



# THE STEPS TO FREEDOM IN CHRIST

**A STEP-BY-STEP GUIDE TO HELP YOU**

Resolve personal and spiritual conflicts  
Break free from bondage and renew your mind  
Experience Daily victory as a child of God

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## INSTRUCTIONS

The Steps to Freedom provide a way for you to resolve personal and spiritual conflicts through genuine repentance and faith in God. They are a means by which you personally connect with God, who is the only one who can set you free and heal your wounds from the past. The process will not embarrass you, and there is nothing to fear. The purpose is to set you free in Christ by taking back places in your life where the enemy might have gained access.

### **For those doing this study in a Life Group:**

- Dr. Anderson has video sections where he explains the content of the section, asks participants to do a self-inventory based on the content, and then to do a renouncing prayer for that section as a group.
- You will see that this is hard to do in a group setting because it is a less private environment and there is not enough time to do the self-inventories and process the prayer contents.
- If you do it as a group, do it over at least two group sessions and make sure there is enough time for everybody to think and pray through the materials.
- We suggest you watch the video session and read along with Neil Anderson then each individual work through the repentance process on their own, at their own pace, using this guide. Every step is explained so you will have no trouble following through it.
- We suggest you find a quiet, private place where you can process the steps and pray the prayers out loud. Satan cannot read your thoughts, so it is important that you speak your prayers audibly.
- If you experience some mental interference, such as, “this isn’t going to work,” “I don’t believe this,” or other blasphemous, condemning, or accusing thoughts, just ignore those and continue on. They have no power over you unless you believe them. Try not to pay attention to any interference from the enemy.

Remember, you are a child of God and are seated with Christ in the heavenlies. That means you have the authority and power to do His will and to stand against the enemy. The steps don’t set you free -- Jesus sets you free, and you will

progressively experience that freedom as you respond to Him in faith and repentance.

Successfully completing this renouncing process is not an end but a continuation of your freedom process. Unless these issues are resolved, however, the growth process will be stalled, and your Christian life will be stagnant.

Should anyone experience difficulties with the process or feel they need more help in their freedom process, they should contact **Karla Kammerman** directly; [karla@springvale.org](mailto:karla@springvale.org) OR (905) 887-5651 \*27

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***“For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast”***

***Ephesians 2: 8-9***

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If you have never received Christ, you can do so right now. God knows the thoughts and intentions of your heart, so all you have to do is put our trust in God alone. You can express your decision in prayer as follows:

***Dear Heavenly Father, thank You for sending Jesus to die on the cross for my sins. I acknowledge that I have sinned and that I cannot save myself. I believe that Jesus came to give me life, and by faith I now choose to receive You into my life as my Lord and Saviour. By the power of Your indwelling presence enable me to be the person You created me to be. I pray that You would grant me repentance leading to knowledge of the truth so that I can experience my freedom in Christ and be transformed by the renewing of my mind.***

***In Jesus' precious name I pray***

***Amen***

## PREPARATION

Processing the Steps can play a major role in your continuing process of discipleship. The purpose is to get you firmly rooted in Christ. It doesn't take long to establish your identity and freedom in Christ, but there is no such thing as instant maturity. Renewing your mind and conforming to the image of God is a lifelong process. May the Lord grace you with His presence as you seek to do His will. Once you have experienced your freedom in Christ, you can help others experience the joy of their salvation. Begin the Steps with the following prayer and declaration:

### PRAYER

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

*In the wonderful name of Jesus, I pray. Amen*

### DECLARATION

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

## REVIEW OF YOUR LIFE

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

### FAMILY HISTORY

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

### PERSONAL HISTORY

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

## STEP 1

### COUNTERFEIT VS. REAL

#### PRAYER

*Dear Heavenly Father, please bring to my mind anything and everything that I have done knowingly or unknowingly that involves occult, cult, false religious teaching or practices. I want to experience Your freedom by renouncing any and all false guidance.*

*In Jesus' name I pray Amen*

## NON-CHRISTIAN SPIRITUAL CHECKLIST

(Check all in which you have participated.)

- Out-of-body experience
- Ouija board
- Bloody Mary
- Occult games
- Magic Eight Ball
- Spells or curses
- Mental telepathy/control
- Automatic writing
- Trances
- Spirit guides
- fortune-telling/divination
- Tarot cards
- Levitation
- witchcraft/wicca /sorcery
- Satanism
- Palm reading
- astrology/horoscopes
- Hypnosis
- Astral projection
- seances/mediums/channelers
- Black or white magic
- Blood pacts
- Fetishism/crystals/charms
- Sexual spirits
- Martial arts (mysticism)
- Superstitions
- Mormonism (LDS)
- Jehovah's Witness
- New Age (teachings, medicine)
- Masons
- Christian Science / Mind Science
- Unification Church (Moonies)
- The Forum (EST)
- Church of Scientology
- Unitarianism / Universalism
- Silva Mind Control
- Transcendental Meditation (TM)
- Yoga (religion, not the exercise)
- Hare Krishna
- Bahaism
- Native American spirit worship
- Islam
- Hinduism
- Buddhism (including Zen)
- Black Muslim
- Rosicrucianism
- False gods (money, sex, power, pleasure, certain people)
- Other (non-Christian religions; cults; movies; music; books; video games; comics or fantasy games that glorify satan, which precipitated nightmares or mental battles; and all other questionable spiritual experiences including spiritual visitations and nightmares)

Once you have completed your checklist, confess and renounce every false religious practice, belief, ceremony, vow or pact in which you were involved by praying the following prayer **aloud**:

*Lord Jesus, I confess that I have participated in {specifically name every belief and involvement related to all that you have check above}, and I renounce them all as counterfeits. I pray that You will fill me with Your Holy Spirit so that I may be guided by You. Thank You that in Christ I am forgiven. Amen*

## SATANIC WORSHIP

People who have been subjected to satanic ritual abuse (SRA) need the help of someone who understands dissociative disorders and spiritual warfare. If you have been involved in any form of satanic worship, say **aloud** the following Special Renunciations. Read across the page, renouncing the first item in the column entitled “Kingdom of Darkness,” and then announcing the truth in the column entitled “Kingdom of Light.” Continue down the page in this manner. Notice that satanic worship is the antithesis of true worship.

KINGDOM OF DARKNESS	KINGDOM OF LIGHT
I renounce ever signing my name over to satan or having my name signed over to satan.	I announce that my name is now written in the Lamb’s book of life.
I renounce any ceremony in which I have been wed to satan.	I announce that I am the bride of Christ.
I renounce any and all covenants I made with satan.	I announce that I am under the new covenant with Christ.
I renounce all satanic assignments for my life, including duties, marriage and children	I announce and commit myself to know and do only the will of God and accept only His guidance
I renounce all spirit guides assigned to me	I accept only the leading of the Holy Spirit
I renounce ever giving my blood in the service of satan	I trust only the blood of the Lord Jesus Christ
I renounce ever eating flesh or drinking blood for satanic worship	By faith I symbolically eat only the flesh and drink only the blood of Jesus in Holy Communion
I renounce any and all guardians and satanist parents who were assigned to me	I announce that God is my Father and the Holy Spirit is my guardian by whom I am sealed



KINGDOM OF DARKNESS	KINGDOM OF LIGHT
I renounce any baptism whereby I have been identified with satan	I announce that I have been baptized into Christ Jesus
I renounce and all sacrifices that were made on my behalf by which satan may claim ownership of me	I announce that only the sacrifice of Christ has any hold on me. I belong to Him. I have been purchased by the blood of the Lamb

## STEP 2

### DECEPTION VS. TRUTH

We find the strength to walk in the light of honesty and transparency before God and others when we know that God loves and accepts us just as we are. We can face reality, acknowledge our sins and not try to hide. Begin this commitment to truth by praying the following prayer **aloud**. Don't let any opposing thoughts, such as *This is a waste of time or I wish I could believe this, but I can't*, keep you from pressing forward. God will strengthen you as you rely on Him.

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

Prayerfully consider the lists in the following three exercises, using the prayer at the end of each exercise in order to confess any ways you have given in to deception or wrongly defended yourself. You cannot instantly renew your mind, but the process will never begin unless you acknowledge your mental strongholds or defense mechanisms, which are sometimes called flesh patterns.

## WAYS YOU CAN BE DECEIVED BY THE WORLD

- ❑ Believing that acquiring money and things will bring lasting happiness (Matthew 13:22; 1 Timothy 6:10)
- ❑ Believing that excessive food and alcohol can relieve your stress and make you happy (Proverbs 23: 19-21)
- ❑ Believing that an attractive body and personality will get you what you need (Proverbs 31:30; 1 Peter 3:3-4)
- ❑ Believing that gratifying sexual lust will bring lasting satisfaction (Ephesians 4:22; 1 Peter 2:11)
- ❑ Believing that you can sin and get away without any negative consequences (Hebrews 3: 12-13)
- ❑ Believing that you need more than what God has given you in Christ (2 Corinthians 11: 2-4, 13-15)
- ❑ Believing that you can do whatever you want and no one can touch you (Proverbs 16:18; Obadiah 3; 1 Peter 5:5)
- ❑ Believing that unrighteous people who refuse to accept Christ go to heaven anyway (1 Corinthians 6: 9-11)
- ❑ Believing that you can associate with bad company and not become corrupted (1 Corinthians 15: 33-34)
- ❑ Believing that you can read, see or listen to anything and not be corrupted (Proverbs 4: 23-27; Matthew 5:28)
- ❑ Believing that there are no consequences on Earth for your sin (Galatians 6: 7-8)
- ❑ Believing that you must gain the approval of certain people in order to be happy (Galatians 1: 10)
- ❑ Believing that you must measure up to certain standard in order to feel good about yourself (Galatians 3: 2-3; 5:1)

## PRAYER

*Lord Jesus, I confess that I have been deceived by [confess the items you checked above]. I thank You for Your forgiveness, and I commit myself to believe only Your truth.  
In Jesus' name I pray Amen*

## WAYS YOU DECEIVE YOURSELF

- Hearing God's Word but not doing what it says (James 1:22)
- Saying you have no sin (1 John 1:8)
- Thinking you are something you are really not (Galatians 6:3)
- Thinking you are wise in this worldly age (1 Corinthians 2: 18-19)
- Thinking you can be truly religious but not bridle your tongue (James 1:26)
- Thinking that God is the source of your problems (Lamentations 3)
- Thinking you can live your life without the help of anyone else (1 Corinthians 12: 14-20)

## PRAYER

*Lord Jesus, I confess that I have deceived myself by [confess the items you checked above]. I thank You for Your forgiveness, and I commit myself to believe only Your truth. In Jesus' name I pray Amen*

## WAYS YOU WRONGLY DEFEND YOURSELF

- Denial of reality (conscious or unconscious)
- Fantasy (escaping the reality by daydreaming, TV, movies, music, computer or video games, drugs, alcohol)
- Emotional insulation (withdrawing from people or keeping people at a distance to avoid rejection)
- Regression (reverting back to less threatening times)
- Displaced anger (taking out frustrations on innocent people)
- Projection (attributing to another what you find unacceptable in yourself)
- Rationalization (making excuses for your own poor behaviour)
- Lying (protecting yourself through falsehoods)
- Blaming yourself (when you are not responsible) and others
- Hypocrisy (presenting a false image)

## PRAYER

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

# STATEMENTS OF TRUTH

- 1. I recognize that there is only one true and living God who exists as the Father, Son and Holy Spirit. He is worthy of all honour, praise and glory as the One who made all things and holds all things together. [Exodus 20: 2-3; Colossians 1: 16-17]**
- 2. I recognize Jesus Christ as the Messiah, the Word who became flesh and dwelt among us. I believe that He came to destroy the works of the devil and that he disarmed the rulers and authorities and made a public display of them, having triumphed over them. [John 1: 1, 14; Colossians 2:15; 1 John 3:8]**
- 3. I believe that God demonstrated His own love for me in that while I was still a sinner, Christ died for me. I believe that He has delivered me from the domain of darkness and transferred me to His kingdom, and in Him I have redemption, the forgiveness of sins. [Romans 5:8; Colossians 1: 13-14]**
- 4. I believe that I am now a child of God and that I am seated with Christ in the heavenlies. I believe that I was saved by the grace of God through faith and that it was a gift and not a result of any works on my part. [Ephesians 2: 6,8-9; 1 John 3: 1-3]**
- 5. I choose to be strong in the Lord and in the strength of His might. I put no confidence in the flesh, for the weapons of warfare are not of the flesh but are divinely powerful for the destruction of strongholds. I put on the full armour of God. I resolve to stand firm in my faith and resist the evil one. [2 Corinthians 10:4; Ephesian 6: 10-20; Philippians 3:3]**
- 6. I believe that apart from Christ I can do nothing, so I declare my complete dependence on Him. I choose to abide in Christ in order to bear much fruit and glorify my Father. I announce to satan that Jesus is my Lord. I reject any and all counterfeit gifts or works of satan in my life. [John 15: 5,8; 1 Corinthians 12:3]**
- 7. I believe that the truth will set me free and that Jesus is the truth. If He sets me free, I will be freed indeed. I recognize that walking in the light is the only path of true fellowship with God and man. Therefore, I stand against all of satan's deceptions by taking every thought captive in obedience to Christ. I declare that the Bible is the only authoritative standard for truth and life. [John 8: 32,36; 14:6; 2 Corinthians 10:5; 2 Timothy 3: 15-17; 1 John 1: 3-7]**

8. **I choose to present my body to God as a living and holy sacrifice and the members of my body as instruments of righteousness. I choose to renew my mind by the living Word of God in order that I may prove that the will of God is good, acceptable and perfect. I put off the old self with its evil practices and I put on the new self. I declare myself to be a new creation in Christ. [Romans 6: 13; 12:1-2; 2 Corinthians 5:17; Colossians 3: 9-10]**
9. **By faith, I choose to be filled with the Spirit so that I can be guided into all truth. I choose to walk by the Spirit so that I will not carry out the desires of the flesh. [John 16:13; Galatians 5:16; Ephesians 5:18]**
10. **I renounce all selfish goals and choose the ultimate goal of love. I choose to obey the two greatest commandments; to love the Lord my God with all my heart, soul, mind and strength and to love my neighbour as myself. [Matthew 22: 37-39; 1 Timothy 1:5]**
11. **I believe that the Lord Jesus has all authority in heaven and on earth, and He is the head over all rule and authority. I am complete in Him. I believe that satan and his demons are subject to me in Christ since I am a member of Christ's body. Therefore, I obey the command to submit to God and resist the devil, and I command satan in the name of Jesus Christ to leave my presence. [Matthew 28: 18; Ephesians 1: 19-23; Colossians 2: 10; James 4:7]**

## STEP 3

### **BITTERNESS VS. FORGIVENESS**

We are called to be merciful just as our heavenly Father is merciful [Luke 6:36] and forgive others as we have been forgiven [Ephesians 4: 31-32]. Doing so sets us free from our past and doesn't allow satan to take advantage of us [2 Corinthians 2: 10-11]. Ask God to bring to your mind the people you need to forgive by praying the following prayer aloud:

*Dear Heavenly Father, I thank you for the riches of Your kindness, forbearance and patience toward me, knowing that Your kindness has led me to repentance. I confess that I have not shown that same kindness and patience toward those who have hurt or offended me [Romans 24]. Instead, I have held on to my anger, bitterness and resentment toward them. Please bring to my mind all the people I need to forgive in order that I may now do so.  
In Jesus name, I pray. Amen*

## MAKE A LIST

On a separate sheet of paper, list the names of people who come to your mind. At this point don't question whether you need to forgive them. Often we hold things against ourselves as well, punishing ourselves for wrong choices we've made in the past. Write 'myself' at the bottom of your list if you need to forgive yourself. Forgiving yourself is accepting the truth that God has already forgiven you in Christ. If God forgives you, you can forgive yourself!

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

## REVIEW WHAT FORGIVENESS IS

Before you begin working through the process of forgiving those on your list, review what forgiveness is and what it is not. The critical points are highlighted below.

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

***Forgiveness is a choice, a decision of the will.*** God requires you to forgive, so we know that it is something you can do. Some people hold onto their anger as a means of protecting themselves against further abuse, but all they are doing is hurting themselves. Others want revenge. The Bible teaches "vengeance is mine, I will repay, says the Lord" [Romans 12:19]. Let God deal with the person. Let him or her off the hook because as long as you refuse to forgive someone, you are still hooked to that person. You are still chained to the your past,

bound up in your bitterness. By forgiving, you let the other person off your hook, but he or she is not off God's hook. You must trust that God will deal with the person justly and fairly, something you simply cannot do. *But you don't know how much this person hurt me!* No other human really knows another person's pain, but Jesus does, and he instructs us to forgive others for our sakes. Until you let go of your bitterness and hate, the person is still hurting you. Nobody can fix your past, but you can be free from it. What you gain from forgiving is freedom from your past and from those who have abused you. To forgive is to set the captives free and then realize **you were the captive.**

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

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

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

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

## MAKE THE CHOICE

Start with the first person on your list and make the Choice to forgive him or her for every painful memory that comes to your mind. Stay with that individual until you are sure you have dealt with all the remembered pain. Then work your way down the list in the same way. As you begin forgiving people, God may bring to your mind painful memories you've totally forgotten. Let Him do this even if it hurts. God is



surfacing those painful memories so you can face them once for all time and let them go. Don't excuse others' behavior even if they are close to you.

Don't say, "Lord please help me forgive". He is already helping you and will be with you all the way through the process. Don't say, "Lord I want to forgive", because that bypasses the hard choice we have to make. Say, "Lord I choose to forgive these people and what they did to me". For every painful memory that God reveals for each person on your list pray this prayer **aloud**:

*Lord Jesus, I choose to forgive [name the person] for [what he or she did or failed to do] because it made me feel [share the painful feelings, such as rejected, dirty, worthless, inferior]*

After you have forgiven every person for every painful memory, pray this prayer as well

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

## **ACKNOWLEDGING THE TRUTH ABOUT YOUR FATHER GOD**

Before we came to Christ, thoughts were raised up in our minds against the true knowledge of God [2 Corinthians 10:3-5]. Even as believers we have harboured resentment toward God that will hinder our walk with Him. We should have a healthy fear of God (awe of His Holiness, power & presence), but we fear no punishment from Him. Romans 8:15 reads, "For you have not received the spirit of slavery leading to fear again, but you have received a spirit of adoption as Sons by which we cry out, 'Abba Father!'"



The following exercise will help renew your mind to a true knowledge of your Heavenly Father. Read the left column out loud and then read the corresponding right column. Begin each one with the statement in bold at the top of the list

<b>I RENOUNCE THE LIE THAT GOD IS...</b>	<b>I CHOOSE TO BELIEVE THE TRUTH THAT GOD IS...</b>
Distant and disinterested	Intimate and involved [Psalm 139: 1-18]
insensitive and uncaring	kind and compassionate [Psalm 103:8-14]
Stern and demanding	accepting and filled with joy and love [Zephaniah 3:17; Romans 15:7]
Passive and cold	warm and affectionate [Isaiah 40:11; Hosea 11; 3-4]
absent or too busy for me	always with me and eager to be with me [Jeremiah 31:20; Ezekiel 34:11-16; Hebrews 13: 5]
never satisfied with what I do semicolon impatient or angry	patient and slow to anger [Exodus 34:6; 2 Peter 3:9]
mean, cruel, or abusive	loving, gentle, and protective of me [Psalm 18:2; Jeremiah 31:3; Isaiah 42:3]
trying to take all the fun out of life	trustworthy, wanting to give me a full life. He will his good, perfect and acceptable for me [Lamentations 3:22-23; John 10:10; Romans 12:1-2]
controlling or manipulative	full of grace and mercy; He gives me freedom to fail [ Hebrews 4: 15-16; Luke 15: 11-16]
condemning and unforgiving	tenderhearted and forgiving; His heart and arms are always open to me [Psalm 130:1-4; Luke 15:17-24]
exacting, or perfectionist	committed to my growth and proud of me as His beloved child [Romans 8:28-29; Hebrews 12: 5-11; 2 Corinthians 7:4 ]

*I am the apple of His eye! [Deuteronomy 32:10*

## STEP 4

### REBELLION VS. SUBMISSION

#### PRAYER

*Dear heavenly Father, You have said that rebellion is as the sin of witchcraft and insubordination is as iniquity and idolatry [1 Samuel 15:23]. I know that I have not always been submissive, but instead have rebelled in my heart against You, and against those You have placed in authority over me, in attitude and in action. Please show me all the ways I have been rebellious. I choose now to adopt a submissive spirit and a servant's heart.  
In Jesus' name I pray Amen*

From the list below, allow the Lord to show you any specific ways you have been rebellious and us the prayer that follows to confess those sins He brings to mind.

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

## PRAYER

*Lord Jesus, I confess that I have been rebellious toward [name or position] by [specifically confess what you did or did not do]. Thank You for Your forgiveness. I choose to be submissive and obedient to Your Word.  
In Jesus' name I pray Amen*

## STEP 5

### PRIDE VS. HUMILITY

Pride comes before a fall, but God gives grace to the humble [ James 4:6; 1 Peter 5:1-10]. Humility is confidence properly placed in God, and we are instructed to “put no confidence in the flesh” [Philippians 3:3]. We are to be “strong in the Lord and in the strength of His might” [Ephesians 6:10]. Proverbs 3:5 urges us to trust in the Lord with all our hearts and not to lean on our own understanding. Use the following prayer to ask God to show you where you may be prideful.

## PRAYER

*Dear heavenly Father, you have said that Pride goes before destruction and an Spirit before stumbling. I confess that I have focused on my own needs and desires and not others'. I have not always denied myself, picked up my cross daily and followed You. I have relied on my own strength and resources instead of resting in Yours. I have placed my will before Yours and centered my life around myself instead of You. I confess my pride and selfishness and pray that all ground gained in my life by the enemies of the Lord Jesus Christ would be canceled. I choose to rely upon the Holy Spirit's power and guidance so that I will do nothing from selfishness or empty conceit. But with humility of mind, I choose to regard others as more important than myself. I acknowledge You as my Lord and I confess that apart from You I can do nothing of lasting significance.  
Please examine my heart and show me the specific ways I have lived my life in Pride.  
In the gentle and humble name of Jesus, I pray.  
Amen*

To the list below and use the prayer following to confess any sense of Pride the Lord brings to mind.

- Having a stronger desire to do my will than God's will
- leaning too much on my own understanding and experience rather than seeking God's guidance through prayer and his word
- relying on my own strength and resources instead of depending on the power of the Holy Spirit
- being more concerned about controlling others than in developing self control
- being too busy doing seemingly important and selfish things rather than seeking and doing God's will
- having a tendency to think that I have no needs
- finding it hard to admit when I am wrong
- being more concerned about pleasing people than pleasing God
- being overly concerned about getting the credit I feel I deserve
- thinking I am more humble, spiritual, religious or devoted than others
- being driven to obtain recognition by attaining degrees, titles and positions
- often feeling that my needs are more important than another person's needs
- considering myself better than others because of my academic, artistic or athletic abilities and accomplishments
- having feelings of inferiority appearing as false humility
- not waiting on God
- other ways I have thought more highly of myself than I should

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

## PRAYER

*Lord Jesus, I agree I have been proud by [name each item you checked above].  
Thank You for Your forgiveness.  
I choose to humble myself before You and others.  
I choose to place all my confidence in You  
and not to put confidence in my flesh.  
In Jesus' name I pray. Amen*

## STEP 6

### BONDAGE VS. FREEDOM

We resist the devil by rejecting his lies. We must walk in the truth and put on the full armour of God [Ephesians 6:10-20]

Sin that has become a habit often may require help from a trusted brother or sister in Christ. [James 5:16] Remember, confession is not just saying "I'm sorry." It is openly admitting, "I did it." Whether you need help from other people or just the accountability of walking in the light before God, pray the following prayer *aloud*:

## PRAYER

*Dear Heavenly Father, You have told me to put on the Lord Jesus Christ and make no provision for the flesh in regard to its lust. I confess that I have given in to fleshly lusts that wage war against my soul. I thank You that in Christ my sins are already forgiven, but I have broken Your holy law and I have allowed sin to wage war in my body. I come to You now to confess and renounce these sins of the flesh so that I might be cleansed and set free from the bondage of sin. Please reveal to my mind all the sins of the flesh I have committed and the ways I have grieved the Holy Spirit.  
In Jesus' holy name I pray. Amen*

The following list contains many sins of the flesh, but a prayerful examination of Mark 7:2-23; Galatians 5:19-21; Ephesians 4: 25-31 and other scripture passages will help you to be even more thorough. Look over the list below and the scriptures listed, and ask the Holy Spirit to bring to your mind the sins you need to confess. He

may reveal others to you as well. For each one the Lord shows you, pray a prayer of confession from your heart. There is a sample prayer following the list.  
 (NOTE: sexual sins, eating disorders, substance abuse, abortion, suicidal tendencies and perfectionism will be dealt with later in this step. Further counseling may be necessary to find complete healing and freedom in these and other areas.)

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

## PRAYER

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

### *Resolving sexual sin*

We are responsible to not let sin reign (rule) in our mortal bodies. We must not use our bodies or other people's bodies as instruments of unrighteousness [Romans 6: 12-13]. Sexual immorality is not only a sin against God but also a sin against our bodies, which are temples of the Holy Spirit [1 Corinthians 6:18-19]. To find Freedom from sexual bondage begin by praying this prayer :

## PRAYER

***Lord Jesus, I have allowed sin to reign in my mortal body. I asked you to bring to mind every  
 sexual use of my body as an instrument of unrighteousness so I can renounce the sexual sins and  
 break the sinful bandages  
 In Jesus' name I pray. Amen***

As the Lord brings to your mind every immoral sexual use of your body, whether it is done to you (rape, incest, sexual molestation) or willingly by you (pornography, masturbation, sexual immorality), use this prayer to renounce every experience you can think of.

## PRAYER

***Lord Jesus, I renounce [name the sexual experience] with [name]. I asked you to break that sinful bond with [name] spiritually, physically and emotionally.  
In Jesus' name I pray. Amen***

After you have finished, commit your body to the Lord with this prayer.

## PRAYER

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

*Pornography*

## PRAYER

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

## Homosexuality

### PRAYER

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

## Abortion

### PRAYER

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

## Suicidal Tendencies

### PRAYER

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



## *Drivenness and Perfectionism*

### PRAYER

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

## *Eating Disorders or Self-Mutilation*

### PRAYER

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

## *Substance Abuse*

### PRAYER

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

## STEP 7

### CURSES VS. BLESSINGS

Scripture declares that the iniquities of one generation can be visited on the 3rd and 4th Generations, but God's blessings will be poured out on thousands of generations of those who love and obey Him [Exodus 24:2-6]. The iniquities of one generation can adversely affect future ones unless those sins are renounced and new spiritual Heritage in Christ is claimed. This cycle of abuse and all negative influences can be stopped through genuine repentance. Jesus died for our sins, but you appropriate the forgiveness and cleansing only when you choose to believe Him, and you experience it only when you repent. You are not guilty of your ancestors' sins, but you were affected by their influence. Jesus said that after we have been fully trained we will be like our teachers [Luke 6:40], and Peter wrote that you were redeemed from your futile way of life inherited from your forefathers [1 Peter 1:18]. Ask the Lord to reveal your ancestral sins and then renounce them with this prayer.

#### PRAYER

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

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

Satan and people make curse us, but no curse will have any effect on us unless we believe it. We cannot passively take our place in Christ; we must actively and intentionally choose to submit to God and resist the devil, and then he will flee from us. Complete this final step with this declaration and prayer.

#### DECLARATION

*I here and now reject and disown all of the sins of my ancestors. As one who has been delivered from the domain of darkness and transferred into the kingdom of God's Son, I declare myself to be free from those harmful influences. I am no longer in Adam. I am now alive in Christ. Therefore I am the recipient of the blessings of God on my life as I choose to*

*love and obey Him. As one who has been crucified and raised with Christ and who sits with Him in Heavenly places, I renounce any and all satanic attacks and any assignments directed against me and my ministry. Every curse placed on me was broken when Jesus Christ became a curse for me by dying on the cross [Galatians 3:13]. I reject any and every way in which Satan may claim ownership of me. I belong to the Lord Jesus Christ, Who purchased me with His own precious blood. I declare myself to be fully and eternally signed over and committed to the Lord Jesus Christ.*

*Therefore, having submitted to God and by His authority, I now resist the devil and I command every spiritual enemy of the Lord Jesus Christ to leave my presence. I put on the armor of God, and I stand against Satan's temptations, accusations and deceptions. From this day forward I will seek to do only the will of my Heavenly Father.*

## PRAYER

*Dear heavenly Father, I come to You as Your child, bought out of Slavery to sin by the blood of the Lord Jesus Christ. You are the lord of the universe and the Lord of my life. I submit my body to you as a living and holy sacrifice. May You be glorified through my life and body. I now ask You to fill me with Your Holy Spirit. I commit myself to the renewing of my mind in order that I may prove that Your will is good, acceptable, and perfect for me.*

*I desire nothing more than to be like you.*

*I pray, believe, and do all this in The Wonderful Name of Jesus, my Lord and Saviour.*

*Amen*

### ***Maintaining Your Freedom***

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

After going through the Steps, people commonly have thoughts like these: "nothing has really changed. I'm the same person I always was. It didn't work". In most cases you should just ignore these thoughts. We are not called to dispel the darkness, but to turn on the light. You don't get rid of negative thoughts by rebuking every one; you get rid of them by repenting and choosing the truth.

If you would like to continue growing in the grace of God, here are some suggestions:

1. Get rid of or destroy any cult or occult objects in your home [Acts 19:18-20]
2. Get involved in a Life Group Ministry where you can be a real person, and be part of a church where God's truth is taught with kindness and Grace.
3. Read and meditate on the truth of God's word each day.
4. Don't let your mind be passive, especially concerning what you watch and listen to (music, TV, movies, and the like). Actively take every thought captive to The Obedience of Christ.
5. Learn To Pray by the spirit.
6. Remember, you are responsible for your mental, spiritual, and physical health.
7. Commit to spending time daily with God through devotions, scripture reading and memorization and prayer.

## DAILY PRAYER AND DECLARATION

*Dear heavenly Father, I praise You and honor You as my Lord and Savior. You are in control of all things. I thank You that You are always with me and will never leave me or forsake me. You are the all-powerful and only wise God. You are kind and loving in all Your ways. I love You and thank You that I am united with Christ and spiritually alive and Him. I choose not to love the world or the things in the world, and I crucify the flesh and all its passions.*

*Thank you for the life I now have in Christ. I ask You to fill me with the Holy Spirit so I can be guided by You and not carry out the desires of the flesh. I declare my total dependence upon You, and I take my stand against satan and all his lying ways. I choose to believe the truth of God's word despite what my feelings may say. I refuse to be discouraged; You are the God of all hope. Nothing is too difficult for you. I am confident that You will supply all my needs as I seek to live according to Your word. I thank you that I can be content and live a responsible life through Christ Who strengthens me.*

*I now take my stand against satan and I command him and all his evil spirits to depart from me. I choose to put on the full armor of God so I may be able to stand firm against all the devil's schemes. I submit my body as a living and holy sacrifice to You, and I choose to renew my mind by Your Living Word.*

*By doing so I will be able to prove that Your will is good, acceptable, and perfect for me.  
In the name of my Lord and Savior, Jesus Christ I pray  
Amen*

## BEDTIME PRAYER

*Thank you, Lord, that You have brought me into Your family and have blessed me with every spiritual blessing in the Heavenly places in Christ Jesus. Thank You for this time of renewal and refreshment through sleep. I accept it as one of Your blessings for Your children, and I trust You to guard my mind and my body during my sleep.*

*As I have thought about You and Your truth during the day, I choose to let those good thoughts continue in my mind while I am asleep. I commit myself to You for Your protection against every attempt of satan and his demons to attack me during my sleep. Guard my mind from nightmares. I renounce all fear and cast every anxiety upon You, Lord. I commit myself to You as my rock, my Fortress, and my strong tower. May Your peace be upon this place of rest.  
In the strong name of the Lord Jesus Christ I pray.  
Amen*

## PRAYER FOR SPIRITUALLY CLEANSING A HOME, APARTMENT OR ROOM

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

*Heavenly father, I acknowledge that You are the Lord of Heaven and Earth. In Your Sovereign power and love, You have entrusted me with many things. Thank You for this place to live. I claim my home as place of spiritual safety for me and my family. And I ask for Your protection from all the attacks of the enemy. As a child of God raised up and seated with Christ in the Heavenly places, I command every evil spirit claiming ground in this place--based on the activities of past or present occupants including me and my family--to leave and never return. I renounce all demonic assignments directed against this place. I asked You heavenly Father, to post Your Holy Angels around this place to guard it from any and all attempts of the enemy to enter and disturb Your purposes for me and my family.  
Thank You, Lord, for doing this in the name of the Lord Jesus Christ.  
Amen*

## PRAYER FOR LIVING IN A NON-CHRISTIAN ENVIRONMENT

*After removing and destroying all objects of false worship from your possession, pray this allowed in the place where you live.*

*Thank You, Heavenly Father for a place to live and to be renewed by sleep. I asked You to set aside my room as a place of spiritual safety for me. I renounce any allegiance given to false gods or Spirits by other occupants. I renounce any claim to this room by satan based on the activities of past or present occupants, including me.*

*On the basis of my position as a child of God and a joint Heir with Christ, Who has all authority in heaven and on earth, I command all evil spirits to leave this place and never return.*

*I asked You, heavenly Father, to station Your Holy Angels to protect me while I live here. In Jesus mighty name I pray.*

*Amen*

Paul prays in Ephesians 1:18-19, “I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the Saints, and what is the surpassing greatness of His power toward us who believe”. Beloved, you are a child of God [1 John 3:1], and “my God will supply all your needs according to His riches in glory in Christ Jesus” Philippians 4:19. The critical needs are the “being” needs such as eternal or spiritual life, which He has given you, and an identity, which you have in Christ. In addition Jesus has met your needs for acceptance, security and significance.

Memorize and meditate on the “Who I Am In Christ” truth daily. Read the entire list aloud morning and evening for the next few weeks. Think about what you are reading and let your truth of who you are in Christ renew your mind.

**THIS IS YOUR INHERITANCE IN CHRIST.**

