything right  
can't trust anyone  
cheap  
cheated  
condemned  
confused  
conspired against  
controlled  
cut off  
deceived  
defeated  
defenseless  
defrauded  
degraded  
desires were rejected  
despair  
destroyed  
devalued  
didn't belong  
didn't measure up  
dirty  
disappointed  
disgusted  
disrespected  
dominated  
embarrassed  
empty  
exposed  
failure  
fear

foolish  
forced  
frustrated  
good for nothing  
guilty  
hatred  
hate myself  
helpless  
hollow  
hopeless  
humiliated  
hurt  
hysterical  
impure  
inadequate  
indecent  
inferior  
insecure  
insensitive to my needs  
insignificant  
invalidated  
left out  
lied to  
lonely  
lost  
made fun of  
manipulate  
mindless  
mistreated  
misunderstood  
molested  
neglected  
no good  
not being affirmed  
not cared for  
not cherished  
not deserving to live  
not listened to  
not measure up  
not valued  
opinions not valued  
out of control  
overwhelmed  
pathetic  
pressured

pressure to perform  
publicly shamed  
rejected  
rejection  
repulsed  
revenge  
ruined  
sad  
scared  
secluded  
self-disgust  
shamed  
stressed  
stupid  
suffocated  
suicidal  
taken advantage of  
thwarted  
torn apart  
trapped  
trash  
ugly  
unable to communicate  
unaccepted  
uncaring  
uncared for  
unchosen  
unclean  
unfairly judged  
unfairly treated  
unfit  
unimportant  
unlovable  
unloved  
unnecessary  
unprotected  
unsafe  
unsympathetic  
unwanted  
used  
violated  
vulnerable  
wasted  
wicked  
worthless  
wounded

## APPENDIX D

### CLEANSING & SOUL TIE BREAKING PRAYER

Lord Jesus, thank you for sharing with us Your wonderful ministry of healing and deliverance. Thank You for the healings we have seen and experienced today. But we realize that the sickness and evil we encounter are more than our humanity can bear. So, cleanse us of any sadness, negativity, or despair that we may have picked up.

If our ministry has tempted us to anger, impatience, lust, judgment, or any unclean thing, cleanse us of those temptations and from any defilement we have received, whether human or demonic. Please replace these with love, joy, and peace. If any evil spirits have attached themselves to us or oppress us in any way, in the authority of Jesus Christ, we command you, spirits of earth, air, fire or water, of the netherworld, or of nature, all of the kingdom of darkness and every wicked spirit, and everything that sets itself up or is raised up in opposition to the Lord Jesus Christ, to depart now and go straight to Jesus Christ for Him to deal with as He will. Do not return,

In the name and Authority of the Lord Jesus Christ, we cancel, break, and renounce all relationships set up by satan and wicked spirits between (name the person) and (name people). We renounce in Jesus' name any tie empowered by satan and smash down all the ways the enemy would try to use this relationship and cancel all the effects this relationship has or might have upon us, our marriage, our family, and our ministry. We claim the blessing of the Lord Jesus on any part of the tie that is empowered by God. In the name and authority of Jesus Christ, we forbid the enemy to interfere or make any use of this relationship by the crucifixion and resurrection power of Jesus Christ, our Savior and Lord.

Come, Holy Spirit, renew us, and fill us anew with Your Power, love, and joy. Strengthen us where we have felt weak, and clothe us with Your light. Fill us with life. And, Lord Jesus, please send Your holy angels to minister to us and each member of our family, to guard and protect us and our homes, jobs, all our possessions, our reputations and the reputation of this ministry, our bodies, souls and spirits from sickness, harm, and danger, and from retaliation and retribution. Guard us and keep us safe on our way and give us a peaceful night of rest. We praise You now and forever, Father, Son, and Holy Spirit!

Amen

**WORKSHEET – STEP 3**

<b>PERSON</b>	<b>THE ACT</b>	<b>YOUR FEELING</b>

**WORKSHEET – STEP 6**

SEXUAL USE OF MY BODY	FIRST NAME



**WORKSHEET – STEP 7**

<b>GENERATIONAL CONNECTION</b>	<b>SINS/WEAKNESSES</b>

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If you or someone you know is interested in assisting veterans or first responders (warriors), please connect with us. We are always looking to help one more. Appointments are conducted in person and virtually. Prayerfully consider sharing what you've experienced in this manual with a warrior in your life. Make that call, send that email, and connect someone you care about to Warriors Set Free.

Please direct questions to [info@warriorssetfree.org](mailto:info@warriorssetfree.org).

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