

(MATERIAL FROM NEIL. T. ANDERSON)

Work through this material with your mentor. It is best to cover this entire chapter in one session, which may take a few hours – make a special time together.

This is an extremely detailed study and will take more than one single session. Take your time on this.

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).

The chances of that happening and the possibility of maintaining that freedom will be greatly increased if you read “Stomping out the Darkness” or “The Bondage Breaker” (both available in a youth edition). Many Christians in our western world need to understand the reality of the spiritual world and our relationship to it.

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.

You are going to be taken through a look at your life in order to get radically right with God. If it turns out that you have another kind of problem (not covered in these steps) that is negatively affecting your life, you would have lost nothing. If you are open and honest during this time, you will greatly benefit anyway by becoming right with God and close to Him again.

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.

Non-Christian Spiritual Experiences Checklist (Please check all those that apply to you.)

Out of body experience (astral projection)	Bloody Mary
Table lifting or body lifting (light as a feather)	Magic eye eight ball
Using curses or spells	Mental control of others
Automatic writing	Spirit guides
Fortune Telling	Tarot cards. Palm reading, tea leaf reading
Astrology or horoscopes	Hypnosis
Séances	Black or white magic
Dungeons and dragons or other fantasy role playing games	Video or computer games involving occult powers or extreme violence
Blood pacts or cutting yourself on purpose	Idols or good luck charms or Feng Shui
Superstitions	Sexual spirits
Mormonism	New Age or new age medicine or crystals
Masons	Christian Science
Science of the mind	Science of creative intelligence
The Way International	Unification church (Moonies)
Scientology	Silva Mind Control
Transcendental Meditation	Yoga or Pilates
Chants or Mantras	Hare Krishna
Baha’ism	Spirit Worship
Celebrity obsession or worship	Islam, Muslim or Black Muslim
Martial Arts	Buddhism
Rosicrucianism	Hinduism
Other	Other

This list is not complete. If you have any doubts about an activity not included here, renounce your involvement in it. If it has come to mind, trust that the Lord wants you to renounce it.

Once you have completed the checklist, confess and renounce each item you were involved in by praying aloud the following prayer (repeat the prayer separately for each item on you list):

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.

List your entertainment choices that glorified Satan, mocked God or Christianity, caused fear or nightmares, or were gruesomely violent.

Anti-Christian Movies _____

Anti-Christian Music _____

Anti-Christian TV Shows _____

Anti- Christian games, books, magazines or comics _____

1. Have you ever heard or seen or felt an evil spiritual being in your room? YES/NO
2. Do you or have you ever had an imaginary friend, spirit guide or angel offering you guidance or companionship? YES/NO
3. Have you ever heard voices in your head or had repeating negative, nagging thoughts such as *I'm dumb, I'm ugly, Nobody loves me, I can't do anything right*, etc. as if a conversation were going on inside your head? YES/NO Explain
4. Have you ever consulted a medium, spiritist or channeller? YES/NO
5. What other spiritual experiences have you had that would be considered out of the ordinary (contact with aliens etc)? _____
6. Have you ever been involved in satanic worship of any kind or attended a concert where Satan was the focus? YES/NO
7. Have you ever made a vow or pact? YES/NO

Once you have completed the checklist, confess and renounce each item you were involved in by praying aloud the following prayer (repeat the prayer separately for each item on you list):

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.

If you have been involved in any satanic ritual or heavy occult activity, you need to say aloud the following special renunciations and affirmations.

Kingdom of Darkness	Kingdom of Light
1. I renounce ever signing my name over to Satan or having my name signed over to Satan by someone else.	1. I announce that my name is now written in the Lamb's book of life.
2. I renounce any ceremony where I was wed to Satan.	2. I announce that I am the bride of Christ.
3. I renounce any and all covenants, agreements or promises that I made with Satan.	3. I announce that I am in a new covenant with Jesus Christ alone.
4. I renounce all satanic assignments for my life, including duties, marriage and children.	4. I announce and commit myself to know and do only the will of God and I accept only His guidance for my life.
5. I renounce all spirit guides assigned to me.	5. I announce and accept only the leading of the Holy Spirit.
6. I renounce ever giving of my blood in the service of Satan.	6. I trust only in the shed blood of my Lord Jesus Christ.
7. I renounce ever eating flesh or drinking blood in satanic worship.	7. By faith I partake in Communion that represents the flesh and the blood of the Lord Jesus Christ.
8. I renounce all guardians and Satanist parents that were assigned to me.	8. I announce that I God is my heavenly Father and the Holy Spirit is my guardian by whom I am sealed.
9. I renounce any baptism whereby I am identified with Satan.	9. I announce that I have been baptised into Christ Jesus and my identity is now in Him.
10. I renounce every sacrifice made in my behalf by which Satan may claim ownership of me.	10. I announce that only the sacrifice of Christ has any claim on me. I belong to Him. I have been purchased with the blood of the Lamb.

All satanic rituals, covenants and assignments must be specifically renounced as the Lord brings them to your mind. Some people who have been subject to Satanic Ritual Abuse develop multiple personalities (alters) to cope with their pain. In this case, you need someone who understands spiritual conflicts to help you maintain control and not be deceived into false memories. You can continue to walk through these steps to resolve all that you are aware of. Only Jesus can bind up the broken-hearted, set captives free and make us whole.

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).

How can we find the strength to walk in the light (read 1 John 1:7-9)? When we are sure God loves us and accepts us, we can be free to own up to our sin, face reality and not to run or hide from painful circumstances.

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.

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

Ways you can be deceived by the world:

- ❑ Believing that accumulating money and possessions will bring happiness (read Matthew 13:22 and 1 Timothy 6:10).
- ❑ Believing that eating food and drinking alcohol without restraint will make me happy (read Proverbs 20:1 and Proverbs 23:19-21).
- ❑ Believing that a sexy, attractive body and personality will get me what I want or need (see Proverbs 31:10 and 1 Peter 3:3-4).
- ❑ Believing that gratifying the sexual lust will bring true fulfilment (read Ephesians 4:22 and 1 Peter 2:11).
- ❑ Believing that I can sin and get away with it and not have an affect on my heart and character (read Hebrews 3:12-13).
- ❑ Believing that my needs cannot be totally taken care of by God (read 2 Corinthians 11:2-4, 13-15).
- ❑ Believing that I am important and strong and I can do whatever I want and no one can touch me (read Proverbs 16:18, Obadiah 1:3 and 1 Peter 5:5).

Use the following prayer of confession for each item on the above list that you have believed. Pray through each item separately.

Lord I confess that I have been deceived by _____. I thank You for Your forgiveness and I commit myself to only believing Your truth. Amen.

It is important to know that in addition to being deceived by the world, false teachers and deceiving spirits, you can also fool yourself. Now that you are alive in Christ, forgiven and totally accepted, you don't need to live a lie or defend yourself the way you used to. Christ is now your truth and defence.

Ways you can deceive yourself:

- Hearing God's Word but not doing it (read James 1:22, 4:7).
- Saying I have no sin (read 1 John 1:8).
- Thinking I am something I am not (read Galatians 6:3).
- Thinking I am wise in the things of the world (read 1 Corinthians 3:18-19).
- Thinking I can be a good Christian and still hurt others by what I say (read James 1:22).
- Thinking my secret sin will only hurt me but will not hurt others – such as pornography, voyeurism, and hatred (read Exodus 20:4-5).

Use the following prayer of confession for each item on the previous list that you have believed. Pray through each item separately.

Lord, I confess that I have deceived myself by _____. I thank You for Your forgiveness and commit myself to believing Your truth.

Wrong ways of defending yourself:

- Refusing to face the bad things that have happened to me (denial of reality).
- Escaping from the real world by daydreaming, TV, movies, computer or video games, music, reading, fantasy etc.
- Withdrawing from people to avoid rejection (emotional insulation).
- Reverting (going back) to a less threatening time of life (regression).
- Taking out frustrations on others (displaced anger).
- Blaming others for my problems (projection).
- Making excuses for poor behaviour (rationalization).

Use the following prayer of confession for each item on the previous list that has ever applied to you. Pray for each item separately.

Lord I confess that I have defended myself wrongly by _____. I thank You for Your forgiveness and commit myself to trusting in You to defend and protect me.

Sometimes we are greatly hindered from walking by faith in our Father God because of the lies we have believed about Him. We are to have a healthy fear of God (awe of His holiness, power and presence), but we are not to be afraid of Him. Read Romans 8:15. The following exercise will help break the chains of those lies and enable you to begin to experience that intimate *Abba Father* relationship with Him. Work your way down the list, one by one. Begin each one with the statement at the top of the list. Read through the list aloud.

I renounce the lie that my heavenly Father is...

1. distant or disinterested.
2. insensitive or uncaring.
3. stern or demanding.
4. passive or cold.
5. absent or too busy for me.
6. never satisfied with what I do, impatient or angry.
7. mean, cruel or abusive.
8. trying to take all the fun out of life.
9. controlling or manipulative.
10. condemning or unforgiving.

11. nit-picking, nagging or perfectionist.

I accept the truth that my heavenly Father is...

1. intimate and involved (Psalm 139:1-18).
2. kind and compassionate (Psalm 103:8-14).
3. accepting and filled with joy and love (Zephaniah 3:17, Romans 15:7).
4. warm and affectionate (Isaiah 40:11, Hosea 13:5).
5. always with me and eager to spend time with me (Jeremiah 31:20, Ezekiel 34:11-16, Hebrews 13:5).
6. patient, slow to anger and pleased with me in Christ (Exodus 34:6, 2 Peter 3:9).
7. loving, gentle and protective of me (Psalm 18:2, Isaiah 42:3, Jeremiah 31:3).
8. trustworthy. He wants to give me a full life. His will is good, perfect and acceptable for me (Lamentations 3:22-23, John 10:10, Romans 12:1-2).
9. full of grace and mercy, and He gives me the freedom to fail (Luke 15:11-16, Hebrews 4:15-16).
10. tender-hearted and forgiving. His heart and arms are always open to me (Psalm 130:1-4, Luke 15:17-24).
11. committed to my growth and proud of me as His growing child (Romans 8:28-29, 2 Corinthians 7:4, Hebrews 12:5-11).

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.

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

	Fear of death		Fear of Satan
	Fear of failure		Fear of refection by people
	Fear of disapproval		Fear of financial problems
	Fear of never getting married		Fear of becoming homosexual
	Fear of the death of a loved one		Fear of being a hopeless case
	Fear of losing your salvation		Fear of having committed the unpardonable sin
	Fear of not being loved by God		Fear of never being able to love to be loved by anyone
	Fear of embarrassment		Fear of being victimised
	Fear of marriage		Fear of divorce
	Fear of going crazy		Fear of pain

| Fear of snakes or spiders | | Other
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.

Choosing the truth may be difficult if you have been living a lie and have been deceived for some time. The Christian needs only one defence, Jesus. Knowing that you are completely forgiven and accepted as God's child sets you free to face reality and declare your total dependence on Him. Faith is the biblical response to the truth, and believing the truth is a choice we can all make. If you say, "I want to believe God, but I just can't," you are being deceived. Of course you can believe God because God's way is always true! Faith is something you decide to do, whether or not you feel like doing it. Believing the truth doesn't make it true. It's true before we believe it.

The New Age movement twists the truth by saying we create reality through what we believe. WE can't create reality with our minds. We face reality with our minds. Simply "having faith" is not the key issue here. It's what or who you believe in that makes the difference. You see, everybody believes in something and everybody lives according to what he or she believes. The question is: Is the object of your faith trustworthy? If what you believe is not true, then how you live will not be right.

For centuries, Christians have known that it is important to tell others what they believe. Read aloud the following Statement of Truth, thinking about the words as you read them. Read it every day for several weeks. This will help you renew your mind and replace any lies you have believed, with the truth.

Statements of Truth

1. I believe there is only one true and living God who is the Father, Son and Holy Spirit. He is worthy of all honour, praise and glory. I believe that He made all things and holds all things together.
2. I recognise Jesus Christ as the Messiah, the Word who became flesh and lived with us. I believe He came to destroy the works of Satan, that He disarmed the rulers and authorities and made a public display of them, having triumphed over them.
3. I believe that God showed His love for me by having Jesus die for me, even though I was sinful. I believe that God rescued me from the dark power of Satan and brought me into the kingdom of His Son, who forgives my sins and sets me free.
4. I believe that I am spiritually strong because Jesus is my strength. I have authority to stand against Satan because I am God's child. 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 of mine.
5. I choose to be strong in the Lord and in the strength of His might. I put no confidence in the flesh because my weapons of spiritual battle are not of the flesh, but are powerful through God for tearing down Satan's strongholds. I put on the whole armour of God, and I resolve to stand firm in my faith and resist the evil one.

6. I believe that apart from Christ I can do nothing, yet I can do all things through Him who strengthens me. Therefore, I choose to rely totally on Christ. I choose to abide in Christ in order to bear much fruit and glorify the Lord. I announce to Satan that Jesus is my Lord, and I reject any counterfeit gifts or works of Satan in my life.
7. I believe that the truth will set me free. I stand against Satan's lies by taking every thought captive in obedience to Christ. I believe that the Bible is the only reliable guide to my life. I choose to speak the truth in love.
8. I choose to present my body as an instrument of righteousness, a living and holy sacrifice, and to renew my mind with God's Word. I put off the old self with its evil practises and put on the new self. I am a new creation in Christ.
9. I trust my heavenly Father to direct my life and give me the power to live by the Holy Spirit, so that He can guide me into all truth. I believe He will give me strength to live above sin and not carry out the desires of my flesh. I crucify the flesh, choose to be led by the Holy Spirit and obey Him.
10. I renounce all selfish goals and choose the greatest goal of love. I choose to obey the two greatest commandments to love the Lord my God with all my heart, soul and mind and to love my neighbour as myself.
11. I believe that Jesus has all authority in heaven and on earth and that He rules over everything. I believe that Satan and his demons have been defeated by Christ and are subject to me because I am a member of Christ's body. So I obey the command to submit to God and to resist the devil and I command Satan, by the power and authority of the Lord Jesus Christ, to leave my presence.

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. Finally write "myself" at the bottom of the list. Forgiving yourself means accepting God's cleansing and forgiveness. Also write down "thoughts about God". We sometimes harbour angry thoughts toward God. Sometimes we expect or even demand that He act in a certain way in our lives and when He doesn't do what we want in the way we want, we can get angry. Those feelings can become a wall between God, and us and even though we don't actually need to forgive Him, because He is perfect, we do need to let those feelings go.

Before you begin working on the process of forgiving the people on your list, stop and consider what real forgiveness is and what it is not.

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 agreeing to live with the consequences of another person's sin. Forgiveness costs you something. You will live with the consequences whether you want to or not. Your only choice is whether you will do so in the bondage of bitterness or in the freedom of forgiveness.

Of course, Jesus took the eternal consequences of all sin upon Himself (read 2 Corinthians 5:21). We need, however, to accept the temporary consequences of what was done to us. No one truly forgives without suffering the pain of another's sin. That can seem unfair and we wonder, *where is the justice?* It is found at the Cross, which makes forgiveness legally and morally right. As those who crucified Jesus mocked and jeered, Jesus prayer, "*Father, forgive them, for they do not know what they are doing*" (Luke 23:34).

How do you forgive from your heart? You allow God to bring to the surface the mental agony, emotional pain and feelings of hate toward those who hurt you. If your forgiveness does not reach down to the emotional core of your life, it will be incomplete. Too often we try to bury the pain inside us, making it hard to get in touch with how we really feel. Though we may not know how to or even want to bring our feelings to the surface, God does. Let God bring the pain to the surface so He can deal with it. This is where God's gently healing process begins.

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

Pride is a killer. Pride says, 'I can do it – I can get myself out of this mess without God or anyone else's help.' Oh no we can't. WE absolutely need God and we desperately need each other. Paul wrote: "*We worship in the Spirit of God and glory in Christ Jesus and put no confidence in the flesh*" (Philippians 3:3).

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, such as:

- I have a stronger desire to do my will than God's will.
- I rely on my own strengths and abilities rather than on God's.
- I too often think my ideas are better than other people's ideas.
- I want to control how others act rather than develop self-control.
- I have a tendency to think I don't need other people.
- I find it difficult to admit when I am wrong.
- I am more likely to be a people-pleaser than a God-pleaser.
- I am overly concerned about getting credit for doing good things.
- I often think I am more humble than others.
- I often think I am smarter than my parents.
- I often think my needs are more important than other people's needs.
- I consider myself better than others because of my academic, artistic or athletic abilities and accomplishments.

□ Other _____

For each of these areas that has been true in your life, 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.

Many kinds of habitual sins can control us. The following list contains some of the more common sins of the flesh. Look through the list and ask the Holy Spirit to reveal to Your mind which ones from the past or the present you need to confess. He may bring to mind others that are not here. For each one God reveals, pray the following prayer of confession from the heart. Note: sexual sins, eating dis-orders, substance abuse, abortion, suicidal tendencies and perfectionism will be dealt with later.

Stealing	Lying
Fighting	Arguing
Hatred	Jealousy or envy
Anger	Complaining and criticism
Impure thoughts	Eagerness for lustful pleasure
Cheating	Gossip or slander
Procrastination (putting things off)	Swearing
Greed	Apathy or laziness
Other	Other

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.

It is our responsibility to take control of sin in our bodies. We must not use our bodies or someone else’s as instruments of unrighteousness (read Romans 6:12-13). If you are or have been struggling with sexual sins (such as pornography, masturbation, heavy petting, heavy kissing, oral sex, same-sex relationships, voyeurism, phone sex or sexual intercourse outside of marriage), pray as follows:

Lord, I ask You to reveal to my mind every sexual use of my body as an instrument of unrighteousness. In Jesus’ precious name. Amen.

As the Lord brings to your mind every sexual use of your body, whether it was done to you (i.e. rape, incest or any sexual abuse) or willingly by you, renounce every occasion:

Lord, I renounce (name of specific use of your body) with (name the person involved) and I ask that You break that sinful bond with (name).

After you have completed this exercise, commit your body to the Lord by praying out loud from your heart:

Lord, I renounce all these uses of my body as an instrument of unrighteousness, and ask You to break all bondages Satan has brought into my life through that involvement. I admit my participation. Lord, I choose to present my eyes, my mouth, my mind, my hands and feet, my whole body to You as instruments of righteousness. I now present my body to You as a living sacrifice, holy and acceptable unto You, and I choose to reserve the sexual use of my body for marriage only. I reject the lie of Satan that my body is not clean or that it is dirty or in any way unacceptable to You as a result of my past sexual experiences. Lord, I thank You that You have totally cleansed me and forgiven me, and that You love me just as I am. Therefore, I can accept myself and my body as cleansed in Your eyes. In Jesus' name. Amen.

Special Prayers for Specific Needs

Homosexuality

Lord, I renounce the lie that You have created me or anyone else to be homosexual, and I agree that You clearly forbid homosexual behaviour. I accept myself as a child of God and declare that You created me a man (or a woman). I renounce all homosexual thoughts, urges or drives, as well as any bondages of Satan, that have perverted my relationships with others. I announce that I am free to relate to the opposite sex and my own sex in the way that You intended. In Jesus' name. Amen.

Abortion. Note to men: Just as mothers are called to be responsible for the life God has entrusted to them, so too the father shares in this responsibility. If you have failed to fulfil your role as a father, pray the following prayer too:

Lord I confess that I was not the proper guardian of the life You entrusted to me and I admit that as a sin. I choose to accept Your forgiveness, and I now commit that child to You for Your care for all eternity. Amen.

Suicidal Tendencies.

Lord I renounce suicidal thoughts and any attempts I have made to take my own life or in any way injure myself. I renounce the lie that life is hopeless and that I can find peace and freedom by taking my own life. Satan is a thief, and he comes to steal, kill and destroy. I choose life in Christ who said He came to give me life and to give it to the full. I choose to accept Your forgiveness and to believe that there is always hope in Christ. In Jesus' name. Amen.

Eating Disorders or Cutting on Yourself.

Lord I renounce the lie that my value as a person is dependant upon my physical beauty, my weight or my size. I renounce cutting myself, vomiting or using laxatives, or starving myself as a means of cleansing myself of evil or altering my appearance. I announce that only the blood of the Lord Jesus Christ cleanses me from sin. I accept the reality that there may be sin present in me due to the lies I have believed and the wrongful use of my body, but I renounce the lie that I am evil or that any part of my body is evil. My body is the temple of the Holy Spirit and I belong to God. I am totally accepted by God in Christ Jesus just as I am. In Jesus' name. Amen.

Substance Abuse

Lord I confess that I have misused substance (name them eg alcohol, tobacco, food, prescriptive or street drugs) for the purpose of pleasure, to escape from reality or to cope with difficult problems. I confess that I have abused my body and programmed my mind in a

harmful way. I have not allowed Your Holy Spirit to guide me. I ask Your forgiveness, and I reject any satanic connection or influence in my life because of misuse of drugs or food. I cast my cares into Christ who loves me, and I commit myself to no longer give in to substance abuse, but instead to allow the Holy Spirit to lead and empower me. In Jesus' name. Amen.

Driven-ness and Perfectionism.

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

After you have confessed all known sin, say:

I now confess these sins to You and claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel all ground that evil spirits have gained through my wilful involvement in sin. I ask this in the name of my Lord and Saviour, Jesus Christ. 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 in the space provided. You will be specifically renouncing them later in this step.

1. _____
2. _____
3. _____
4. _____
5. _____

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.

In addition, deceived and evil people may try to curse you or satanic groups may try to target you. You have all the authority and protection you need in Christ to stand against such curses. In order to

walk free from the sins of your ancestors and any demonic influences, read the following declaration out loud and pray the following prayer out loud. Let the words come from your heart as you remember the authority you have in Christ Jesus.

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 reject all the blood sacrifices whereby Satan may claim ownership of me. 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.

Prayer

Dear heavenly Father, I come to You as Your child, purchased by the blood of the Lord Jesus Christ. You are the Lord of the universe and the Lord of my life. I submit my body to You as an instrument of righteousness, a living sacrifice, that I may glorify You in my body. I ask You to fill me with Your Holy Spirit to lead and empower me to know and do Your will. I commit myself to the renewing of my mind in order to prove that Your will is good, perfect and acceptable for me. All this I do in the name and authority of the Lord Jesus Christ. Amen.

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 you 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."

One victim of incredible abuse shared this illustration: "It's like being forced to play a game with an ugly stranger in my own home. I kept losing and wanted to quit, but the ugly stranger wouldn't let me. Finally I called the police (a higher authority), and they came and escorted the stranger out. He knocked on the door, trying to regain entry, but this time I recognised his voice and didn't let him in." What a beautiful illustration of gaining freedom in Christ. We call upon Jesus, the final and most powerful authority, and He escorts the powers of darkness out of our lives.

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”. To maintain your freedom, we strongly suggest the following as well:

1. Get involved in a loving church, youth group or Bible study where you can be open and honest with other believers.
2. Study your Bible daily. Begin to study God’s Word and memorise key verses. Remember it is the truth that sets you free and it is the truth that keeps you free. You may want to say the Statement of Truth out loud daily and study the verses.
3. Learn to take every thought captive to the obedience of Christ. Assume responsibility for your thought life. Don’t let your mind go passive. Reject all lies, choose to focus on the truth and stand firm in your identity in Christ.
4. Don’t drift away! It is very easy to become lazy in your thoughts and slip back into old habit patterns of thinking. Share your struggles openly with a trusted friend (or mentor) who will pray for you.
5. Don’t expect others to fight your battles for you. They can’t and they won’t. Others can encourage you, but they can’t think, pray, read the Bible or choose the truth for you.
6. Commit yourself to daily prayer. Prayer is dependence upon God. You can pray the following suggested prayers often and with confidence:

Suggested daily prayer

Dear heavenly Father, I honour You as my Lord. I know that You are always present with me. You are the only all-powerful and only wise God. You are kind and loving in all Your ways. I love You and I thank You that I am united with Christ and spiritually alive in Him. I choose not to love the world and I crucify the flesh and all its passions.

I thank You for the life that I now have in Christ, and I ask You to fill me and guide me with You Holy Spirit so I may live my life free from sin. I declare my dependence upon You and I take my stand against Satan and all his lying ways. I choose to believe the truth and I refuse to be discouraged. You are the God of all hope and I am confident that You will meet my needs as I seek to live according to Your Word. I express with confidence that I can live a responsible life through Christ who strengthens me.

I now take my stand against Satan and command him and all his evil spirits to depart from me. I put on the whole armour of God. I submit my body as a living sacrifice and renew my mind by the living Word of God in order that I may prove that the will of God is good, acceptable and perfect. I ask these things in the powerful and precious name of my Lord and Saviour, Jesus Christ. Amen.

Suggested bedtime prayer

Thank You Lord that You have brought me into Your family and have blessed me with every spiritual blessing in the heavenly realms in Christ. Thank You for providing this time of renewal through sleep. I accept it as part of Your perfect plan for Your children and I trust You to guard my mind and body during sleep. As I have thought about You and Your truth during the day, I choose to let those thoughts continue in my mind while I am asleep. I commit myself to You for Your protection from every attempt of Satan or his demons to attack me during the night. I commit myself to You as my rock, my fortress and my resting place. I pray in the strong name of the Lord Jesus Christ. Amen.

Home/Apartment/Room

After destroying all articles of false worship (crystals, good luck charms, occultic objects, games etc) from your room, pray out loud in your sleeping area:

Thank You, heavenly Father, for a place to live and be renewed by sleep. I ask You to set aside my room as a place of safety for me. I renounce any worship given to false gods or spirits by other occupants, and I renounce any claim to this room by Satan, based on what people have done here or what I have done in the past.

On the basis of my position as a child of God and a joint heir with Christ who has all the authority in heaven and on earth, I command all evil spirits to leave this place and never to return. I ask You, heavenly Father, to appoint guardian angels to protect me while I live here. I pray this in the name of the Lord Jesus Christ. Amen.

Continue to seek your identity and sense of worth through who you are in Christ. Renew your mind with the truth that your acceptance, security and significance is in Christ alone. Meditate on the truths in Appendix Three daily, reading the entire list aloud, morning and evening over the next few weeks.