

The material in this chapter is a summary of Neil.T.Anderson's material and is designed to help people work towards freedom in the areas of:

1. Counterfeit spiritual experiences (such as other religions or occultic activities)
2. Lying and deception
3. Bitterness and unforgiveness
4. Rebellion
5. Pride
6. Habitual sin
7. Curses and inherited problems

Some of this material may not be relevant to you, but many people who have previously lived a life apart from God will benefit from taking the time to carefully work through the material with a mentor. You may also choose to read Anderson's books "The Bondage Breaker" and "Stomping on the Darkness".

It is our deep belief that the finished work of Jesus Christ and the presence of God in our lives are the only means by which we can solve personal and spiritual problems. Christ in us is our only hope (read Colossians 1:27) and He alone can meet our deepest needs of life – acceptance, identity, security and significance. These steps are not based on just another counselling technique. They are an encounter with God. He is the Wonderful Counsellor. He is the One who helps us see our sin, confess it and turn our backs on it. He grants us repentance that leads to knowledge of the truth that sets us free (read 2 Timothy 2:24-26).

The steps to Freedom in Christ do not set you free. **Who** sets you free is **Christ**, and **what** sets you free is your response to Him in repentance and faith. These steps are just a tool to help you submit to God and resist the devil (read James 4:7). Then you can start living a fruitful life by recognizing who you are in Christ, spending time with Him and becoming the person He created you to be. Many Christians will be able to work through these steps on their own and discover the wonderful freedom that Christ purchased with them on the cross. Then they will experience the peace that passes all understanding, and it shall guard their hearts and their minds (read Philippians 4:7).

It would be best to go through the steps with another mature Christian to apply the wisdom of James 5:16 (read). Spiritual freedom is meant for every Christian, young or old. Being 'free in Christ' is to have the desire and power to worship God and do His will. It is to know God's truth, believe God's truth and live according to God's truth. It is to walk with God in the power of the Holy Spirit and to experience a life of love, joy and peace. It is not a life of perfectionism but progress! All of these qualities may not be yours now, but they are meant for everyone who is in Christ.

If you have received Christ as your Saviour, He has already set you free through His victory over sin and death on the cross. However, experiencing our freedom in Christ through repentance and faith, and maintaining our life of freedom in Christ are two different issues. It was for freedom that Christ set us free, but we have been warned not to return to a yoke of slavery that is legalism in this context (read Galatians 5:1) or to turn our freedom into an opportunity for the flesh (read Galatians 5:13). Establishing people free in Christ makes it possible for them to walk by faith according to what God says is true and live by the power of the Holy Spirit and not carry out the desires of the flesh (read Galatians 5:16). The true Christian life avoids both legalism and license. But if freedom is not a constant reality for you, it may be because you do not understand how Christ can help you deal with the pain of your past or the problems of your present life. As one who knows Christ, it is your responsibility to do whatever is needed to maintain a right relationship with God and others. Your eternal life is not at stake; you are safe and secure in Christ. But your daily victory is at stake if you fail to understand who you are in Christ and live according to that truth.

We have great news for you. You are not a helpless victim caught between two nearly equal but opposite heavenly superpowers, God and Satan. Only God is all-powerful, always present and all knowing. Sometimes, however, the presence and power of sin and evil in our lives can seem more real to us than the presence and power of God. But that is part of Satan's tricky lie. Satan is a deceiver, and he wants you to think he is stronger than he really is. But he is also a defeated enemy, and you are in Christ, the victor. Understanding who God is and who you are in Christ are the two most important factors in determining your daily victory over sin and Satan. The greatest causes of spiritual defeat are false beliefs about God, not understanding who you are as a child of God, and making Satan out to be as powerful and present as God is.

The battle is for your mind. You may experience nagging thoughts such as *this isn't going to work* or *God doesn't love me*. These thoughts are lies, implanted in your mind by deceiving spirits. If you believe them, you will really struggle as you work through these steps. These opposing thoughts can control you only if you believe them. Share any opposing thoughts with your mentor. Whenever you uncover a lie and choose to believe the truth, the power of Satan is broken. You need to cooperate with your mentor. Do this by sharing what is going on inside your mind. If you experience any physical discomfort (eg. Headache, nausea, tightness in the throat etc) don't be alarmed. Just tell the person you are with so he or she can pray for you.

As believers in Christ, we can pray with authority to stop any interference by Satan. The following prayer and declaration will get you started. All prayers and declarations throughout this chapter should be read out loud.

Prayer (by disciple)

Dear heavenly Father, We know that you are here and present in our lives. You are the only all-knowing, all-powerful, ever-present God. We desperately need You, because without Jesus we can do nothing. We believe the Bible because it tells us what is really true. WE refuse to believe the lies of Satan. We stand in the truth that all authority on heaven and earth has been given to the resurrected Christ. Because we are in Christ, we share His authority in order to make followers of Jesus and set captives free. We ask You to protect our thoughts and minds and lead us into all truth. We choose to submit to the Holy Spirit. Please reveal to our minds everything You want to deal with today. We ask for and trust in Your wisdom. We pray for Your complete protection over us. In Jesus' name. Amen.

Declaration (by mentor)

In the name and authority of the Lord Jesus Christ, we command Satan and all evil spirits to let go of (name) in order than (name) can be free to know and choose to do the will of God. As children of God, seated with Christ in the heavenlies, we agree that every enemy of the Lord Jesus Christ be bound to silence. We say to Satan and all of his evil workers that you cannot inflict any pain or in any way stop or hinder God's will from being done today in (name)'s life.

The following seven steps are designed to help you be free from your past. You will cover the areas where Satan most often takes advantage of us and where strongholds have been built. Christ purchased your victory when He shed His blood for you on the cross. You will experience your freedom when you make the choice to believe, confess, forgive, renounce and forsake. No one can do that for you. The battle for your mind can only be won as you personally choose truth.

As you go through these steps, remember that Satan cannot read your mind, thus he won't obey your thoughts. Only God knows what you are thinking. As you go through each step, it is important that you submit to God inwardly and resist the devil by reading out loud each prayer – verbally renouncing, forgiving, confessing etc.

May the Lord greatly touch your life during this time – go through all seven steps and don't allow yourself to become discouraged. Remember, the freedom that Christ purchased for all believers on the cross is meant for you!

STEP 1 – COUNTERFEIT VERSUS REAL

The first step towards experiencing your freedom in Christ is to renounce (to reject and turn your back on all past, present and future involvement with) any participation in satanic-inspired occult practices, things done in secret and non-Christian religions. You must renounce any activity or group that denies Jesus Christ, offers directions through any source other than the absolute authority of the written Word of God, or requires secret initiatives, ceremonies, promises or pacts (covenants). Begin with the following prayer:

Dear heavenly Father, I ask you to guard my heart and my mind and to reveal to me anything I have done or anyone has done to me that is spiritually wrong. Reveal to my mind any and all involvement I have knowingly or unknowingly had with cult or occult practices, and/or false teachers. I ask this in Jesus' name. Amen.

Even if you took part in something as a game or as a joke, you need to renounce it. Satan will try to take advantage of anything he can in our lives. Even if you just stood by and watched others do it, you need to renounce it. Even if you did it just once and had no idea it was evil, still you need to renounce it. You want to remove any and every possible foothold of Satan in you life. If it has come to mind, trust that the Lord wants you to renounce it.

Write down anything that God brings to your mind that you need to renounce:

Also list your entertainment choices that glorified Satan, mocked God or Christianity, caused fear or nightmares, or were gruesomely violent:

Confess and renounce each item you were involved in by praying aloud the following prayer:

Lord, I confess that I have participated in _____. I renounce any and all influence and involvement with _____, and thank you that in Christ I am forgiven.

STEP 2 – DECEPTION VERSUS TRUTH

God's word is true, and we need to accept the truth deep in our hearts (read Psalm 51:6). What God says is true whether we feel it is true or not.

Jesus is the truth (read John 14:6), the Holy Spirit is the Spirit of truth (read John 16:13) and the Word of God is truth (read John 17:11). We ought to speak the truth in love (read Ephesians 4:15). The believer in Christ has no business deceiving others in any way, whether by lying, exaggerating, telling little lies or stretching the truth. Satan is the father of lies (read John 8:44) and he seeks to keep people in bondage through deception (read 2 Timothy 2:26 and Revelation 12:9), but it is the truth in Jesus that sets us free (read John 8:32-36).

We will find real joy and freedom when we stop living a lie and walk openly in the truth. King David wrote, after confessing his sin, "*How blessed is the man...in whose spirit there is no deceit*" (Psalm 32:2).

Start this step by praying the following prayer out loud. Don't let any opposing thoughts, such as *this is a waste of time*, keep you from praying and choosing the truth. Belief is a choice. If you choose to believe what you feel, then Satan, the father of lies, will keep you in bondage. WE must choose to believe what God says, regardless of what our feelings might say. Even if you have a hard time doing so, pray the following prayer:

Dear heavenly Father, I know You want me to face the truth, being honest with You. I know that choosing to believe the truth will set me free. I have been deceived by Satan and I have deceived myself. I thought I could hide from You, but You see everything and still

love me. I pray in the name of the Lord Jesus Christ, asking You to rebuke all of Satan's demons that are deceiving me. By faith I have received You into my life and I am now seated with Christ in the heavenlies. I acknowledge that I have the responsibility to submit to you and the authority to resist the devil, and when I do, he will flee from me. I have trusted in Jesus alone to save me, so I am your forgiven child. Because You accept me just as I am in Christ, I can be free to face my sin. I ask for the Holy Spirit to guide me into all truth. 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 into the everlasting way"* (Psalm 139:23-24). In the name of Jesus, I pray. Amen.

A central part of walking in the truth and rejecting deception is to deal with the fears that plague our lives. Read 1 Peter 5:8. Just as a lions roar strikes terror into the hearts of those who hear it, Satan uses fear to paralyse Christians. His intimidation tactics are designed to rob us of faith in God and drive us to try and get our needs met through the world or the flesh.

Fear weakens us, causes us to be self-centred, and clouds our minds so that all we can think about is the thing that frightens us. But fear can only control us if we let it. God, however, does not want us to be mastered by anything, including fear (read 1 Corinthians 6:12). Jesus Christ is to be our only Master (John 13:13, 2 Timothy 2:21). In order to begin to experience freedom from the bondage of fear and to be able to walk by faith in God, pray the following prayer from your heart:

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

Write down any fears that the Spirit of God brings to your mind.

Then, one by one, renounce those fears aloud

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

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

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

STEP 3 – BITTERNESS VERSUS FORGIVENESS

When you fail to forgive those who hurt you, you become a wide-open target for Satan. God commands us to forgive others as we have been forgiven (read Ephesians 4:32). You need to obey this command so that Satan can't take advantage of you (read 2 Corinthians 2:10-11). Christians are to forgive others and show them mercy because our heavenly Father has shown mercy to us (read Luke 6:36). Ask God to bring to mind the names of people you need to forgive by praying the following prayer out loud.

Dear heavenly Father, I thank You for your great kindness and patience, which has led me to turn from my sins. I know I have not always been completely kind, patient and loving toward those who have hurt me. I have had bad thoughts and feelings toward them. I ask You to bring to my mind all the people I need to forgive. I ask You to bring to the surface all my painful memories so I can choose to forgive these people from my heart. I pray this in the precious name of Jesus who has forgiven me and who heal me from all my hurts. Amen.

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

Forgiveness is not forgetting. People who want to forget all their pain before they get around to forgiving someone usually find they cannot. God commands us to forgive now. Confusion sometimes arises because Scripture says that God "*will remember our sins no more*" (Hebrews 10:17). But God knows everything and can't forget as if He had no memory of our sin. His promise is that He will never use our past against us (read Psalm 103:10). The key issue is this: We may not be able to forget our past, but we can be free from it by forgiving others. When we bring up the past and use it against others, we are showing that we have not yet forgiven them (read Mark 11:25).

Forgiveness is a choice, a decision of the will. Because God requires us to forgive, it is something we can do. Forgiveness seems hard because it pulls at our sense of what is right and fair. We naturally want revenge for the things we have suffered. But we are told by God never to take our own revenge (read Romans 12:19). You might be thinking *Why should I let them off the hook?* And that is exactly the problem – as long as you do not forgive, you are still hooked to those who hurt you. You are still chained to your past. By forgiving you let them off your hook, but they are not off God's hook. WE must trust Him to deal with the other person justly, fairly and mercifully, something we cannot do.

You say *But you don't understand how much this person hurt me!* But until you let go of your hate and anger, they will continue to be able to hurt you. You finally stop the pain by forgiving them. **You forgive for your sake, so that you can be free.** Forgiveness is mainly an issue of obedience between you and God. God wants you to be free; this is the only way.

Forgiveness is the decision not to use their offence against them. It is not unusual for us to remember a past, hurtful event and find the anger and hate we felt returning. It is tempting to bring up the issue with those who hurt us in order to make them feel bad. But we must choose to take that thought of revenge captive to the obedience of Christ, and choose to maintain forgiveness. This doesn't mean you must continue to put up with the future sins of others. God does not tolerate sin and neither should you. Nor should you put yourself in the position of being continually abused and hurt by the sins of others. You need to take a stand against sin while continuing to forgive those who hurt you.

Don't wait to forgive until you feel like forgiving. You will never get there. Your emotions will begin to heal once you have obeyed God's command to forgive. Satan will have lost his power over you in that area and God's healing touch will take over. For now, freedom will be gained but not necessarily a feeling.

As you pray, God may bring to mind painful memories you had totally forgotten. Let Him do this, even if it hurts. God wants you to be free; forgiving these people is the only way. Don't try to excuse the offender's behaviour, even if it is someone close to you. Remember forgiveness is dealing with your own pain and leaving the other person to deal with God. Good feelings will follow in time. Freeing yourself from the past is the critical issue right now.

Don't say *Lord please help me to forgive*. He is already helping you and will be with you all the way through the process. Don't say *Lord I want to forgive* because that bypasses the hard choice we have to make. Say *Lord I forgive*. As you move down your list, stay with each individual until you are sure you have dealt with all the remembered pain, everything the person did that hurt you and how it made you feel (rejected, unloved, unworthy, dirty etc). It's time to begin. For each person on your list, pray aloud:

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

Once you have dealt with every offence that has come to your mind and you have honestly expressed how that person hurt you, conclude by praying:

Finish: Lord I choose not to hold any of these things against (name) any longer. I thank You for setting me free from the bondage of my bitterness toward them. I choose now to ask you to bless (name). In Jesus' name. Amen.

STEP 4 – REBELLION VERSUS SUBMISSION

We live in rebellious times. Often young people today don't respect people that God has placed in authority over them. You may have a problem living in submission to authority. You can easily be deceived into thinking that those in authority over you are robbing you of your freedom. In reality, however, God has placed them there for your protection.

Rebelling against God and His authorities is serious business. It gives Satan an opportunity to attack you. Submission is the only solution. God requires more of you, however, than just the outward appearance of submission. He wants you to sincerely submit to your authorities (especially parents) from the heart. Your commanding general, the Lord Jesus Christ, is telling you to 'get into ranks and follow Me!' He promises that He will not lead you into temptation, but will deliver you from evil (see Matthew 6:13).

The Bible makes it clear that we have two main responsibilities toward those in authority over us: to pray for them and to submit to them. Pray the following prayer from your heart:

Dear heavenly Father, You have said in the Bible that rebellion is the same thing as witchcraft, and being self-willed is like serving false gods (1 Samuel 15:23). I know that I have disobeyed and rebelled in my heart against You and those You have placed in authority over me. I thank You for Your forgiveness for my rebellion. By the shed blood of the Lord Jesus Christ, I pray that all doors that I opened to evil spirits through my rebellion would now be closed. I pray that You will show me all the ways I have been rebellious. I now choose to adopt a submissive spirit and a servant's heart. In Jesus' precious name I pray. Amen.

Being under authority is an act of faith! By submitting, we are trusting God to work through His lines of authority. At times parents, teachers, employers and others may abuse their authority and break the laws ordained by God for the protection of innocent people. In those cases, you need to seek help from a higher authority for your protection. The laws in your state may require you to report such abuse to the police or other protective agencies. If there is continuing abuse (physical, mental, emotional or sexual), at home or anywhere else, counselling may be needed to change the situation. If someone else abuses their authority by asking you to break God's law or compromise yourself, you need to obey God rather than man (see Acts 4:19-20).

We are told to submit to one another as equals in Christ (read Ephesians 5:21). In addition, however, God uses specific lines of authority to protect us and give order to our daily lives.

- ❑ Civil government – that is traffic laws, drinking laws etc. Read Romans 13:1-7, 1 Timothy 2:1-4, 1 Peter 2:13-17.
- ❑ Parents, step-parents or legal guardians. Read Ephesians 6:1-3.
- ❑ Teachers, coaches and school officials. Read Romans 13:1-4.

- ❑ Your boss. Read 1 Peter 2:18-23.
- ❑ Husband or wife. Read 1 Peter 3:1-4 & 7, Ephesians 5:21..
- ❑ Church leaders. Read Hebrews 13:17.
- ❑ God Himself. Read Daniel 9:5,9.

Examine each of the seven areas of authority listed and confess to the Lord those times you have not respected these positions or submitted to them, by praying:

Lord, I agree with You that I have been rebellious toward _____. Thank You for forgiving me rebellion. I choose to be submissive and obedient to Your Word. In Jesus' name. Amen.

STEP 5 – PRIDE VERSE HUMILITY

Humility is confidence placed properly in God. We are to be “*strong in the Lord and in the strength of His might*” (Ephesians 6:10). James 4:6-10 and 1 Peter 5:1-10 (read them) tell us that spiritual problems will follow when we are proud. Use the following prayer to express your commitment to live humbly before God:

Dear heavenly Father, You have said that pride goes before destruction and an arrogant spirit before stumbling (Proverbs 16:18). I confess that I have been thinking mainly of myself and not of others. I have not denied myself, picked up my cross daily and followed You (Matthew 16:24). And as a result, I have given ground to the enemy in my life. I have believed that I could be successful by living according to my own power and resources.

I now confess that I have sinned against You by placing my will before Yours and centring my life around myself instead of You. I renounce my pride and my selfishness and close any doors I've opened in my life or physical body to the enemies of the Lord Jesus Christ. I choose to rely on the Holy Spirit's power and guidance so that I can do Your will.

I give my heart to You and stand against all of Satan's attacks. I ask You to show me how to live for others. I now choose to make others more important than me and to make You the most important Person of all in my life (Matthew 6:33, Romans 12:10). Please show me specifically now the ways in which I have lived pridefully. I ask this in the name of my Lord Jesus Christ. Amen.

Having made that commitment in prayer, now allow God to show you any specific areas of your life where you have been prideful, and write down anything that comes to mind:

For each of these areas, pray out loud:

Lord, I agree I have been prideful in the area of _____. Thank You for forgiving me for this prideful-ness. I choose to humble myself and place all my confidence in You. Amen.

STEP 6 – BONDAGE VERSUS FREEDOM

The next step is to deal with the sins that have become habits in your life. If you have been caught in the vicious cycle of “sin-confess-sin-confess,” realise that the road to victory is “sin-confess-resist” (read James 4:7). Habitual sin often requires help from a trusted brother or sister in Christ. Read James 5:16. Seek out a stronger Christian (such as your mentor) who will lift you up in prayer and hold you accountable in your areas of weakness.

Sometimes the assurance of 1 John 1:9 (read) is sufficient. Remember, confession is not saying “I'm sorry”; it is openly admitting “I did it”. Whether you need the help of others or just the accountability of God, pray the following prayer out loud:

Dear heavenly Father, You have told us to put on the Lord Jesus Christ and make no provision for the flesh in regard to its lust (Romans 13:14). I agree that I have given in to sinful desires that wage war against my soul (1 Peter 2:11). I thank You that in Christ my sins are forgiven, but I have broken Your holy war and given the devil an opportunity to wage war in my body (Romans 6:12-13, James 4:1, 1 Peter 5:8). I come before Your presence now to admit these sins and to seek Your cleansing that I may be freed from the bondage of sin. I now ask You to reveal to my mind the ways that I have broken Your moral law and grieved the Holy Spirit. In Jesus' precious name. Amen.

Write down anything that God brings to your mind that you may to confess:

Lord, I admit that I have committed the sin of _____. I thank You for Your forgiveness and cleansing. I turn away from this sin and turn to You, Lord. Strengthen me by Your Holy Spirit to obey You. Amen.

STEP 7 – CURSES VERSUS BLESSINGS

The last step to freedom is to renounce the sins of your ancestors and any curses that may have been placed on you. In giving the Ten Commandments, God said, *“You shall not make for yourself an idol, or any likeness of what is in heaven above or on the earth beneath or in the water under the earth. You shall not worship them or serve them; for I, the Lord your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and the fourth generations of those who hate Me”* (Exodus 20:4-5).

Ask the Lord to show you specifically what sins are characteristic of your family by praying the following prayer. Then list those sins in the space provided following the prayer:

Dear heavenly Father, I ask You to reveal to my mind all the sins of my ancestors that are being passed down through family lines. I want to be free from those influences and walk in my new identity as a child of God. Amen.

As the Lord bring those areas of family sins to your mind, list them here:

Demonic or familiar spirits can be passed on from one generation to the next if you don't renounce the sins of your ancestors and claim your new spiritual heritage in Christ. You are not guilty for the sin of any ancestor, but because of their sin, Satan may have gained access to your family. Some problems, of course, are hereditary or acquired from an immoral environment. But other problems can be the result of generational sin. All three conditions can contribute toward causing someone to struggle with a particular sin.

Declaration

I here and now reject and disown all the sins of my ancestors. I specifically renounce the sins of (list here the areas of family sin the Lord revealed to you). As one who has been delivered from the domain of darkness and placed into the kingdom of God's Son, I cancel out all demonic working that was passed down to me from my family. As one who is crucified and raised with Jesus Christ and who sits with Him in heavenly places, I renounce all satanic assignments that are directed toward me and my ministry. I cancel out every curse that Satan and his workers have put on me. I announce to Satan and all his forces that Christ has become a curse for me (Galatians 3:13) when He died for my sins on the cross. I reject any and every way in which Satan may claim ownership of me. I belong to the Lord

Jesus Christ who purchased me with His own blood. I declare myself to be eternally and completely signed over and committed to the Lord Jesus Christ. By the authority that I have in Jesus Christ, I now command every spiritual enemy of the Lord Jesus Christ to leave my presence. I commit myself to my heavenly Father to do His will from this day forward.

SOMETHING TO REMEMBER

Once you have gone through these seven steps, you may find demonic influences attempting to gain control of your mind again, days or even months later. One person shared that she heard a spirit say to her mind, "I'm back" two days after she had been set free. "No you're not!" she proclaimed aloud. The attack stopped immediately.

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

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

MAINTAINING YOUR FREEDOM

Freedom must be maintained. We cannot emphasise that point enough. You have won a very important battle in an ongoing war. Freedom will remain yours as long as you keep choosing truth and standing firm in the strength of the Lord. If new memories should surface, if you become aware of lies you have believed, or other non-Christian experiences you have had, renounce them and choose the truth. If you realise that there are some other people that you need to forgive, step three will remind you of what to do. Most people have found it helpful to walk through the steps again at some stage. As you do, read the instructions carefully.

We recommend that you read either "Stomping Out the Darkness" or "The Bondage Breaker" (both available in a youth edition). If you struggle with sexual bondage or desire to learn more about friendships and dating, we recommend "Purity under Pressure".