
SELF-GUIDED DELIVERANCE MINISTRY

Hope Preserved Ministries

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About Deliverance Ministry

(From our website: www.hopepreserved.org)



Deliverance ministry is a great place for most people to start their journey out of bondage into spiritual freedom. Deliverance addresses multiple aspects of our lives that can cause spiritual bondage.

Deliverance consists of a series of prayers that address individual needs for repentance, forgiveness, bondage breaking, etc., along with embracing sound Biblical doctrine that allows us to live free in Christ. There are many different forms of deliverance ministry used within the body of Christ. Since we use deliverance primarily as a lead-in to deeper healing, we keep our sessions

to one day or less. The areas we typically deal with in deliverance include:

- Affirmation of Biblical doctrine
- Forgiveness
- Breaking self-protective vows
- Breaking self-defeating mindsets
- Breaking ungodly soul ties
- Confession of all known sin
- Renouncing known strongholds
- Breaking curses (if applicable)
- Removal of all legal claim that the enemy may have gained to our souls through these issues

What to Expect from Deliverance Ministry

It is best to think of deliverance as more of a cleansing than inner healing (although we have seen some physical healings from deliverance ministry). Because deliverance deals with the results of behavior and choices that we can and too often do make again, deliverance tends to act more as a much-needed "spiritual shower" than a deep healing of inner wounds.

Still, deliverance is a time-proven, theologically sound method of dealing with wide varieties of bondage. Its purpose is to help us do as God's word instructs us in 1 John 1:9, which says to confess our sins so that we can be *cleansed* of all unrighteousness. With deliverance, you are provided with both new knowledge and a set of prayers that can be incorporated into your Christian walk to help to keep these issues from returning.

Introduction

*“The Lord is near to the brokenhearted
and saves the crushed in spirit.
Many are the afflictions of the righteous,
but the Lord delivers him out of them all.”
Psalm 34:18-19*

Luke 4:18 says that Jesus came to bring spiritual freedom to those who are oppressed. This manual deals with deliverance ministry only. Deliverance ministry will help set you up for the deeper healing that can be received through **the broken soul ministry, Theophostic Prayer Ministry, or** if applicable, **Ministry for the Satanically Ritually Abused**. Please note that this manual does not deal with issues of a broken soul, nor does it address the full impact of Satanic Ritual Abuse. Those types of healings need to be done under the care of someone who is called to that area of freedom ministry.

If you are suffering from significant oppression, we recommend that you pray and receive a release from the Lord before working through this material on your own. If you are not certain about doing this on your own, please **contact us**, and we will help with this and any other ministries needed for your healing.

Using this guide

This manual provides a series of prayers designed to lay hold of truth, confess sins, and break certain types of strongholds and their demonic entrapments. For some sections, you will need to fill out a worksheet that provides information to include in that section's prayer. The general format of each step is as follows:

- Introductory material that explains the purpose of the step
- A worksheet (if applicable) that will personalize the step to you
- A deliverance prayer

Think of the prayers in this manual like you think of the worship music you sing in church. You did not write the music, but it still works for you in worship. The prayers in this book are similar; you did not write them, but they will be effective for you anyway. I recommend praying the prayers out loud so that you can listen to yourself as you pray them. Place your focus on God as you read and trust that he hears – he does.

At the end of the manual, there is a Renunciation and Affirmation Commitment that you can sign and keep as a declaration of the steps you have taken and the commitment you have made to get free from all spiritual strongholds and devote your life to serving Christ.

Salvation

Do Not Skip this Section!

Freedom ministry is full of stories of people, even pastors, who come seeking spiritual freedom only to find out that they have never properly placed their faith in Jesus Christ. This is not an issue to be overlooked. Please take the time to read through the four-point gospel presentation below and make absolutely certain that you have put your faith in Christ based on nothing more and nothing less than his completed work on the cross.

Do you know for certain that you are saved? Are you certain that you cannot lose your salvation?

A simple understanding of the gospel

Point One

Romans 3:23 states, “All have sinned and fall short of the glory of God.”

The Greek word translated “glory” in this verse can also be translated “approval.” This first means that no matter who you are or what you’ve done, good or bad, not one of us can be good enough to meet God’s standard. Think of it like this: If you were asked to jump across the Atlantic Ocean, you might jump further than I could, but neither of us would come anywhere close to making it across the ocean. In the same way, none of us can be good enough to earn God’s salvation. We cannot get there by our own efforts.

This verse of Scripture shows us that we have a problem. Let’s look a little further at just how bad this problem is.

Point Two

Romans 6:23 states, “For the wages of sin is death.”

If you worked at a job for, say, \$10 an hour, at the end of an eight-hour workday, your employer would legally owe you \$80. You have a legal right to ask for your wages and could take them to court if they don’t pay. This verse says that the legal payment that we are due from God because of our sin is death. You see, God has a legal system that predates the creation of the earth, and he abides by it. God’s very nature is truth in a way that is so strong that no human can fully understand it, but it will not be compromised. Since we all have sinned, the payment that God legally owes us for those sins is death. And those wages must be paid.

Point Three

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

This point is best illustrated by a parable. Let’s say you were guilty of murder, and you had been sentenced to death. But on the night before your execution, your twin brother or sister came to visit you in jail and decided to switch places with you because they simply couldn’t bear to see you die. So you change clothes with them, you walk out of the jail in their place, and the next day, they are executed instead of you. Right then, heartbroken, you break through the crowd, sobbing, and scream, “The wrong person died for this crime! I committed the crime; they did not. I’m the one who should die!” But the judge looks at you and says, “I’m sorry; the penalty for this crime has been paid. It cannot be paid more than once. You are free to go. You can never be charged with this crime again.”

This is what Jesus has done for you. The repayment that you and I are justifiably due for our sins is death – eternal death in hell. But Jesus took that payment for us on the cross. The eternal God who cannot die, died. And a man, who cannot

be raised from the dead, arose, proving that God himself paid the price for your sins. Death was overcome, and now Jesus lives eternally. And so can you, if you will accept his payment for your sins. That's all you have to do. Just believe in your heart that he died for your sins and confess with your mouth that he is your Lord, and you will be saved ([Romans 10:9](#)).

Point Four

[Ephesians 2:8-9](#) says, "For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God -- not by works, so that no one can boast."

What does saving faith look like? It's very simple. If you are sitting while you're reading this, chances are that you did not inspect the piece of furniture you're sitting on to see if it would hold you before you sat down. You simply believed that couch, chair, or whatever you're sitting on, would do what it is designed to do. You believed that it would hold you when you sat on it.

This is exactly how you need to believe in the cross. You simply choose to believe that Jesus' death on the cross did what God said it would do. Just like you choose to believe that a chair will hold you when you sit on it, you choose to believe that Jesus did pay the price for your sins, and you accept that as truth for yourself. [Romans 10:13](#) says, "Anyone who calls upon the name of the Lord will be saved." Your salvation can be confirmed by the simple prayer that follows:

Lord Jesus, I am a sinner. I have fallen short of your standards and your goodness. But you came to earth, walked among us, committed no sin, and died for me on the cross. You took the punishment that I deserve so that you could come into my life and be my Savior. I ask you to forgive me of my sins because of your death on the cross. Please come into my life and be my Lord. Renew me, teach me to follow you, and make my life into one that brings glory to your name. Thank you for being my Lord. Thank you for being my Savior. Thank you for allowing me to say ([say this out loud](#)), "Jesus Christ who died on the cross is my Lord."

If you have just prayed this prayer, you are now saved for all of eternity. No one and no power under heaven or earth can ever take it away. In the same way that it is impossible to change who your earthly father and mother are, you are now God's child, and he's your father. No power in heaven or earth can change that or take away your salvation.

Assurance of salvation

[Colossians 2:14-15](#) states, "When you were dead in your transgressions and the uncircumcision of your flesh, he made you alive together with him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and he has taken it out of the way, having nailed it to the cross."

This means that all of the legal demands against you were met on the cross, and that by nailing your sins to the cross, all rulers and authorities have been triumphed over. *This is a legal statement in the kingdom of God.* It cannot be revoked! It is a law of God that is stronger than any law under heaven. It states you have been bought with a price – the price Jesus paid on the cross for your sins - and no one can ever change that. You belong to God through Jesus Christ. You're now his forever.

Your salvation can never be lost or stolen from you. You cannot walk out from under it. It is God's gift to you – forever and unconditionally. Jesus himself said this in [John 10:27-29](#) when he said, *"My sheep hear my voice, and I know them, and they follow me; and I give eternal life to them, and they will never perish; and no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; and no one is able to snatch them out of the Father's hand. I and the Father are one."*

Notice that Jesus said that the life you have been given is *eternal*, that you *will never* perish, and that no one can snatch you out of the Father's hand. God's word is either true or it isn't – *and it is*. Jesus' language here is strong, it's definite, and it is irrevocable. Once you accept Jesus as your Savior, you are God's child, as is Jesus. In the same way that Jesus, who is God's Son, will never perish in hell, you, who are God's son, will never perish there either.

Another witness to your salvation being eternally secure is [Romans 11:29](#). It states that *"The gifts and calling of God are irrevocable."* In case you're wondering whether this includes salvation, *it does*. For [Ephesians 2:8](#) tells us that salvation is a *gift*, *"... it is the gift of God."* Also, [Romans 8:28](#) says that you have been *"called according to his purpose."* According to the Bible, your salvation is both a *gift* and a *calling*, and it is irrevocable. You cannot lose it because of anything you do (or may have done in the past.) Neither can it be stolen from you.

If you have been living with doubts about your salvation, it is best to confess this belief as sin - false belief that contradicts God's word. You can do this simply by praying:

Heavenly Father, I have been wrong in believing that I could lose my salvation. Your word is clear that nothing can deliver me out of your hand, and all that you set out to do will be accomplished. I confess that I did not do anything to gain my salvation; therefore, I cannot do anything to lose it. It is a gift from you, and your gifts are irrevocable. Please forgive me for not believing properly in this precious and holy gift that you have given to me. I repent of this false belief and ask you to help me walk my life out in the truth of your eternal security from now until the time I join you in the kingdom of heaven.

Opening Prayer

Description and purpose

One of the most practical lessons I have learned in the area of freedom ministry is to allow God to do the fighting for you. Possibly my favorite spiritual warfare verse is [Proverbs 16:7](#), “*When a man's ways are pleasing to the Lord, he makes even his enemies to be at peace with him.*” Notice it is God, not you, who brings peace. He sees the unseen and knows your needs before you ask him. We know that these enemies are not flesh and blood ([Ephesians 6:12](#)). When God makes our enemies to be at peace with us, this includes both the seen and the unseen. He sees what you don't see. He can fight this fight more completely *and better* than you.

Too many people have been taught that you must be the one who fights off demons. This is neither accurate nor scriptural. The issue is not *whether* you have spiritual authority (you do), but *how* you should use it. The story in Mark Chapter 9 of Jesus' disciples failing to cast a demon out of a small boy, even after they had been given authority over demons straight from Jesus, shows that the believer's authority is not a simple, all-encompassing thing. The more powerful the stronghold, the greater the requirement is for using your authority properly. This means you must know how and where to apply it.

We rarely have troubling encounters with the demonic in our ministry. This is not because we stay away from difficult strongholds. It is because we ask Jesus to do the fighting for us. When we ask Jesus to handle the fight, or simply read God's word to demons, their resistance usually disappears without ever having to command the demon to leave.

You do not have to fight this fight on your own. The battle *belongs* to the Lord. Do not take it from him! Jesus wants to be the one who sets you free ([John 8:36](#)). Ask him to keep demons in check. Ask *him* to send them out once you have reclaimed the legal ground that they occupy in your life. This is the purpose of the opening prayer.

Dear Heavenly Father, I come to you in the name of the Lord Jesus Christ and by virtue of his shed blood. I acknowledge your presence in this room and in my life. I declare my absolute dependence on Christ, for apart from him I can do nothing. I take my position with Christ, seated with him in heavenly places. ([Ephesians 1:20. 2:6](#)) Because all authority in heaven and on earth has been given to him, ([Matthew 28:18](#)) I now claim authority over all the enemies of the Lord Jesus Christ in and around my life. I pray the protection of the blood of Jesus over myself and over my of our family and forbid all demonic spirits to attempt to hurt, harm, or in any way seek to retaliate against me for having come against the kingdom of darkness and seeking your freedom. You have promised that where two or three are gathered in your name, you are in our midst ([Matthew 18:20](#)), and whatever is bound on earth is bound in heaven ([Matthew 18:18](#)). I agree with you, Lord, that every evil spirit that is in or around me must be bound to silence. They cannot inflict pain or speak to me or anyone praying for me or prevent me in any way, from completing this process with a sound mind or clear judgment. Now in the name of the Lord Jesus Christ, I command you, Satan, and all your evil spirits to release my mind and remain bound and gagged so that I will be able to hear and obey God. In the name of Jesus I pray. Amen

Principle of Deliverance Ministry

Garbage attracts rats



Since you are saved, you have been delivered from the penalty of your sins. This means you will never be condemned to hell. However, the impact of your sins can still be present. For example, if you have a sexually transmitted disease before you accept Christ as Savior, you will still have the disease after your salvation. In the same way we have areas of our lives that are unsundered to God. We also may have unconfessed sin that has become a stronghold for the enemy. The principle by which we deal with these things is very simple. It is illustrated by the picture above.

- What do you see in this picture? *Garbage.*
- If the garbage remains, what would you expect to see crawling around in the garbage? *Rats.*
- If we killed all of the rats this morning, what would you expect to find there again tomorrow? *More rats.*

Unconfessed sin can attract demonic oppression the way garbage can attract rats. If you want to get rid of the rats, you must get rid of the garbage. If we want to get rid of strongholds, we must get rid of the garbage in our life that allows the demons to harass us. 1 John 1:9 says, *"If we confess our sins, he is faithful and just and will forgive us our sins and cleanse us from all unrighteousness."*

Deliverance ministry is designed to get rid of garbage that gives demons the legal right to harass us. By confessing sin and allowing God to cleanse us from its unrighteousness, we remove the legal right of the enemy to harass us in the areas where we have just been cleansed. This is the purpose of deliverance ministry.

Deliverance ministry is one of three major types of freedom ministry that help rid us of enemy strongholds. The other two major areas of freedom ministry address strongholds in the broken soul (including the impact of satanic ritual abuse) and lie-based belief. For more information on these, please visit our website at www.hopepreserved.org.

Step 1: Taking Hold of Truth

Prayer to claim your identity in Christ

One of the most powerful truths in Scripture concerns your identity in Christ. Your identity in Christ is your true, legal identification as a child of God. And that identity gives you the *right* to be protected from the evil one. You have the name of Christ, and the enemy knows it. However, he will try to bluff his way around that. Don't let him!

If you were to persecute the child of a king, he would take it as a personal assault against himself. It is no different with being a child of God. The enemy makes war on God's children because of his anger against God. But when you claim your identity as God's child, it provides a significant defense against the enemy assaults and provides you with a foundation from which to continue your healing.

You were thought up by God before the world was created ([Ephesians 1:4](#)). You were born at exactly the right time, to the right parents, and in the right place ([Acts 17:26](#)). Your name was written in the Lamb's Book of Life long before you were born ([Revelation 13:8](#)).

Using your legal name (as on your birth certificate), birth date, and the age at which you were saved, claim these truths for yourself:

My name is <Birth Certificate Name>. I was born on <Birth Date>. I was saved at age <age of salvation>. I am a child of God, and I belong to the Lord Jesus Christ and no other.

Confess your Need for Deliverance Ministry

Pray the following prayer to simply admit to God that you need his forgiveness and his cleansing, while laying legal claim to God's promises that he will deliver you from the impact of your sins. (You do not need to repeat the Scripture references in this, or any other prayer in the manual.)

Dear Heavenly Father, I know that you desire truth in the inner self and that facing this truth is the way to freedom ([John 8:32](#)). I acknowledge that I have been deceived by the father of lies (Satan & his demons) ([John 8:44](#)) and that I have deceived myself ([1 John 1:8](#)). I pray in the name of the Lord Jesus Christ that you, heavenly Father, will rebuke all deceiving spirits by virtue of the shed blood and resurrection of the Lord Jesus Christ. Since by faith I have received Christ into my life and am now seated with Him in heavenly places ([Ephesians 2:6](#)), I command all deceiving, evil spirits to depart from me. I now ask the Holy Spirit to guide me into all truth ([John 16:13](#)). I ask you to "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 Jesus' name I pray. Amen.

Step 2: Doctrinal Affirmation

Satan does not always have to entice us to sin in order to gain a foothold in our lives. All he has to do is convince us to believe a lie. Possibly the most powerful weapon against enemy attacks is the truth of Scripture. When tempted in the wilderness, Jesus used God's word to put down the enemy's attacks on him. If it worked for Jesus, there's certainly no better example for us to follow.

Pray the following as an affirmation of God's truth for your own life and your spiritual freedom.

I recognize that there is only one true and living God ([Exodus 20:2-3](#)), who exists as the Father, Son, and Holy Spirit, and that he is worthy of all honor, praise, and worship as the Creator, Sustainer, the Beginning and End of all things. ([Revelation 4:11](#); [5:9, 10](#); [Isaiah 43:1, 7, 21](#)).

I recognize Jesus Christ as the Messiah, the Word who became flesh and dwelt among us ([John 1:1, 14](#)). I believe that he came to destroy the works of Satan ([1 John 3:8](#)), that he disarmed the demonic powers and made a public display of them, having triumphed over them ([Colossians 2:15](#)).

I believe that God has proven his love for me, because when I was still a sinner, Christ died for me ([Romans 5:8](#)). I believe that he delivered me from the domain of darkness and transferred me to his Kingdom, and in him I have redemption, which is the forgiveness of sins ([Colossians 1:13, 14](#)).

I believe that I am now a child of God ([1 John 3:1-3](#)), and I am seated with Christ in heavenly places ([Ephesians 2:6](#)). I believe that I was saved by the grace of God through faith, that it was a gift and not the result of any works on my part ([Ephesians 2:8](#)).

I choose to be strong in the Lord and in the strength of His might ([Ephesians 6:10](#)). I put no confidence in my own strength and intellect ([Philippians 3:3](#)), for the weapons of my warfare are spiritual and not of the flesh ([2 Corinthians 10:4](#)). I put on the whole armor of God ([Ephesians 6:10-17](#)), and I resolve to stand firm in my faith and resist the evil one.

I believe that Jesus has all authority in heaven and on earth ([Matthew 28:18](#)), and that he is the head over all demonic powers ([Colossians 2:10](#)). I believe that Satan and his demons are subject to me in Christ, because I am a member of Christ's body ([Ephesians 1:19-23](#)). I therefore obey the command to resist the devil ([James 4:7](#)), and I command him in the name of Christ to leave my presence.

I believe that apart from Christ I can do nothing ([John 15:5](#)), so I declare my complete dependence on him. I choose to live in Christ in order to bear much fruit and glorify the Lord ([John 15:8](#)). I announce to Satan that Jesus is my Lord ([1 Corinthians 12:3](#)). I reject any fake gifts or works of Satan in my life.

(Continued on the next page)

I believe that the truth will set me free ([John 8:32](#)), and that walking in the light of God and associating with Christians will bring blessing on my life ([1 John 1:7](#)). Therefore, I stand against Satan's deception by taking every thought captive in obedience to Christ ([2 Corinthians 10:5](#)). I declare that the Bible is the only trustworthy standard ([2 Timothy 3:15-17](#)). I choose to speak the truth in love ([Ephesians 4:15](#)).

I choose to present my body as an instrument of righteousness, a living and holy sacrifice, and I will continually renew my mind by reading the living Word of God in order that I may prove that the will of God is good, acceptable, and perfect ([Romans 6:13; 12:1-2](#)).

I ask my heavenly Father to fill me with his Holy Spirit ([Ephesians 5:18](#)), to lead me into all truth ([John 16:13](#)), and to empower my life so that I may live above sin and not carry out the desires of the old, evil nature that lives in me ([Galatians 5:16](#)). I crucify the flesh ([Galatians 5:24](#)) and choose to walk by the Spirit.

I willingly give up all selfish goals and choose the ultimate goal of love ([1 Timothy 1:5](#)). I choose to obey the greatest commandment, to love the Lord my God with all my heart, soul, and mind, and to love my neighbor as myself ([Matt. 22:37-39](#)).

Step 3: Renouncing Freemasonry

(If you have no connection to Freemasonry, skip to Step 4)

If you have Freemasonry in your family, or if you have ever been involved with the Freemasons, Eastern Star, or other Freemason-based organizations, this prayer will help set you free. The Freemasons do not want the public to know that they are a satanic cult. Many people are entrapped in the Masons by lies claiming that they are a Christian organization. Nothing could be further from the truth. As people move up in the organization, their satanic beliefs are gradually revealed in a way that traps the member into Satanism.

We have rarely worked with a broken soul here in the state of Arkansas who does not have Freemasonry in their family line. Though most of these people have never been a member of the Masonic group, its impact is inherited as a generational sin – and is the root cause of a broken soul.

We also work with satanic ritual abuse victims at the hands of Freemasons. Their memories reveal some of the most horrific ritual abuse humanly imaginable. Do not fall for the Mason's dogma claiming they are a good organization. If you have any connection with Freemasonry or Eastern Star, we recommend praying the following prayer.

Please note: If you have any trouble with this prayer, please stop and pray it through with someone experienced in one or more forms of Christian deliverance ministry.

Prayer to Renounce Freemasonry

~ ~ ~ ~ ~

Father God, creator of heaven and earth, I come to you in the name of Jesus Christ, your Son. I come as a sinner seeking forgiveness and cleansing from all sins committed against you and others made in your image. I honor my earthly father and mother and all of my ancestors of flesh and blood and of the spirit by adoption and godparents, but I utterly turn away from and renounce all their sins. I forgive all my ancestors for the effects of their sins on my children and me. I confess and renounce all of my own sins. I renounce and rebuke Satan and every spiritual power of his affecting my family and me.

I renounce and forsake all involvement in Freemasonry or any other lodge or craft by my ancestors and myself. I renounce witchcraft, the principal spirit behind Freemasonry, and I renounce Baphomet, the Spirit of Antichrist, and the curse of the Luciferian doctrine. I renounce the idolatry, blasphemy, secrecy, and deception of Masonry at every level. I specifically renounce the insecurity, the love of position and power, the love of money, avarice, or greed, and the pride that would have led my ancestors into Masonry. I renounce all the fears that held them in Masonry, especially the fears of death, fear of men, and fears of trusting in the name of Jesus Christ.

I renounce every position held in the lodge by any of my ancestors, including "Tyler," "Master," "Worshipful Master," or any other. I renounce the calling of any man "Master," for Jesus Christ is my only master and Lord, and he forbids anyone else having that title. I renounce the entrapping of others into Masonry and observing the helplessness of others during the rituals. I renounce the effects of Masonry

passed on to me through any female ancestor who felt distrusted and rejected by her husband as he entered and attended any lodge and refused to tell her of his secret activities.

1st Degree

I renounce the oaths taken and the curses involved in the First or Entered Apprentice degree, especially their effects on the throat and tongue. I renounce the Hoodwink, the blindfold, and its effects on emotions and eyes, including all confusion, fear of the dark, fear of the light, and fear of sudden noises. I renounce the secret word BOAZ and all it means. I renounce the mixing and mingling of truth and error and the blasphemy of this degree of Masonry. I renounce the noose around the neck, the fear of choking and also every spirit causing asthma, hay fever, emphysema or any other breathing difficulty. I renounce the compass point, sword or spear held against the breast, the fear of death by stabbing pain, and the fear of heart attack from this degree. In the name of Jesus Christ, I now pray for healing of the throat, vocal cords, nasal passages, sinus, bronchial tubes, etc., and for healing of the speech area, and the release of the Word of God to me and through me and my family.

2nd Degree

I renounce the oaths taken and the curses involved in the second or Fellow Craft degree of Masonry, especially the curses on the heart and chest. I renounce the secret words JACHIN and SHIBBOLETH and all that these mean. I cut off emotional hardness, apathy, indifference, unbelief, and deep anger from my family and me. In the name of Jesus Christ, I pray for the healing of the chest/lung/heart area and also for the healing of my emotions, and ask to be made sensitive to the Holy Spirit of God.

3rd Degree

I renounce the oaths taken and the curses involved in the third or Master Mason degree, especially the curses on the stomach and womb area. I renounce the secret words MAIIA BONE, MACHABE-N, MACHBINNA, and TUBAL CAIN, and all that they mean. I renounce the Spirit of Death from the blows to the head enacted as ritual murder, the fear of death, false martyrdom, fear of violent gang attack, assault or rape, and the helplessness of this degree. I renounce the falling into the coffin or stretcher involved in the ritual of murder. I renounce the false resurrection of this degree, because only Jesus Christ is the Resurrection and the Life! I also renounce the blasphemous kissing of the Bible on a witchcraft oath. I cut off all spirits of death, witchcraft, and deception, and in the name of Jesus Christ, I pray for the healing of the stomach, gall bladder, womb, liver, and any other organs of my body affected by Masonry. I ask for a release of compassion and understanding for my family and me.

Holy Royal Arch Degree

I renounce and forsake the oaths taken and the curses involved in the Holy Royal Arch Degree of Masonry, especially the oath regarding the removal of the head from the body and the exposing of the brains to the hot sun. I renounce the Mark Lodge, and the mark in the form of squares and angles, which marks the person for life. I also reject the jewel or talisman that may have been made from this mark sign

and worn at lodge meetings. I renounce the false secret name of God, JAHBULON, and the password, AMMI RUHAMAH, and all they mean. I renounce the false communion or Eucharist taken in this degree, and all the mockery, skepticism, and unbelief about the redemptive work of Jesus Christ on the cross of Calvary. I cut off all these curses and their effects on my family and me in the name of Jesus Christ, and I pray for healing of the brain, the mind, etc.

18th Degree

I renounce the oaths taken and the curses involved in the eighteenth degree of Masonry, the Most Wise Sovereign Knight of the Pelican and the Eagle and Sovereign Prince Rose Croix of Heredom. I renounce and reject the Pelican witchcraft spirit, as well as the occult influence of the Rosicrucians and the Kabbala in this degree. I renounce the claim that the death of Jesus Christ was a “dire calamity,” and also the deliberate mockery and twisting of the Christian doctrine of the Atonement. I renounce the blasphemy and rejection of the deity of Jesus Christ and the secret words IGNE NATURA RENOVATUR INTEGRA and its meaning. I renounce the mockery of the communion taken in this degree, including a biscuit, salt, and white wine.

30th Degree

I renounce the oaths taken and the curses involved in the thirtieth degree of Masonry, the Grand Knight Kadosh and Knight of the Black and White Eagle. I renounce the password, STIBIUM ALKABAR, and all it means.

31st Degree

I renounce the oaths taken and the curses involved in the thirty-first degree of Masonry, the Grand Inspector Inquisitor Commander. I renounce all the gods and goddesses of Egypt which are honored in this degree, including Anubis with the ram's head, Osiris the Sun god, Isis the sister and wife of Osiris and also the moon goddess. I renounce the Soul of Cheres, the false symbol of immortality, the chamber of the dead, and the false teaching of reincarnation.

32nd Degree

I renounce the oaths taken and the curses involved in the thirty-second degree of Masonry, the Sublime Prince of the Royal Secret. I renounce Masonry's false Trinitarian deity, AUM, and its parts, Brahma the creator, Vishnu the preserver, and Shiva the destroyer. I renounce the deity of AHURA-MAZDA, the claimed spirit or source of all light, and the worship with fire, which are an abomination to God, and also the drinking from a human skull in many rites.

York Rite

I renounce the oaths taken and the curses involved in the York Rite of Freemasonry, including Mark Master, Past Master, Most Excellent Master, Royal Master, Select Master, Super Excellent Master, the Orders of the Red Cross, the Knights of Malta, and the Knights Templar degrees. I renounce the secret

words of JOPPA, KEB RAIOTH, and MAHER-SHALAL-HASH-BAZ. I renounce the vows taken on a human skull, the crossed swords, and the curse and death wish of Judas of having the head cut off and placed on top of a church spire. I renounce the unholy communion and especially of drinking from a human skull in many rites.

Shriners (America only - doesn't apply in other countries)

I renounce the oaths taken and the curses and penalties involved in the Ancient Arabic Order of the Nobles of the Mystic Shrine. I renounce the piercing of the eyeballs with a three-edged blade, the flaying of the feet, the madness, and the worship of the false god Allah as the god of our fathers. I renounce the hoodwink, the mock hanging, the mock beheading, the mock drinking of the blood of the victim, the mock dog urinating on the initiate, and the offering of urine as a commemoration. In Jesus' name, Amen.

33rd & Supreme Degree

In the name of Jesus Christ, I renounce the oaths taken and the curses involved in the supreme Thirty-Third Degree of Freemasonry, the Grand Sovereign Inspector General. I renounce the secret passwords, DEMOLAY-HIRAM ABIFF, FREDERICK OF PRUSSIA, MICHA, MACHA, BEALIM, and ADONAI and all they mean. I renounce all of the obligations of every Masonic degree and all penalties invoked. I renounce and utterly forsake The Great Architect of the Universe, who is revealed in this degree as Lucifer, and his false claim to be the universal fatherhood of God. I renounce the cable-tow around the neck. I renounce the death wish that the wine drunk from a human skull should turn to poison and the skeleton whose cold arms are invited if the oath of this degree is violated. I renounce the three infamous assassins of their grand master, law, property, and religion, and the greed and witchcraft involved in the attempt to manipulate and control the rest of mankind. In the name of God the Father, Jesus Christ the Son, and the Holy Spirit, I renounce and break the curses involved in the idolatry, blasphemy, secrecy, and deception of Freemasonry at every level, and I appropriate the Blood of Jesus Christ to cleanse all the consequences of these from my life. I now revoke all previous consent given by any of my ancestors or myself to be deceived.

All other degrees

I renounce all the other oaths taken in the rituals of every other degree and the curses involved. I renounce all other lodges and secret societies such as Prince Hall Freemasonry, Mormonism, The Order of Amaranth, Oddfellows, Buffaloes, Druids, Foresters, Orange, Elks, Moose and Eagles Lodges, the Ku Klux Klan, The Grange, the Woodmen of the World, Riders of the Red Robe, the Knights of Pythias, the Mystic Order of the Veiled Prophets of the Enchanted Realm, the women's Orders of the Eastern Star and of the White Shrine of Jerusalem, the girls' order of the Daughters of the Eastern Star, the International Orders of Job's Daughters and of the Rainbow, the boys' Order of De Molay and their effects on me and all my family.

I renounce the ancient pagan teaching and symbolism of the First Tracing Board, the Second Tracing Board, and the Third Tracing Board used in the ritual of the Blue Lodge. I renounce the pagan ritual of the 'Point within a Circle' with all its bondages and phallus worship. I renounce the occult mysticism of the

black and white mosaic-checked floor with the tessellated boarder and five-pointed blazing star. I renounce the symbol 'G' and its veiled pagan symbolism and bondages. I renounce and utterly forsake the Great Architect of the Universe, who is revealed in the higher degrees as Lucifer, and his false claim to be the universal fatherhood of God. I also renounce the false claim that Lucifer is the Morning Star and Shining One, and I declare that Jesus Christ is the Bright and Morning Star of Revelation 22:16.

I renounce the All-Seeing Third Eye of Freemasonry or Horus in the forehead and its pagan and occult symbolism. I renounce all false communions taken, all mockery of the redemptive work of Jesus Christ on the cross of Calvary, all unbelief, confusion, and depression and all worship of Lucifer as God. I renounce and forsake the lie of Freemasonry that man is not sinful, but merely imperfect and so can redeem himself through good works. I rejoice that the Bible states that I cannot do a single thing to earn my salvation, but that I can only be saved by grace through faith in Jesus Christ and what he accomplished on the Cross of Calvary.

I renounce all fear of insanity, anguish, death wishes, suicide, and death in the name of Jesus Christ. Jesus Christ conquered death, and he alone holds the keys of death and hell, and I rejoice that he holds my life in his hands now. He came to give me life abundantly and eternally, and I believe His promises.

I renounce all anger, hatred, murderous thoughts, revenge, retaliation, spiritual apathy, false religion, all unbelief, especially unbelief in the Holy Bible as God's Word, and all compromise of God's Word. I renounce all spiritual searching into false religions and all striving to please God. I rest in the knowledge that I have found my Lord and Savior Jesus Christ and that He has found me.

I will burn all objects in my possession, which connect me with all lodges and or cultic organizations, including Masonry, Witchcraft, and Mormonism and all regalia, aprons, books of rituals, rings, and other jewelry. I renounce the effects of these or other objects of Masonry, such as the compass, the square, the noose, or the blindfold, have had on me or my family, in Jesus Name

All participants should now be invited to sincerely carry out the following:

- (1) Symbolically remove the blindfold (hoodwink) and give it to the Lord for disposal.
- (2) In the same way, symbolically remove the veil of mourning.
- (3) Symbolically cut and remove the noose from around the neck, gather it up with the cable-tow running down the body and give it all to the Lord for his disposal.
- (4) Renounce the false Freemasonry marriage covenant, removing from the fourth finger of the right hand the ring of this false marriage covenant, giving it to the Lord to dispose of it.
- (5) Symbolically remove the chains and bondages of Freemasonry from your body.
- (6) Symbolically remove all Freemasonry regalia and armor, especially the Apron.

- (7) Repent of and seek forgiveness for having walked on all unholy ground, including Freemasonry lodges and temples, including any Mormon or other occult/Masonic organizations.
- (8) Symbolically remove the ball and chain from the ankles.
- (9) Proclaim that "Satan and his demons no longer have any legal rights to mislead and manipulate me because I have repented and proclaim Jesus as my Lord, my Savior, and my only source of Truth.

Holy Spirit, I ask that you show me anything else which I need to do or to pray so that I and my family may be totally free from the consequences of the sins of Masonry, Witchcraft, Mormonism, and Paganism.

(Pause while listening to God, and pray as the Holy Spirit leads you.)

Now dear Father God, I ask humbly for the blood of Jesus Christ, your Son, to cleanse me from all these sins I have confessed and renounced, to cleanse my spirit, my soul, my mind, my emotions, and every part of my body which has been affected by these sins. In Jesus' name.

I renounce every evil spirit associated with Masonry, Witchcraft, and all other sins. I command in the name of Jesus Christ for Satan and every evil spirit to be bound and to leave me now, touching or harming no one, and go to the place appointed for you by the Lord Jesus, never to return to me or my family. I call on the name of the Lord Jesus to be delivered of these spirits, in accordance with the many promises of the Bible. I ask to be delivered of every spirit of sickness, infirmity, curse, affliction, addiction, disease, or allergy associated with these sins I have confessed and renounced. I surrender to God's Holy Spirit and to no other spirit all the places in my life where these sins have been. I ask you, Lord, to baptize me in your Holy Spirit now according to the promises in your Word. I take to myself the whole armor of God in accordance with Ephesians Chapter Six and rejoice in its protection as Jesus surrounds me and fills me with His Holy Spirit. I enthrone you, Lord Jesus, in my heart, for you are my Lord and my Savior, the source of eternal life. Thank you, Father God, for your mercy, your forgiveness, and your love, **in the name of Jesus Christ, Amen.**

"The preceding prayer is taken from 'Unmasking Freemasonry - Removing the Hoodwink' by Selwyn Stevens. (ISBN 09583417-3-7) published by Jubilee Publishers. PO Box 36-044, Wellington 6330, New Zealand. Copying of this prayer is both permitted and encouraged provided reference is made to where it comes from." – from www.isaiah54.org. Used with permission.

Step 4: Renouncing Strongholds

This section begins the worksheet-based portion of the manual. From this point on, most of the prayers will be guided by your personal information.

This section deals with specific types of demonic strongholds that can be recognized through evidence in your own life. Complete the following section by checking any item that you have at any time in your life struggled with. For any question/statement under which you check more than 2 to three items, renounce the stronghold that corresponds to that question/statement. Use the table at the end of this section to find the corresponding stronghold for each question.

1. In your Christian experience do you:

Have trouble accepting the deity of Christ	Have trouble accepting Christ's atoning sacrifice
Have trouble accepting the teachings of Christ	Tend to unknowingly suppress ministries
Tend to gravitate toward humanistic thinking	Tend to have a lawlessness about you
Not believe you have an anointing on your life	Tend to often be in heretical teaching
Seem to always be persecuted in your walk with Christ	Have trouble accepting God's forgiveness

2. I have in the past or currently struggle with the following:

Lust	Satanic interest	Various forms of corruption
My ambitions and achievements	Fear of death	Bitterness
Oppression	Spiritual blindness	Control over life
Religion	A bound mind	Spiritual deadness

3. I have in the past or currently experience problems in the following areas:

Mental illness	Ear problems	Near drowning experience
Spiritual deafness or blindness	Crippled	Excessive crying or tearing
Foaming at the mouth	Burned	Chemical imbalance
Prostration	Suicidal	Self-Mutilation
Madness	Insanity	Retardation
Senility	Schizophrenia	Seizures
Epilepsy	Paranoia	Hear voices
Hallucinations	Palsy	Attention deficit disorder
Eating disorders (type): _____		

4. I have in the past or currently experience problems in the following areas:

Death seems to be lurking nearby	Disease	Suicide
Clumsiness	Fighting	Daredevil acts
Speeding	Death to ministry	Death in relationships
Death and marriage	Accidents	Random acts of violence

5. I have in the past experienced interest in the following areas:

Divination	False prophecy	Fortune-Telling or soothsayers
Stargazing, zodiac, and horoscopes	Rebellion	Hypnotist-enchanter
Acupuncture	Birth charts	Magic (black or white)
Spiritist	Self-will	Mind control/manipulation
Warlock	Witches	Sorcerer

Wizard
Animal guides
Lust for power or control

Spirit guides
Astral projection

Vampires
Water witching

6. I have in the past or currently struggle with the following areas:

Error in doctrine	False prophecy	An unsubmitive attitude
Hyper-spirituality	Twisting of Scripture	Unteachable spirit
Mix the holy with the profane	Defensive	Argumentative
New Age movement	Contentiousness	Servant to corruption
Maintaining a form of godliness	Mental confusion	Fears
Dullness of comprehension	Hindrances to prayer	Hindrances to Bible study
Hindrances to movement of the Holy Spirit		
Hindrances to believing faith principles		
False doctrines such as Mormonism, Catholicism, Buddhism, Hinduism, Unitarianism		

7. I am or have in the past or been involved in the following areas:

Familiar Spirits	Divination	Witchcraft
Calling on Mediums	Yoga	Clairvoyant
Inferiority	Mind dreaming	Spirit guides/animal guides
False prophecy	Séances	Bigotry
Racism	Low self-esteem	Peeping and muttering
Self-pity	Necromancy	Drugs, illegal or prolonged use of illegal drugs

8. I have in the past or currently struggle with the following:

Fear	Torment – horror	Fear of death	Introvert
A desire to be a hermit or recluse	Anxiety, stress	Extrovert	Fear of saying no
Lack of trust, doubt, worry	Migraines	Fear of rejection	Fear of abandonment
Fear of heart attacks	Fear of authority	Fear of failure	Fear of heights
A constant desire to be alone	A critical spirit	Fear of spiders	Unhealthy fear of God
Fear of not being good enough	Fear of animals	Panic attacks	
Other fears (list): _____			

9. I have in the past or currently struggle with the following:

Haughtiness	With religious pride	Rationalizing pride
Scornful attitude	Vanity	Professional pride
Regional pride	Obstinate	National pride
Self-righteous	Dictatorial	Controlling
Overbearing or domineering	Manipulative	Rejection of God's authority
Exalted feelings	Gossip	Egotistical attitude
Self-deception	Contentiousness	Bragging and boastful attitude
Attention-seeking	Interrupting others	Impatience
Always-right attitude	Being arrogant and smug	

10. I have in the past or currently struggle with the following areas:

Self-hate	Self-pity	A broken heart
Many regrets	Life's unfairness	Suicidal thoughts
Depression	Excessive mourning	Inner hurts and a torn spirit
Gluttony	Loneliness	Dejection
Continuous sorrow and grief	Discouragement	Despair
Hopelessness	Rejection	Insecurity
Abandonment	Inferiority	Low self-esteem

Suppressed emotions

Insomnia

False responsibility

11. I have in the past or currently suffer from the following infirmities:

Infirmity in general

Extended fever

Lameness

Oppression

Excessive pain and affliction

Cysts

Viral infections

Seizures

Cancer (list types): _____

Bent body/spine

Impotency

Arthritis

Tuberculosis

Lingering disorders

Warts

Bacterial infections

Leukemia

Chemical imbalance

Frailness

Diabetes

Emphysema

Tumors

Excessive fatigue

Asthma

Hypochondria

12. I have in the past or currently struggle with the following:

Jealousy

Cruelty

Strife

Anger and Rage

Suppressed anger

Revenge

Extreme competition

Contentiousness

Violence

Suppressed rage

Spite

Causing divisions

Hatred

Bigotry and racism

Desire to murder

13. I have in the past or continue to struggle with the following:

Lying

Strong deception

Exaggeration

Accusations

Superstitions

Shame

Self-deception

Flattery

False prophecy

False teaching

Religious bondage

Profanity

Condemnation

False burdens

Driving zeal

Gossip

Slander

Covenant breaking

Guilt

Melancholy nature

Frenzied emotional actions

14. I have in the past or continue to struggle with the following:

Perversity

Past abortion

Masturbation

Sexual perversions

Molestation

Date rape

Computer pornography

Contentious

Homosexuality

Rebellion

Effeminate spirit

Broken spirit

Child abuse

Atheism

Doctrinal error

Incest

Spousal rape

Chronic worrier

Foolishness

Lesbianism

Sexual frigidity

Fornication

Evil actions

Prostitution

A filthy mind

Twisting the word

Rape

Pornography

Self-lover

Lust

Vain imaginations

Emotional frigidity

Adultery

15. I have in the past or continue to struggle with the following:

Seducing spirits

Fascination with evil ways

Fascination with evil objects

Fascination with evil people

Attracted to false wonders

Seared conscience

Seducers

Wanderer from the truth

Attracted to false signs

Jezebel spirit

Deception

Enticers

Hypocritical lies

Attracted to false prophets

Ahab spirit (passivity)

16. I have in the past or continue to struggle with the following:

Addiction to entertainment

Unfaithfulness

Adultery

Prostitution of spirit, soul, or body
Worldliness
Chronic dissatisfaction
Addiction to sports

Love of money
Fornication
Love of self
Addiction to television

Excessive appetite
Idolatry
Self-reward

Key to Strongholds

Use the number key below to find the stronghold of the same name in the pages that follow:

1 = Antichrist, Page 23	2 = Bondage, Page 24
3 = Deaf & Dumb spirit. Page 25	4 = Death. Page 26
5 = Divination, Page 27	6 = Error, Page 28
7 = Familiar Spirit, Page 29	8 = Fear, Page 30
9 = Haughtiness, Page 31	10 = Heaviness, Pages 32 – 33
11 = Infirmary, Page 34	12 = Jealousy, Page 35
13 = Lying, Page 36	14 = Perverse, Page 37
15 = Seducing Spirit, Page 38	16 = Whoredoms, Page 39

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Stronghold of Antichrist

1 John 4:3

I renounce the Stronghold of Antichrist and every spirit of antichrist and its manifestations and fruit.

I renounce:

- Any spirit that:
 - Denies the atonement
 - Suppresses ministries
 - Denies the deity of Christ
 - Comes against Christ and his teachings
- Jezebel
- Profanity
- Lawlessness
- The Deceiver
- Python spirit
- Rock music, rap music, hip-hop, or any ungodly music
- A religious spirit
- Teachers of heresies:
 - Mormonism
 - Catholicism
 - Phariseeism
 - Communism
 - Hinduism
 - Freemasonry
 - Nazi-ism
 - Buddhism
 - New age
 - Islam
- Secular humanism
- Worldly speech and actions
- Anti-Christian
- The Accuser
- Any serpent spirit
- Kundalini spirit
- Legalism, ritualism, or formalism
- Idolatry
- Mormonism
- Phariseeism
- Nazism
- Buddhism
- Familiar spirit of Antichrist

Stronghold of Bondage

Romans 8:15

I renounce the Stronghold of Bondage and its manifestations and fruit.

I renounce:

- Bondage to fear
- Bondage to lust or perversion
- A bound spirit
- A mind-binding spirit
- Bondage to sin
- Compulsive behavior
- Compulsive sin
- Captivity to Satan
- Servant to corruption
- Religious bondage
- Religious tradition
- Traditions of men
- Idolatry
- Bondage to ambition and achievement
- Bondage to bitterness and unforgiveness
- Bondage to oppression
- Spiritual blindness and deafness
- Fear of death
- Spiritual death
- Control
- Insecurity
- Accusations
- Injustice
- Bondage to all addictions:
 - Drugs
 - Alcohol
 - Cigarettes
 - Food
 - Sex
 - Pornography
 - Masturbation
 - Computers and Internet
 - TV, Movies, and Videos
 - Shopping
- Familiar spirit of bondage

Stronghold of a Deaf and Dumb Spirit

Mark 9:25

I renounce the Deaf and Dumb Spirit and its manifestations and fruit.

I renounce:

- Dumb and mute
- Spiritual blindness
- Compulsive behavior
- Madness
- Retardation
- Schizophrenia
- Hearing voices
- Palsy
- Multiple Personality Disorder
- Crying in tearing
- Foaming at the mouth
- Gnashing of teeth
- Prostration
- Suicidal
- Seizures and epilepsy
- Self-mutilation and self-punishment
- A Zombie Spirit
- Spiritual deafness
- Drowning
- Mental illness
- Insanity
- Senility
- Paranoia
- Hallucinations
- ADD – ADHD – LD
- Crippling
- Ear problems
- Alzheimer's
- Pining away
- Burn
- Chemical imbalance – Bi-polar
- Self-hatred
- Eating-disorders
- Double-mindedness
- Familiar spirit of deaf and dumb

Stronghold of Death

1 Corinthians 15:26

I renounce the Stronghold of Death and the Curse of Premature Death.

I renounce all plans of the enemy and break every assignment against my life due to:

- Accidents
- Abduction
- Illness
- Random acts of violence
- Cancer
- Clumsiness
- Speeding
- HIV/AIDS
- Assault
- Injury
- Infirmary
- Disease
- Suicide
- Daredevil acts
- Murder
- Hepatitis C
- Abortion
- Death

I break every assignment of:

- Miscarriages
- Destruction
- Ministry and calling
- Relationships
- Emotions
- Dreams

And I break every assignment of death due to my:

- Anointing and spiritual gifts
- Marriage
- Finances
- Familiar spirit of death

Stronghold of Divination

Acts 16:16

I renounce the Stronghold of Divination, the Occult and Witchcraft and its manifestations and fruit.

I renounce:

- Lust for power and control
- Stargazer, zodiac, and horoscopes
- Warlock, witch, sorcerer, and wizard
- All spirit guides
- All Indian witchcraft
- Druid and Celtic witchcraft
- Rebellion
- Acupuncture
- Birth charts
- A serpent spirit
- Spiritist
- Water witching
- Self-will
- Manipulation and control
- Wicca
- Reflexology
- Santeria
- Gypsy
- Superstitions
- Old wives' tales
- Demonic movies, games and music
- Martial arts
- Fortuneteller, soothsayer, and psychics
- False prophets
- Shaman and witch doctor
- All animal guides
- Astral-projection
- Occultism
- Hypnotist, and enchanter
- Drug use, illegal or prescription
- All magic, black or white
- A Vampire spirit
- Jezebel
- Divination
- Mind-control
- Automatic hand-writing, and hand-writing analysis
- Numerology
- Voodoo
- Island witchcraft
- Satanism
- Charms
- Charismatic witchcraft
- Freemasonry
- Tattoos and piercings
- Familiar spirit of divination and witchcraft

Stronghold of Error

1 John 4:6

I renounce the Stronghold of Error and its manifestations and fruit.

I renounce:

- A spirit of error
- Unsubmissive
- All false doctrines
 - Catholicism
 - Unitarianism
 - Communism
 - Freemasonry
 - Hinduism
 - Mormonism
 - Phariseeism
 - Nazism
 - Buddhism
 - New Age
 - Islam
- Depression and Suicidal
- Spiritual hindrances to:
 - Prayer
 - Bible study
 - Listening to services
 - Moving in the gifts of the spirit
- Twisting scripture
- An unteachable spirit
- Mixing the holy with the profane
- A defensive and argumentative spirit
- Sympathy for the devil
- Contentions
- Servant of corruption
- Mental confusion and fears
- Dullness of comprehension
- All faith principles that have come in through error
- Familiar spirit of error
- Physical pain, illness, and afflictions
- Having a form of godliness but denying its power

Stronghold of the Familiar Spirit

Leviticus 19:31

I renounce all Familiar Spirits, all Knowing Spirits, Generational Spirits, and their manifestations and fruit.

I renounce the familiar spirit of:

- Death
- Religion
- Haughtiness
- Whoredoms
- Deaf and dumb
- Perverse and incest
- Lying
- Divination
- Rejection
- Bigotry and racism
- Divorce
- Slavery
- Fear
- Antichrist
- Bondage
- Heaviness
- Seducing and enticing
- Jealousy
- Homosexuality
- Infirmary
- Error
- Inferiority and low self-esteem
- Self-pity

- Abortion
- Poverty and lack

I also renounce:

- Necromancer
- Medium and wizard
- Yoga and all mantras
- Chants and spells
- Spiritist
- Passive and mind dreamers
- Spirit guides and animal guides
- All false prophecies
- Drug use
- The Deceiver and the Accuser
- The Tormentor
- Clairvoyant

Stronghold of Fear

2 Timothy 1:7

I renounce the Stronghold of Fear and its manifestations and fruit.

I renounce:

- A spirit of fear
- Untrusting and doubt
- Anxiety and Stress
- Migraines
- Terror and nightmares
- A hermit and reclusive spirit
- An alone spirit
- Fear of men
- Fear of commitment
- Fear of molestation and rape
- Fear of abandonment
- Heart attacks and fear of heart attacks
- Fear of authority
- Fear of failure
- Perfectionist
- Fear of food
- Fear that came in from horror movies
- Fear of embarrassment
- Fear of public speaking
- All phobias
 - Heights
 - Animals
 - Spiders and snakes
 - Water, etc.
- A critical spirit
- Worry and unbelief
- Panic attacks
- Torment and horror
- Fear of the dark
- Introvert
- Fear of man
- Fear of women
- Fear of relationships
- Fear of rejection
- Extrovert
- Fear of abuse
- Fear of saying no
- Fear of the future
- Not good enough
- Unhealthy fear of God
- Fear of not having fear
- Fear of shame
- Fear of death
 - Death to self
 - Death to family
- Familiar spirit of fear

Stronghold of Haughtiness

Proverbs 16:18

I renounce the Stronghold of Haughtiness and its manifestations and fruit.

I renounce:

- Arrogant – smug
- All pride
- Professional pride
- Regional pride
- Egotistical
- Obstinate
- Dictatorial and controlling
- Rejection of God and rejection of authority
- False humility
- Exalted feelings
- Division
- Contentious
- Idleness
- Attention seeker and demonstrative
- Impatient
- Critical and faultfinding
- Vain – vanity
- Rationalization in the area of pride
- National pride
- Bragging and boastful
- Scornful
- Self-righteous
- Overbearing and domineering
- All rebellion
- A holier-than-thou attitude
- Gossip
- Dissension
- Self-deception and self-delusion
- Performer
- Interruption
- Always right
- Haughtiness that came in through abuse and hurts
- Using haughtiness and pride to medicate my wounds
- Familiar spirit of haughtiness

Stronghold of Heaviness

Isaiah 61:3

I renounce the Stronghold of Heaviness and its manifestations and fruit.

I renounce:

- Sorrow and grief
- Embarrassment
- Injustice
- Inner hurts and a torn spirit
- Excessive mourning
- Suicidal thoughts
- Loneliness
- Discouragement and despair
- Inferiority and low self-esteem
- Lack of praise and un-pacified emotions
- Self-mutilation and self-punishment
- Chemical imbalance
- Self-pity
- Shame
- A broken heart
- Regrets from the unfairness of life
(Pull regrets from memory recall)
- False responsibility
- Gluttony, bulimia, and anorexia
- Heaviness and depression
- Dejection and hopelessness
- Results of sexual abuse
- Self-hate
- Insomnia
- Rejection – insecurity and abandonment
(See root of rejection on next page)
- Familiar spirit of heaviness

Heaviness – continued

Isaiah 61:3

Root of Rejection

I renounce the Spirit of Rejection that entered:

- While in the womb (through violence, or threat of abortion)
- During childbirth (through trauma or by being the wrong sex)
- While in the hospital
- By not bonding with my mother at birth
- By not bonding with my father
- Through adoption or threat of adoption
- Through childhood hurts and abuse at home or at school
- Through hurts and abusive at church and church splits
- Through separation or divorce or threat of divorce
- Through death of a loved one
- By betrayal or broken engagement
- By loss of a job
- Through depression
- Through perceived or expected rejection
- Through guilt or shame
- Through abandonment and rejection
- Through a familiar spirit of rejection

Stronghold of Infirmary

Luke 13:11

I renounce the Stronghold of Infirmary and its manifestations and fruit; and I break every assignment: past, present, and future.

I renounce:

- | | |
|--|---|
| • Hypochondria | • A bent body and spine |
| • Neck and back problems | • Chemical imbalance |
| • High fever | • All mental illness |
| • Bipolar | • Impotent – frail and lame |
| • Arthritis and a root of bitterness | • Diabetes |
| • All oppression | • Pain and affliction |
| • All lingering disorders | • Migraines |
| • TB and emphysema | • Blood disorders |
| • Female problems | • Alzheimer's |
| • Scoliosis | • All depression |
| • Cancer | • Tumors and cysts |
| • Weakness – tiredness and fatigue | • All infections (viral and bacterial, strep and staph) |
| • Asthma – allergies and hay fever | • Epilepsy and seizures |
| • Fear of infirmity, sickness, and disease | • Excessive fatigue |
| • Chemical imbalance | • Familiar spirit of infirmity, sickness, and disease |

Stronghold of Jealousy

Proverbs 6:34

I renounce the Stronghold of Jealousy and its manifestations and fruit.

I renounce:

- Jealousy
- Murder
- Revenge and spite
- Cruelty
- Extreme competition
- Causing divisions
- Coveting
- Selfishness
- Envy
- Strife
- Contention
- Frustration
- Hatred
- Anger and rage
- Violence
- Bigotry and racism
- Abuse and abuser
- A vigilante spirit
- Passive aggressive
- Suppressed anger and rage
- Familiar spirit of jealousy

Stronghold of Lying

2 Chronicles 18:22

I renounce the Stronghold of Lying and its manifestations and fruit.

I renounce:

- Strong deception
- Flattery
- False memories
- The lie that I'll never be free
- Stealing and cheating
- Accusations
- Superstitions and old wives tales
- Guilt – shame and condemnation
- A melancholy spirit
- Driving zeal
- Frenzied emotional actions
- A spirit of shame
- Self-deception
- Gossip
- Exaggeration
- All lies I have believed about myself
- Lies from false teachers
- Slander
- Religious bondages
- Profanity
- Homosexuality – bisexuality and lesbianism
- False burdens
- Covenant breaker
- And break all false prophecies and the power of the word spoken over me
- Familiar spirit of lying

Stronghold of Perverse

Isaiah 19:14

I renounce the Stronghold of Perverse and its manifestations and fruit.

I renounce:

- Lying
- Uncleanliness and lewdness
- Evil actions
- Child abuse and molestation
- Prostitution – body, soul, spirit
- Exposure and voyeurism
- A filthy mind
- Orgies
- Twisting the word
- Ritual molestation and rape
- Rape
- Pornography
- Chronic worrier
- Egocentric thinking
- Lust
- Bisexual and bestiality
- Vain imaginations and fantasies, lust
- Effeminate spirit (males only)
- Fornication and adultery
- A broken spirit
- Illegitimacy
- Abortion
- Incest – physical and emotional
- Masturbation and self-gratification
- Atheist
- Sex perversions
- Doctrinal error
- Satanic ritual abuse
- Satanic dedications and marriage ceremonies
- Sodomy
- Internet pornography
- Self-Lovers and narcissist
- Contentious and foolish
- Homosexual and lesbianism
- Sadomasochism
- Frigid spirit (sexual or emotional)
- Masculine spirit (females only)
- All sexual demons including:
 - Incubus
 - Succubus
 - Lilith
- Familiar spirit of perverse

Stronghold of a Seducing Spirit

1 Timothy 4:1

I renounce the Stronghold of Seducing and Deceiving Spirits and their manifestations and fruit.

I renounce:

- A seared conscience
- All deception
- A vigilante spirit
- All fascination to:
 - Evil ways
 - Evil objects
 - Evil images
- Seducers and enticers
- Flirtation
- Wandering from the truth
- Hypocritical lies
- Double standards
- Ambush
- Set-up
- All attractions to a fascination with:
 - False prophets
 - False signs and wonders
 - Demonic movies, videos, and games
 - Demonic and sexual books
 - Sexual movies, videos, and games
 - Internet pornography
- A Jezebel spirit
- An Ahab spirit
- A familiar spirit of seducers and enticers

Stronghold of Whoredoms

Hosea 5:4

I renounce the Stronghold of Prostitution, Whoredoms, and its manifestations and fruit.

I renounce:

- All unfaithfulness
- Adultery
- Fornication
- Harlotry
- Prostitution – spirit, soul, body
- Love of money
- Materialism
- Love of control
- Excessive appetites
- Worldliness
- Worldly speech and actions
- Idolatry
- Baal/Bel worship
- Pornography
- Love of self
- Self-reward
- Love of power
- Familiar spirit of whoredoms

Step 5: Forgiveness and Holding on to Bitterness

Forgiveness is not only healthy, it is a *requirement* for God's children. Jesus says in Matthew 6:15, "But if you do not forgive others, then your heavenly Father will not forgive your transgressions." Since God has freely forgiven you, he requires you to extend the same forgiveness to others. This is not an option; it is something that every believer must do. And you will be glad you did!

Forgiveness is a *choice* to no longer hold the offense against the other person. Holding on to the offense hurts you, not them. This does not mean you have to trust the person, but it does mean that you will choose to love them. If they cannot be trusted, just love them within appropriate limits. Setting boundaries in a relationship can be the most loving thing you can do for a person. This is a different issue than forgiveness.

Choosing to forgive someone does not mean the pain from what they did will automatically go away. But it will help as the choice to forgive them sets in. Think of this as if you were accidentally hit in the head with a 2x4 board. You may easily forgive the person for the accident, but the pain from getting conked in the head will still be there! You might also set a healthy boundary such as staying away from construction sites on a walk. This may also be for the other person such as – don't carry 2x4's through the house to the backyard.

Deeper healing will be needed when unforgiveness lies in alternate personalities (the broken soul ministry) or is connected to deep emotional wounds and lie-based belief (Theophostic Prayer Ministry).

The following worksheet is used for Steps 5 and 6. In the space below think through people who have hurt you, caused you harm, or against whom you hold some type of negative feeling. Include everyone from your childhood through the present day. In column one write their name, in column two list what they did to you (briefly), and in column three describe how those actions made you feel. Try to cover all of the significant hurts or wounds that have caused you significant pain in your life.

Person's Name	What they did	How this made you feel
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

Person's Name	What they did	How this made you feel
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		
22.		
23.		
24.		
25.		
26.		
27.		
28.		
29.		
30.		

Using the information you filled out in the table above, pray the following prayer. When you get to the center section printed in italics, insert the name, what they did, and how a person made you feel into the blanks.

It can be healthy to allow yourself to feel the emotions connected with what this person did. Instead of allowing their emotions to cause you to be angry at the person, hold them up to the Lord, releasing them into his hands as you choose to forgive each person.

Dear Heavenly Father,
I thank you for the riches of your kindness, mercy, and patience, knowing that your kindness has led me to repentance ([Romans 2:4](#)).

I confess that I have not extended that same patience and kindness toward others who have offended me, but instead I have held bitterness and resentment in my heart. I pray that during this time of self-examination, you would bring to mind any additional people that I have forgotten to forgive in order that I may do so now ([Matthew 18:35](#)).

Father, in the Name of Jesus Christ, as an act of my will, I choose to forgive the following people:

*I choose to **forgive & release** (name) for (what he/she did) making me feel (how this made you feel).
I choose to **forgive & release** (name) for (what he/she did) making me feel (how this made you feel).
Etc., etc.*

I also pray that if I have offended others, you would bring to mind only those people from whom I need to seek forgiveness and the extent to which I need to seek it ([Matthew 5:23-24](#)). I ask this in the precious name of Jesus. Amen.

Step 6: Healing Inner Hurts and Wounds

In this step we will deal with the pain caused by the things listed in the previous worksheet. This is only the first step in emotional healing. The next two phases of ministry (the broken soul ministry and Theophostic Prayer Ministry) may also be needed. This step is to ask the Lord to begin the process of healing your inner hurts and wounds. As in the previous step, allow yourself to feel the pain from the wound and lift that up to the Lord as you pray. You may want to ask God to speak to you about the pain as you go through the list. Simply ask him what he wants you to know about it. He may refer you to an earlier memory. If he does, keep on asking him what you need to know about each memory until God speaks to you about the pain itself. That memory will be the root from which the current pain you are feeling grows. When the root finally dies, so will the pain that grows from it!

Use the forgiveness worksheet above. Use the columns labeled "What they did," and "How that made you feel." If you carry pain from things not listed above, make a list of those as well and include them in the prayer below.

Heavenly Father, in the name of Jesus, by the power of the Holy Spirit, I release to you for healing all the wounded, hurting, or negative memories of my entire life, whether conscious or subconscious, from my conception through my birth, the first few years of my life, my childhood, all my adult life, and to this present moment. I specifically release to you for healing the memory of _____, _____, _____, and _____, (list more if needed).....

Father, I release all these memories to you and ask that you heal every inner hurt or wound and every negative memory and scar that I have suffered and carried as a result of the offenses committed against me by other people. I also ask that you heal all inner wounds suffered because of my own sinful or foolish acts. Heal and renew my mind, memory, and emotions right now, I pray ([Romans 12:2](#)).

Father, the inner wounds I suffered have prevented my emotions and decision-making processes from developing in the way that you would like. But you, O Lord, are the one who binds up the brokenhearted; who proclaims liberty to the captives, and who opens the prison door to those who are bound ([Isaiah 61:1](#)).

I ask that you release me from all the stress, anxiety, and negative patterns of behavior that I developed as a result of my inner wounds. In the name of Jesus Christ, I rebuke the victim mentality that kept telling me I will never get any better, that I'll always be miserable, and that I'll never be able to change! I reject those lies and choose to believe that in Christ Jesus, I am more than a conqueror ([Romans 8:37](#)). As an act of my will, I choose to never again receive stress, anxiety, fear, anger, condemnation, or depression from any of these memories.

In faith, I boldly ask, Father, that you supernaturally restore, right now, all those things that may have been missed in the normal development of my emotions, thought processes, and my ability to develop and maintain proper relationships with other people. Father, from this moment forward, enable me to live my Christian life in a holy way that is pleasing to you. *(Continued on the next page)*

Thank you for healing me. I declare that by the stripes Jesus bore for me, I am healed of all these hurtful memories, in Christ's name. Thank you, Father, for healing me. Help me with any re-programming that needs to be done in my mind and with reactions to people and situations so that I never again fall back into any of the old patterns that I have now been healed of ([Romans 12:2](#)).

In the name of Jesus, I make this command and declaration to all the powers of darkness: From this moment forward, you may never again use any of these old memories to bring stress or condemnation into my life or affect my life in any negative way! In Jesus' name, amen!

Step 7: Breaking Ungodly Mindsets

Mindsets are ways of thinking that work very powerfully against God's plan for your life. They can be strong legal ground for the enemy to stay attached to your life. Any self-degrading, hopeless, despairing pattern of thinking can be a mindset. They are often centered on your opinion of yourself, what you feel God thinks of you, and what you feel others think of you. If God brings other negative ways that you think about yourself to mind, write them down and include them in the prayer along with the items circled below:

Lies about self and negative mindsets: Check each statement that describes your thinking about yourself.

- | | | |
|---|---|---|
| <input type="checkbox"/> I am all alone. | <input type="checkbox"/> I have been overlooked. | <input type="checkbox"/> They do not need me. |
| <input type="checkbox"/> I don't matter. | <input type="checkbox"/> No one ever cares. | <input type="checkbox"/> They are not coming back. |
| <input type="checkbox"/> God has forsaken me too. | <input type="checkbox"/> There is no one to protect me. | <input type="checkbox"/> No one will believe me. |
| <input type="checkbox"/> I cannot trust anyone. | <input type="checkbox"/> I'm afraid they won't come back. | |
| | | |
| <input type="checkbox"/> I am stupid, ignorant, an idiot. | | <input type="checkbox"/> I allowed it. |
| <input type="checkbox"/> I was a participant. | | <input type="checkbox"/> I should have known better. |
| <input type="checkbox"/> I should have done something to have stopped it from happening. | | <input type="checkbox"/> It was my fault. |
| <input type="checkbox"/> I knew what was going to happen, yet I stayed away. | | <input type="checkbox"/> I should have told someone. |
| <input type="checkbox"/> I felt pleasure so I must've wanted it. | | <input type="checkbox"/> I should have stopped them. |
| <input type="checkbox"/> It happened because of my looks, my gender, my body, etc. | | <input type="checkbox"/> I am cheap like a slut. |
| <input type="checkbox"/> I did not try to run away. | | <input type="checkbox"/> I deserved it. |
| <input type="checkbox"/> I was paid for service rendered. | | <input type="checkbox"/> I did it to him/her first. |
| <input type="checkbox"/> I was bad, dirty, shameful, sick, and nasty. | | |
| | | |
| <input type="checkbox"/> I am going to die. | | <input type="checkbox"/> He/she is going to hurt me. |
| <input type="checkbox"/> I do not know what to do. | | <input type="checkbox"/> If I tell they will come back and hurt me. |
| <input type="checkbox"/> If I trust I will die. | | <input type="checkbox"/> He/she/they are coming back. |
| <input type="checkbox"/> It is just a matter of time before it happens again. | | <input type="checkbox"/> They are going to get me. |
| <input type="checkbox"/> If I let him/her/them into my life, they will hurt me too. | | |
| <input type="checkbox"/> Something bad will happen if I tell, stop it, confront it. | | |
| | | |
| <input type="checkbox"/> He/she/they are too strong to resist. | | <input type="checkbox"/> I cannot stop this. |
| <input type="checkbox"/> I am going to die, and I cannot do anything about it | | <input type="checkbox"/> There is no way out. |
| <input type="checkbox"/> I am too weak to resist. | | <input type="checkbox"/> The pain is too great to bear. |
| <input type="checkbox"/> I cannot get away. | | <input type="checkbox"/> I cannot get loose. |
| <input type="checkbox"/> I am overwhelmed. | | <input type="checkbox"/> I don't know what to do. |
| <input type="checkbox"/> Everything is out of control. | | <input type="checkbox"/> I am pulled from every direction. |
| <input type="checkbox"/> Not even God can help me. | | <input type="checkbox"/> I am too small to do anything. |
| | | |
| <input type="checkbox"/> I am dirty, evil, shameful, perverted, because of what happened to me. | | <input type="checkbox"/> My life is ruined. |
| <input type="checkbox"/> No one will be able to really love me. | | <input type="checkbox"/> I will never be happy. |
| <input type="checkbox"/> Everyone can see my shameful dirtiness, etc. | | <input type="checkbox"/> I will always be unclean, filthy, etc. |
| <input type="checkbox"/> I will always be hurt/damaged/broken because of what has happened. | | <input type="checkbox"/> My body parts are dirty. |
| <input type="checkbox"/> God could never want me after what has happened to me. | | <input type="checkbox"/> I will never feel clean again. |
| | | |
| <input type="checkbox"/> I am not loved, needed, cared for, or important. | | <input type="checkbox"/> They do not need me. |
| <input type="checkbox"/> I am worthless and have no value. | | <input type="checkbox"/> I am unimportant. |
| <input type="checkbox"/> I was a mistake. | | <input type="checkbox"/> I should have never been born. |

Using the list above, and any others you have listed on your own, release your mindsets to the Lord using the following prayer:

Heavenly Father, I have adopted certain mindsets that have placed me into bondage to unclean spirits, robbing me of your promise of a hope and a future. This kind of thinking has kept me from enjoying the freedom you so strongly desire to give me. Some of these mindsets came from my ancestors; others were developed in response to pain and hurt in my life.

Father, by the blood of Jesus, I renounce each of these mindsets. I ask you to pull them out by their roots, including every sinful thing that sprang from them, from their beginning until now, so that no trace is left of them.

Father, these are the mindsets I am renouncing:

(Lift the items circled in the mindset list above, along with any others that come to mind.)

I now command Satan to give me back all ground in my heart that I have given over to him as a result of these mindsets. Lord, take all of that ground and reclaim it for yourself and use it for your kingdom. Re-program my thinking by your Holy Spirit so that my thought processes reflect the mind and heart of Christ.

Lord, remove all demonic ties that came from these mindsets and permanently bind these demons and any others who might retaliate against me. Lord, this especially includes demon-clones and demon-produced personalities of any kind. Lord Jesus, please send them all out and keep them permanently bound so that none of them will ever bother me again.

I now confess that I am a new creature in Christ. Old things have passed away and the new has come. Lord, set me free from all of the bondage, regrets, and sinful ways of compensating for past hurts. I ask that all of my hurts and negative beliefs about myself stemming from these mindsets be rolled onto the cross so that by your stripes I am healed.

I ask this in the name of Jesus. Amen

Step 8: Breaking Inner Vows

An inner vow, by definition, is a personal determination made as a reaction to an event. The reaction does not have to be spoken out loud for the vow to be made. An inner vow says that “I am...” or “I will not...” or “I will...” be a certain way or do a certain thing, such as “I will not trust anyone again; I am unattractive; I will not cry again. Inner vows operate subconsciously, so it is often difficult for the person to remember and identify all the vows that were made. They are connected to inner hurts and wounds. Pray and ask God to help you identify your own inner vows in addition this list.

An inner vow is a form of self-protective pride that has a very powerful effect over our hearts. Inner vows are powerful enough to have control over the mind, will, and emotions. The problem is that inner vows place a barrier between you and God that surrounds an unsundered part of your soul. And since God will never violate your own will or your own choice, an inner vow creates an area in your heart that is unsundered to God. This unsundered area allows the enemy to gain a foothold of pride in your life. Remember, “**God is opposed to the proud, but gives grace to the humble**” (James 4:6). God’s order is always humility first, then power. Humble yourself and give your inner vows to God.

The fact that inner vows are rooted in pride causes us to develop a heart of stone which God wants to remove. He promises us in **Ezekiel 36:26**, “**I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.**” In the list below, place a checkmark next to any of the inner vows that you believe may have ever applied to you. Write the person’s name in blanks where applicable.

- | | | |
|--|---|---|
| <input type="checkbox"/> I will not trust _____ again. | <input type="checkbox"/> I will not believe anyone again. | <input type="checkbox"/> I will not let my mother cook. |
| <input type="checkbox"/> I will not trust a _____. | <input type="checkbox"/> I will not forgive my _____. | <input type="checkbox"/> I will not let things be disorganized. |
| <input type="checkbox"/> I will not trust _____ with money. | <input type="checkbox"/> I will not forgive him/her unless he/she apologizes first. | <input type="checkbox"/> I will not allow myself to be weak. |
| <input type="checkbox"/> I will not trust _____’s judgment. | <input type="checkbox"/> I will not have another friend like _____. | <input type="checkbox"/> I will not allow myself to need. |
| <input type="checkbox"/> I will not trust _____’s word. | <input type="checkbox"/> I will not put myself at risk by _____. | <input type="checkbox"/> I will not let them take anything from me. |
| <input type="checkbox"/> I will not _____ (do this) _____ unless he/she _____ (does this) _____ first. | <input type="checkbox"/> I will not be beautiful/handsome again. | <input type="checkbox"/> I will not allow anyone to touch me. |
| <input type="checkbox"/> I will not trust an authority figure again. | <input type="checkbox"/> I will not be attractive again. | <input type="checkbox"/> I will not share what is mine. |
| <input type="checkbox"/> I will not trust there will be enough. | <input type="checkbox"/> I will not talk to _____ again. | <input type="checkbox"/> I will not allow anyone to give me money. |
| <input type="checkbox"/> I will not be safe financially. | <input type="checkbox"/> I will not eat _____ again. | <input type="checkbox"/> I will not fight back again. |
| <input type="checkbox"/> I will not trust anyone. | <input type="checkbox"/> I will not talk about my past again. | <input type="checkbox"/> I will not give birth to a boy child. |
| <input type="checkbox"/> I will not let myself love _____ again. | <input type="checkbox"/> I will not try to please people; it can’t be done. | <input type="checkbox"/> I will not try _____ again. |
| <input type="checkbox"/> I will not let anyone love me. | <input type="checkbox"/> I will not sing in public again. | <input type="checkbox"/> I will not be rejected again. |
| <input type="checkbox"/> I will not love my step-children. | <input type="checkbox"/> I will not dance in public again. | <input type="checkbox"/> I will discipline my life. |
| <input type="checkbox"/> I will not love my in-laws. | <input type="checkbox"/> I will prove they were wrong about me. | <input type="checkbox"/> I will be in control of my life. |
| <input type="checkbox"/> I will not try to make _____ love me again. | <input type="checkbox"/> I will prove to people that Jesus did call me. | <input type="checkbox"/> I will protect my heart from pain. |
| <input type="checkbox"/> I will not let myself love a job again. | <input type="checkbox"/> I will prove that I am not worthless. | <input type="checkbox"/> I will protect my heart from sorrow. |
| <input type="checkbox"/> I will not love my _____ again. | <input type="checkbox"/> I will not care about _____ again. | <input type="checkbox"/> I will remain aloof, separate. |
| <input type="checkbox"/> I will not love my spouse again. | <input type="checkbox"/> I will not claim my step-kids as my own. | <input type="checkbox"/> I will be logical, not emotional. |
| <input type="checkbox"/> I will not enjoy intimacy with my spouse. | <input type="checkbox"/> I will not ask anyone for help again. | <input type="checkbox"/> I will be in charge...I will win. |
| <input type="checkbox"/> I will not give in to my spouse without a struggle. | <input type="checkbox"/> I will not let other people’s anger affect me. | <input type="checkbox"/> I will be better than everyone else. |
| <input type="checkbox"/> I will not cry again. | <input type="checkbox"/> I will not allow myself to feel pain again. | <input type="checkbox"/> I will trust my opinion over others. |
| <input type="checkbox"/> I will not let _____ see my emotions. | <input type="checkbox"/> I will not allow myself to feel sorrow. | <input type="checkbox"/> I will prove that I am not worthless. |
| <input type="checkbox"/> I will not allow myself to be vulnerable. | <input type="checkbox"/> I will not allow myself to receive other people’s evil/negative words. | <input type="checkbox"/> I will make _____ proud of me. |
| <input type="checkbox"/> I will not let _____ hurt me again. | <input type="checkbox"/> I will not own a _____. | <input type="checkbox"/> I will take care of myself first. |
| <input type="checkbox"/> I will not let a man/woman control me. | | <input type="checkbox"/> I will have the best of everything. |
| | | <input type="checkbox"/> I will hurt others more than they hurt me. |

- ☐ I will always be unemployed.
- ☐ I will always be different and an outcast.
- ☐ I will not get a divorce, but as of this moment, this marriage is over!
- ☐ I will not trust my spouse again.
- ☐ I will not let my spouse control our relationship.
- ☐ I will not allow myself to be vulnerable.
- ☐ I will not let my spouse hurt me again (hard heart).
- ☐ I will not agree with my spouse on anything.
- ☐ I will not cooperate with my spouse on anything.

- ☐ I will not love, or be nice to, my spouse again.
- ☐ I will not give affection to, or receive affection from my spouse again.
- ☐ I will not want to touch, or be touched by my spouse again.
- ☐ I will not let my spouse get away with offending me again.
- ☐ I hate my spouse, but I will be civil to him/her in public.
- ☐ I will try to make my spouse suffer as much as I do.
- ☐ I will do the minimum necessary to keep this marriage going.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Using the items checked above, and any others you have listed on your own, release your inner vows to the Lord using the following prayer:

Heavenly Father, because of the people who have hurt me during my life, I have made inner vows that I foolishly believed would protect me from further harm. I have depended upon the power of my own will to insulate me from what others would do to me. The hardening of my heart caused by these inner vows has affected my mind, will, emotions, soul, and body. I now see that this has caused many further problems by alienating me from the people around me. This has only led to more fear, distrust, suspicion, and hurt in my life. Father, here are the vows I made that you have brought to mind:

(List all Inner Vows here)

In the name of Jesus Christ, I break each and every one of these inner vows and the curses they have placed on my life. I declare their power over my life to be null and void. Father, I realize that by making these inner vows, I placed my trust in them rather than in your power, mercy, and love. By trusting in myself instead of in you, I have created roadblocks to receiving the healing of my inner hurts and wounds that I so desperately desire. Father, I have sinned by not trusting you, and I repent of my sin right now, in the name of Jesus Christ, my Lord. It is not by my inner vows, but by his stripes that I am healed. I ask, Father, that you forgive me of the sin of having placed my trust in something other than you. I ask that you heal my inner hurts and wounds, and remove all traces of these inner vows from my spirit so that they will never again affect me or the people around me. Help me quickly renew my mind so that I will not fall back into any of the old, destructive patterns of thought and behavior that were brought about by the inner vows I have now repented of and broken. I ask that you release healing and restoration into the relationships that I unwittingly have helped to destroy through the forces set in motion by my old inner vows. Father, give me the freedom from the past that will allow me, with your guidance, to reconstruct every relationship that must be renewed. If any repentance is necessary on my part, please show me the timing and the extent to which you would have me repent. I lay my mind, will, emotions, soul, and body at the foot of the cross and await your direction.

In Jesus' name I pray, amen.

Step 9: Rebellion vs. Submission

Rebellion is a form of pride that God's word says is the same as witchcraft ([1 Samuel 15:23](#)). This is because everything the occult does is designed to rebel against God and his truths. When we rebel against God, though to a lesser degree, we are doing the same thing as the occult.

When we reject God's truth, by our actions and choices, we are doing the same thing. Presumption and insubordination are also forms of rebellion. David sinned in both rebellion and presumption when he brought the ark back to Bethlehem on an oxcart ([2 Sam. 6](#)). It was supposed to be carried by the Levites using poles. When the oxcart tilted, a soldier reached out his hand to steady it and died. This happened because David presumed that he could return the ark without following God's instructions.

We must also be careful to submit to human authority, because all human authority is established by God. When we rebel against the authority structures God has put into place, we are rebelling against God. This too is sin. We are to submit to civil government ([Romans 13:1-5](#)), parents ([Ephesians 6:1-3](#)), husbands ([1 Peter 3:1-2](#)), employers ([1 Peter 2:18-21](#)), and church leaders ([Hebrews 13:17](#)).

Jesus was the perfect example of the type of submission that should characterize our lives. Even though he was God in the flesh, he did only what his Father showed him to do. *"... the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does."* [John 5:19](#)

This is the perfect model of the way we should live our lives. Jesus functioned perfectly in every facet of life, including his work, yet did so in complete submission to God, consciously making the choice that he would not live according to his own desires or the flesh. He submitted perfectly to God. This prayer is simply an acknowledgment of rebellion and a commitment to submission.

Dear Heavenly Father, you have said that rebellion is the same as the sin of witchcraft, and insubordination is the same as injustice and worshipping idols ([1 Samuel 15:23](#)). I know that in my actions and attitudes, I have sinned against you with a rebellious heart. I ask your forgiveness for my rebellion and pray that by the shed blood of the Lord Jesus, all access into my life that's been gained by evil spirits because of my rebellion would be canceled. I pray that you will shed light on all my ways, that I may know the full extent of my rebellion and choose to adopt a submissive spirit and a servant's heart. In the name of Christ Jesus, amen.

Step 10: Pride vs. Humility

Humility is as central to understanding God as is holiness. Holiness and humility cannot be separated. You will never have one without the other. Holiness is also the foundation of spiritual freedom.

In [1 Peter 5:7](#), we are told to humble ourselves because the devil prowls after us like a roaring lion. Why would God say this as a defense against the enemy? Because his power is perfected in meekness and, in God's order, humility always comes before power. God's power is appropriated through humility. *First comes humility, then comes power.*

Humility is what defeated Satan. Satan was thrown out of heaven because of pride, so God defeated him with humility. We know this because Jesus said "*It is finished*," while still on the cross, where he humbly submitted himself to the Father, to the point of death.

One of the healthiest things you can do in your Christian life is to ask God to teach you true humility and never stop seeking him for it. Pride is a way of saying, "I will be my own God." Commit yourself to humility and ask God to give you humility as your ongoing mindset through the following prayer:

Dear Heavenly Father,

You have said that pride leads to destruction and an arrogant spirit to stumbling ([Proverbs 16:18](#)). I confess that I have not denied myself, picked up my cross daily, and followed you ([Matthew 16:24](#)). In doing so, I have given the devil access into my life. I have believed that I could be successful and live victoriously by my own strength and resources. I now confess that I have sinned against you by placing my will before yours and by centering my life around "myself" instead of you. I now renounce the "selfish life" and by doing so, cancel all ground that has been gained in my life by the enemies of the Lord Jesus Christ. I pray that you will guide me so that I will do nothing from selfishness or conceit, but that with humility of mind, I will regard others as more important than myself ([Philippians 2:3](#)). Enable me through love to serve others and in honor prefer others ([Romans 12:10](#)). I ask this in the name of Christ Jesus, my Lord. Amen.

Step 11: Confessing Sin

Earlier we discussed an analogy of rats coming to garbage paralleling demons being connected to sin. The presence of sin, in its many different forms, gives demons the legal right to harass God's children. Demons do not dwell where there is truth and righteousness. They dwell where there is sin and lies. Some of the major forms of sin that demons are connected to include:

- Generational sins
- Breaking of God's commandments, rules, and statutes
- Iniquities, which means going against God's directions and his word.
- Believing lies. This can range from incorrect doctrine to lies about self, such as, "I'll never be loved or amount to anything." *Sometimes all the enemy has to do is get us to believe a lie to gain access to our life.*
- Pride, rebellion, involvement in occult organizations, etc.

When oppression is based in sin, it works like a handle on a smooth wall. A buzzard cannot land on a smooth wall, but he can land on a handle, if it is attached to the wall. Get rid of the handle, and the buzzard will not stay.

In this step, you are going to remove sin "handles" from the wall of your life. This is a form of cleansing according to [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."*

In the worksheet below, Circle each problem you have struggled with *at any time* during your life. **The average person circles 171 items.** Do not worry about duplicate names. Circle them anyway.

Common Problems list.

Accusation	Temper	Backbiting	Stoicism
Judging	Retaliation	Mockery	Passivity
Criticism	Murder	Belittling, Railing	Sleepiness
Fault-finding			Alcohol
Addictive Behavior	Confusion	Death	Drugs
	Frustration	Suicide	
Compulsiveness	Incoherence	Murder	False burden
Uncontrollable habits	Forgetfulness	Abortion	False responsibility
Nicotine			False compassion
Alcohol or Drugs	Control	Depression	Fatigue
Medications	Possessiveness	Despair	
Caffeine	Dominance	Despondency	Tiredness
Gluttony	Witchcraft	Discouragement	Weariness
	Perfectionism	Defeatism	Laziness
Showing off		Dejection	Exhaustion
Faking, Phoniness	Covetousness	Hopelessness	
Artificiality	Stealing	Suicide	Fear of Rejection
Theatrics	Kleptomania	Death	Fear (general)
Playacting	Material lust	Insomnia	Fear of Failure
Sophistication	Greed	Morbidity	Fear of Death
Acting like a big-shot	Discontent		Fear of Hurting Others
		Doubt	Fear of Losing Mind
Bitterness	Cursing	Unbelief	Phobias
Resentment	Blasphemy	Skepticism	Hysteria
Hatred	Course jesting		Fear of Authority
Anger	Gossip	Escape	
Unforgiveness	Criticism	Indifference	Lying
Violence			

Deceitfulness Deception Dishonesty Cheating	Driving Pressure Mania A.D.D.	Unfairness Fear of judgment Fear of condemnation Fear of accusation Fear of criticism Sensitiveness	Bickering Arguing Quarreling Fighting Over-competitiveness
Gluttony Nervousness Compulsive eating Resentment Frustration Idleness Self-pity Self-reward Self-hate	Mental Illness Insanity Madness Mania (or Bipolar) Retardation Senility Schizophrenia Multiple Personalities Paranoia Hallucinations	Pride, Ego Narcissism, Vanity Self-righteousness Haughtiness Self-Importance Arrogance Rebellion Self-will Stubbornness Disobedience Anti-Submissiveness	Withdrawal Pouting Daydreaming Fantasy Pretense (insincerity) Unreality
Grief Sorrow Heartache Heartbreak Crying Sadness Cruelty	Mind-Binding Confusion Fear of man Fear of failure Occult Spirits Spirit Guides	Rejection Fear of Rejection Self-rejection	Worry Anxiety Fear Dread Apprehension
Guilt Condemnation Shame Unworthiness Embarrassment	Mind Idolatry Intellectualism Rationalization Pride, Ego Nervousness Tension	Retaliation (wanting to get back at someone) Destruction Spite Hatred Sadism Hurt Cruelty	<u>CULTS</u> Jehovah's Witnesses Christian Science Rosincrucianism Theosophy Uranitia Subud Latihan Unity Mormonism Bahaim New Age Unitarianism (Lodges, societies and social agencies using the Bible & God as a basis but omitting the blood atonement of Jesus Christ.)
Heaviness Gloom Burden Disgust	Headache Nervous habits Restlessness Excitement Insomnia	Self-Accusation Self-hatred Self-condemnation	<u>OCCULT</u> Ouija Board Palmistry Handwriting analysis Automatic handwriting ESP Hypnotism Horoscope Astrology Levitation Fortune telling Water-witching Tarot cards Pendulum Witchcraft Voodoo Santeria Obeah Satanism Black magic White magic Conjuration Charms Spells Enchantments
Indecision Procrastination Compromise Confusion	Roving (having to keep moving from one location to another)	Self-Deception Self-delusion Self-seduction Pride	
Forgetfulness Indifference	Paranoia Jealousy Envy Suspicion Distrust Persecution Fear Confrontation	Over-Sensitiveness Self-awareness Fear of man Fear of disapproval	
Infirmities (Name any illnesses you suffer from)			
Insecurity Inferiority Self-Pity Loneliness Timidity Shyness Inadequacy Ineptness Helplessness	Passivity Moodiness Indifference Listlessness Lethargy	Sexual Impurity Lust Pornography Fantasy Adultery Fornication Homosexuality Lesbianism Incest Rape Masturbation Harlotry or Coyness Nudism or Exposing Self Frigidity	
Jealousy Envy Suspicion Distrust Selfishness	Perfection Pride, Ego Vanity Frustration Criticism Irritability Intolerance Resentment Criticalness	Strife Contention	
Hyper-Activity Restlessness	Persecution		

Incantations
Fetishes

RELIGIOUS
Ritualism
Formalism
Legalism

Doctrinal obsession
Seduction
Doctrinal error
Fear of God
Fear of Hell
Fear of lost salvation
Religiosity

SPIRITISM
Séance
Spirit guide
Necromancy

FALSE RELIGIONS
Buddhism

Taoism
Hinduism
Islam
Shintoism
Confucianism

Using the following prayer, confess each item listed above as sin.

Dear Heavenly Father, You have told us to clothe ourselves with the Lord Jesus Christ and make no provision for the flesh in regard to its lusts ([Romans 13:14](#)). I admit that I have given in to fleshly lusts which wage war against my soul ([1Peter 2:11](#)). I thank you that in Christ my sins are forgiven, but I have broken your holy law and given the enemy an opening to attack and torment me ([Ephesians 4:27](#); [James 4:1](#); [1 Peter 5:8](#)). I come before your presence to admit these sins and to seek your cleansing ([1 John 1:9](#)) that I may be freed from the bondage of sin ([Galatians 5:1](#)). I now ask you to reveal to my mind the ways that I have broken your moral law and grieved the Holy Spirit.

Heavenly Father, I now confess these sins to you and repent of each and every one of them.

1. Lord, I confess ___ (name of sin) ___ as sin, and ask your forgiveness.
2. Lord, I confess ___ (name of sin) ___ as sin, and ask your forgiveness.
3. Lord, I confess ___ (name of sin) ___ as sin, and ask your forgiveness.
4. Etc., etc., etc.

Through the blood of the Lord Jesus Christ, I now claim my forgiveness and cleansing. I cancel any and all right to harass me that evil spirits have gained through my willful involvement in sin. I declare this to be so, and ask Father, that you wash me in the blood of Jesus and make my heart as white as snow. I ask this in the name of my Lord and Savior, Jesus Christ. Amen.

Step 12: Reclaiming Lost Ground Due to Sexual Sin

Sexual sin has a very powerful impact on our lives. Sexual sin impacts the body as well as the soul and spirit. [1 Corinthians 6:18-19](#) reads, *"Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?"*

Sexual sin creates emotional and physical ties, as well as soul ties, all of which bring us into bondage. It creates emotional bondage, damages our thinking, and usually brings demonic oppression with it. You cannot have sex with a prostitute or homosexual without picking up a demon.

The principle of claiming back ground surrendered by sin comes from the story of King Josiah ([2 Kings Ch. 22-24](#), [2 Chron. 34-35](#)). King Josiah brought Israel back to the Lord after many years of serving pagan gods. He physically reclaimed and purged all of the ground that had been devoted to pagan temples, pagan sacrifices, and pagan worship in a process of repentance. The land of Israel in the Old Testament is a symbolic type of the heart of the believer in the church age. Modeled after the actions of Josiah, it is very appropriate to ask God to *reclaim the ground in your heart that has been given up to Satan by any particular sin that you confess*. Do this at the same time that you confess the sin.

Lord Jesus, you took my place on Calvary and became my sexual promiscuity, my junk. You became my sin of sleeping with my wife/husband before I married them. Lord, I'm sorry for it and ask you to forgive me. I release my feelings of insecurity, inferiority, and rejection, as well as my suspicions and jealousies, which led to this sin. I release to the cross the pain, shame, and condemnation resulting from it. Forgive me for violating my commitment to my marriage through these sins. I release all of this to the cross. And, Satan, I command you by the authority of the blood of Jesus Christ and the power of his shed blood that you give me back the ground that the sexual promiscuity gave you in my life. Lord Jesus, permeate that ground with your precious blood; heal it, cleanse it, and totally restore it. Heal my mind, body, soul and spirit. Lord Jesus, heal my memories involving my sexual impurities. I want no negative effect on my life nor my family's life, present or future. Any demon spirits that have been able to stand on the ground to harass me, I claim back that ground. Lord Jesus, by your blood and your name, send them and their network to the pit. Lord, seal the doorway to that part of my mind so that they never come back to harass me and lead me through the gutter again. Lord Jesus, I praise you and thank you that you have done all this for me and healed my memory. Thank you for restoring that torn part of my soul. I love you. I thank you and praise you for working all things together for my good.

From "Liberating the Bruised," by Dr. Joe Allbright, p. 90, published by Smooth Sailing Press

Step 13: Dealing with Lust

Sexual lust is one of the most damaging landmines in the Christian life. Once you understand how it works, this becomes clear. Sexual lust is not really about sex. Lust is based in emotional wounds like anger, unforgiveness, low self-esteem, etc. It gains power when Satan convinces you to use sex to medicate those wounds. Oh sure, it may bring a few minutes of relief. But quicker than you know it, you are right back where you started, with wounds that have not gotten any better and may have gotten worse in the process! Then, Satan will try to step it up a notch with lies like, *“You need more.”* And when that more is not enough (which is inevitable), he steps it up again: *“Try pornography ... make it more hard core; try another partner,”* etc. Soon pictures of others are filling your head and your heart, degrading the value of your spouse in your own eyes and heart (or stealing pieces of your heart and your marriage from your future spouse).

As lust enters the marriage bed, it becomes even more damaging, and it can destroy your marriage. For example: If a husband only wants physical satisfaction, his wife is robbed of the emotional safety, security, and fulfillment she needs in one of the most sensitive and vulnerable areas of her heart. In the very place where her husband’s emotional strength and security should be providing her with deep-seated nourishment and protection, she becomes his validator, trying unsuccessfully to heal the wounds of his heart that drive his lust. This is as unhealthy for the husband as it is for the wife. It causes emotional instability. And it becomes role reversal as the wife, who should be receiving emotional security in the arms of her husband, becomes the validator of this now-cancerous need for physical gratification that hides the deeper, continually unmet needs of his heart.

When women allow themselves to be deceived into falsely medicating her emotional wounds with physical satisfaction, the problem can be just as damaging. The one who should be responsible to lead with love is robbed of his rightful place in the marriage. His need to provide both physically and emotionally for his wife is denied, and he becomes emotionally emasculated. All the while, the true needs of his wife’s heart go unmet and only increase. In the end this pattern slowly kills the heart of both spouses rather cultivating life and allowing them to thrive in the beauty God designed for them to enjoy.

Lust, and the problems it causes, are best dealt with by two things: 1) Healing the emotional wounds that fuel it. 2) Reshaping your thinking and your heart’s desires to express intimacy only in the loving bond of marriage. In doing so, the satisfaction and emotional health gained by both spouses is immeasurable.

I can tell you from both personal experience and the testimony of others, that you can be free from the cancerous effect of lust. You can walk into a room full of beautiful bodies and not be phased or even distracted. Your heart remains true to the Lord and to your spouse, because to allow lust back in would be to rob yourself of the priceless beauty that you, and only you, have with your spouse. You reach a point where it just isn’t worth it. *In this area of your life, you will have received the one pearl that is of such great value that you will never part with it again. And in the deepest recesses of your heart, you will know that nothing else the world has to offer can compare.*

We recommend dealing with lust from two perspectives:

1. Set a goal to **“make no provision for the flesh in regard to its lusts,”** Romans 13:14. Ask God to continually show you what is at the root of lust in order to remove the seed that drives it.
2. Set your mind to possess your spouse in love and honor. Be set apart unto only them, *mentally and physically*. Let nothing else enter the marriage bed with you.

Seek this *within the bonds of marriage*. If you're single and you set your heart toward this goal, God *can* shut down your sexual desire until it is safely expressed as love within marriage. Seek him for this. *Each time you have sex outside of marriage, you are setting yourself up for problems in your married life*. Among other things, it causes deeply entangled soul-ties that make it difficult to understand and solve relationship problems – even long after the relationship has ended.

Sex is the pinnacle of intimacy in a relationship designed to model Christ and the church. To compromise here is to open a powerful door to the enemy's influence. Seek the purity of heart and the satisfaction that comes from using sex only to express love for your wife or husband in marriage. The blessings of knowing this are endless. Resolve today to repair and rebuild this area of your life on the Rock of Christ. God *designed* sex *and* the human heart that it is intended to nourish. Trust him for this – he knows what he is doing!

Whether single or married, commit yourself to this through the following prayer:

Lord Jesus, I have been deceived by the father of lies to allow sexual lust to gain too much power over me causing me to believe Satan's lies rather than your truth. You are the vine, and I am the branch ([John 15:5](#)). As the branch is only able to receive life from the vine, I ask you fill me with your presence and push the enemy's lies that would entrap me in sexual lust out of my life.

Lord Jesus, you desire truth in my innermost being ([Psalm 51:6](#)). I confess that medicating emotional wounds with lust is giving my heart and mind over to Satan's lies ([2 Cor. 2:11](#)) that would deceive me into remaining in bondage. I ask you to reveal to me the seeds that drive lust in my life. Show me where I harbor anger, unforgiveness, disappointment, ungodly soul ties, emotional bondage, and any other thing that would fuel sinful sexual lust in my heart, and heal me of all of those things. ([Romans 12:1-2](#)). Lord cause my attraction to my (future) spouse to be healthy, strong, fully alive, and expressed as of love from a pure heart. ([1 Timothy 1:5](#))

Heavenly Father, be the foremost validator of my heart. Let me realize the truth of who I am in Christ in such a way that attacks against my self-esteem no longer degrade my heart. Replace the mindset that caters to sexual lust with one that seeks your healing and the fullness of freedom that you have for me in Christ Jesus.

Make my heart's desire be to buy spiritual gold from you, gold that is refined in the fire, so I can become rich in the things of Christ and poor to the mindsets of this world ([Revelation 3:18](#)). Holy Spirit, give me the mind of Christ so that lust never enters my marriage bed (again). And I ask, Holy Spirit, for self-control ([Galatians 5:22](#)) so that I do not turn to the right or the left, and keep myself from evil ([Proverbs 4:27](#)).

Lord, I know this will be a learning process, and I ask you to start it today. In Jesus' name, amen.

Step 14: Breaking Unhealthy Soul Ties

A soul tie is the joining or knitting together of the bonds of a relationship. Godly soul ties occur when like-minded believers are together in the Lord: friends, marriage partners, believers to pastors, etc. Relationships that lack God-centeredness can result in ungodly soul ties between friends, parents and children, siblings, marriage partners, former romantic or sexual partners, domineering authorities, etc. An unhealthy attachment with another person can bring about a spiritual and emotional condition that can adversely affect your life. For example, a mother who refuses to relinquish her hold on her children, a person who refuses to release to the Lord the memory of an old romantic flame, a person who holds a grudge or a bitter judgment against another, someone who uses spiritual forces to control others, etc. In this step you will break all soul ties and rid yourself of the demons who have been enforcing them.

In the space below, think of relationships, whether in the past or present, that exert an unhealthy emotional control over you. This may be someone with whom you have had a problem and you cannot get them off your mind. Include anyone with whom you've had sex outside of marriage, including molestation and sexual abuse. Think also of teachers, pastors, etc., under whom you have suffered intellectual or emotional abuse. If you have been physically abused or emotionally abused, list the person or persons who abused you. List those names below:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

As you pray listen for other soul ties that are not listed on your worksheet to include in the prayer.

Prayer to Break Ungodly Soul Ties

In the name of Jesus Christ, I now renounce, break, and loose myself from all demonic subjection and any **ungodly soul ties** and **unhealthy bondings** with the following people:

(Name each person listed above)

Lord, I ask you to do whatever it takes to break me of my tendencies toward: Uncontrollable thoughts, domination, control, passivity, apathy, unforgiveness, anger, blame, accusations, fear, intimidation and disobedience in relationships. Finally, in the name of Jesus Christ, I declare every demonic hold in my life that has come as a result of unhealthy soul ties to be null and void. Satan, I renounce you and all soul tie demons and command you to depart from my spirit, soul, and body. In Jesus' name, amen!

Step 15: Casting Out the Enemy

At this point, we have popped many sin handles off the wall of your life. We now want to use our spiritual authority to cast all demons connected with them out of your life. (If you have read the material on our website, you are aware that other strongholds may still be present. This deliverance process has been designed to make it easier to deal with the deeper strongholds that may still remain should you decide to move forward with the deeper forms of freedom ministry.) In this step, you will now remove all demons connected to the issues covered in your deliverance. Since you know Christ as your Savior, you implicitly have all of the spiritual authority necessary to take this step. Recognize that it is not your power that does this. Jesus has the power. He gives you the authority to exercise power, which he does through you.

Your authority in Christ works somewhat like this: A rookie policeman can stand in the street, hold up his hand, and stop a large truck. This is not because he has the physical power to stop the truck. The truck could easily run him over. But the policeman has the *legal authority* to stop the truck. You have the *legal authority* to command all demons that have been harassing you through the things you addressed in this manual to leave your presence. Jesus provides the power and will make sure this gets done for you. This step is perfectly in keeping with God's will for your life, for he has no part with Satan, and he doesn't want you to have anything to do with him either.

For this step, use the items circled in the Common Problems list from Step 11. Substitute the name of the problem that you circled for the "name of spirit" blank below. (Each of the problems in that list is also the name of a potential demonic assignment.)

Lord Jesus Christ, I believe that you are the Son of God. I believe you died on the cross for my sins and rose again from the dead. On the basis of what you did for me, I know that Satan's claims against me are now canceled. I submit myself to you, Lord Jesus. I commit myself to serve and obey you. On that foundation of faith, I take my stand against every dark, evil force that in any way has come into my life; whether it be through my own acts or because of acts of my family, friends, or of my ancestors; or because of some larger group that I am a part of; or because of curses that other people have made directly against me. Wherever there's any darkness in my life, or any evil force, Lord, I renounce it now. I refuse to submit to it any longer and in the almighty name of Jesus, the Son of God, I take authority over all these evil forces. Specifically,

- I bind every spirit of ___ (name of spirit) ___.
- I bind every spirit of ___ (name of spirit) ___.

I loose myself from them, and I release myself completely from their power. I now command every familiar spirit and every enemy of the Lord Jesus Christ that is in or around me to leave me now and never return, in the name of Jesus!

(Continued on the next page)

Lord Jesus, I reclaim all of the ground in my heart that I surrendered to Satan through these and all other sins that I have confessed in this deliverance process. I give that ground to you and ask you to sanctify it unto yourself, symbolically soaking and purging it with your blood so that my heart may be made pure in all of these things.

I now invite and I call upon the Holy Spirit of God to move right in to fill me and make my deliverance and freedom fully effective, as only the Spirit of God can do. I submit my body as an instrument of righteousness, a living sacrifice, that I may glorify God. All this I do in the mighty name and authority of the Lord Jesus Christ. Amen.

Step 16: Closing Prayer

Note: In the prayer below, we use metaphors such as “chains made of the blood of Jesus.” This is a valid and appropriate way to pray, especially in areas of spiritual warfare. Jesus spoke in parables and even fulfilled a prophecy by doing so. *“I will open my mouth with a parable; I will utter hidden things, things from of old.” (Psalm 78:2)* We use these types of metaphors in all phases of ministry, receiving consistent confirmation from the Lord that they accomplish what we ask him to do.

God also speaks to his children in parables both in the Bible and in prayer. This is often done by him allowing someone to see pictures as they pray. If you have not experienced this personally, ask God for it, and as you pray, listen for his leading concerning what to pray. Give yourself time and practice this regularly. With time, you should see results. For example, he may lead you by giving you things to say and may confirm them by giving you pictures.

Pray the following closing prayer to finalize your deliverance. Then, preferably in the presence of your spouse, a freedom minister, pastor, or trusted friend, pray and sign the Renunciation and Affirmation Commitment on the following page.

Lord Jesus, I acknowledge that everything done in working through this manual was accomplished by virtue of your blood shed for me up on the cross. You are the one who does this work, not me, for apart from you I can do nothing. As I conclude this process, I declare my absolute dependence on you. I thank you for the freedom that you have given me through your free gift of salvation. Your word says that you came to set the captives free. I thank you that your word is powerful and true, and that I can fully depend on it today for myself!

Father, I pray the protection of the blood of Jesus over myself and over my family. I ask you to forbid all demonic spirits from attempting to hurt, harm, or in any way seek to retaliate against me for having come against the kingdom of darkness and use the mighty name of Jesus to set myself free.

(Pray the next paragraph if you will be continuing with additional freedom ministry.)

Lord Jesus, you have promised that whatever I bind on earth is bound in heaven, and that whatever I ask in the name of Christ, you will do. As I wait for the next steps of my freedom ministry, please keep any remaining demonic oppression in my life in chains made of the blood of Jesus - chains that cannot be broken, glue their mouths shut with Jesus' blood, take away their power, and keep them in a jail cell made of Jesus' blood – a jail cell to which only Jesus has the key. If any curses, hexes, spells, enchantments, or incantations of any kind have been spoken over me by a member of the occult or any other group, I ask that you turn them back on the person who spoke them and multiply them, so that they will learn not to come against your children. Please strengthen me and keep me in strong communion and fellowship with you while I wait for this next step of ministry.

Heavenly Father, I ask for increased presence, discernment, and enlightenment from your Holy Spirit in my life. Strengthen me in my innermost being with your truth and the presence of your Holy Spirit.

Cause my new growth to begin now, and bless me with your presence in a way that far exceeds my greatest expectations.

Above all, I ask that you receive the glory for what has been done and what will continue to be done in my life. In Jesus' name I pray, amen.

We strongly recommend using this deliverance material as an ongoing part of your walk with Christ to help you stay clean. In the same way that we need showers and baths to remain physically clean, we believers occasionally need to take spiritual "showers" to cleanse ourselves of these types of things ([1 John 1:9](#)).

The Renunciation and Affirmation Commitment

As God is my eternal witness, Savior, and judge, I do hereby affirm that I am a child of God who has been purchased with the precious blood of the Lord Jesus Christ ([Romans 6:3-11](#)). I confess Him as my Lord and Savior, and by my own free will, I specifically renounce Satan, and I cancel every role he or his demons have or have ever had in my life. As one completely acknowledging and accepting the finished work of Christ on the cross for my redemption and my only hope for eternal life, I now renounce all ancestral and genetic ties, back as many generations on my dad's and mom's sides that God needs to go. Because I have, through the Lord Jesus Christ's own shed blood, been redeemed and delivered from the power of darkness and accepted into the kingdom of God's own Son ([Colossians 1:13](#)), I now cancel out and nullify all demonic power or effect that has been passed down to me from my ancestors.

Because the Lord Jesus Christ became a curse for me by dying on the cross ([Galatians 3:13](#)), I use my authority that is found in him to cancel every spell or curse that may have been placed on me with or without my knowledge. As God's child, covered by the precious blood of the Lord Jesus Christ, and trusting totally in the atoning power of that blood ([Ephesians 1:7](#)), I cancel, renounce, sever, and nullify every agreement or pact I have made with Satan or anyone else, including blood pacts. I renounce and sever any and every way that the devil has gotten ground in my life and all ground that I have ever given to Satan that gave him power or claim over me. I cancel, renounce, sever, and nullify any powers, gifts, or workings in me which are not of my Heavenly Father or pleasing to Him.

I confess that I belong totally to the Lord Jesus Christ. As one who has been crucified ([Galatians 2:20](#)) and raised with Christ and now sit with him in the heavenly places ([Ephesians 2:5-6](#)), I sign myself eternally and completely over to the Lord Jesus Christ. It is my desire to pray daily that my Lord Jesus will have total control of my life. All of these things I do in the precious name of my Lord and Savior, Jesus Christ, and by his absolute authority over all things, rulers, authorities, principalities, and powers ([Ephesians 1:18-23](#)), and with a childlike faith, I thank you that it's done. Amen

DATE: _____

FULL NAME: _____

WITNESS: _____

WITNESS: _____

From "Liberating the Bruised," by Dr. Joe Allbright, p. 102, published by Smooth Sailing Press – with slight modifications