

Important Steps Toward Freedom

1. Make a list of the bad things you have said to God. Use the following prayer and affirmation as a sample of what should be said. Enlarge on it, as you may need to.

Heavenly Father, I apologize to You for the bad things I have said to You and about You. (state what they are by reading your list). I ask You to forgive me and to come and rescue me.

In the name of the Lord Jesus Christ I announce to Satan and wicked spirits that I take back the ground I have given you in stating these bad things to God and also about Him. I reject you Satan and you wicked spirits out of my life.

2. Make a list of the bad things you have said to other members of your family. Use the following prayer and affirmation as a sample of what should be said. Enlarge on it, as you may need to.

Heavenly Father, I apologize to You for the bad things I have said to each member of my family (state what they are by reading your list). I ask You to forgive me and to come and rescue me.

In the name of the Lord Jesus Christ I announce to Satan and wicked spirits that I take back the ground I have given you in stating these bad things about members of my family. I reject you Satan and you wicked spirits from my life.

3. Make a list of the bad things your family members have said to you, about you, and done to you. Use the following prayer and affirmation as a sample of what should be said. Enlarge on it, as you may need to.

*Heavenly Father, I acknowledge before You that my family have said and done a lot of things that I did not like (read your list to Him). For all of those times on my list where I was at fault – then I accept that responsibility and confess it before You as sin. I ask You to forgive me. For all of those times when it was not my fault – then I refuse to accept that guilt and ask you to help me to tell the difference of what I should confess and what I should simply reject. **I choose now to totally forgive each member of my family** (name each one and what needs to be forgiven. Go through the list carefully).*

In the name of the Lord Jesus Christ I announce to Satan and wicked spirits that I take back all the ground I have given you in holding these grudges against the different members of my family. I refuse to cooperate with you in listening to what you say to me about my family. I reject all of you out of my life.

4. Make a list of the demeaning and negative things you have believed about yourself. Such a list may include words such as “ugly,” “dirty,” “ignorant,” “a failure,” “hopeless,” “rejected,” “unworthy,” “I hate myself,” etc., etc. Learn to reject such thoughts and feelings. Use the following prayer and affirmation as a suggestion of what should be said. Enlarge on it, as you may need to.

Heavenly Father, I confess to You these bad things that I have believed about myself (read your list to Him). I acknowledge that they are all lies that have been said to me by the Devil, directly or indirectly. I ask You to forgive me and help me to know how important I am to You and how to accept and believe, what You say about me in Your Word. Please come and rescue me.

In the name of the Lord Jesus Christ I announce to Satan and wicked spirits that I take back all the ground I have given you in believing these lies about myself. I refuse to accept them any more. I declare against you that I am loved by God and that He has forgiven me, accepted me, and made me His temple. I reject you out of my life.

(Please use the Warfare Prayer, or a portion of it each day. Make sure you cover yourself with the armor the Lord has provided for you. Once you have made the above lists, have prayed and made the affirmation, you may need to go over some of the same ground again as different words and events come to your mind. Continue to ask the Lord to reveal areas in your life that need confession, forgiveness, forgiveness given, and ground taken back from the enemy).

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