

Six Steps Toward Freedom

There are many times when the Christian needs to go through a time of cleansing. In I John 1:7 we find cleansing associated with "walking (living) in the light." The thought here is that as we live according to the truth there is a continual cleansing of our spiritual life. It is often helpful to take a time to deliberately practice the truth regarding some areas of our life in which we may feel defiled, under pressure, confused, irritable and hindered.

After prayer and heart searching – and the determination to be honest – then follow these suggestions.

1. Use the sheet Reconciling the Past. Make sure you put the blame for what has happened where it belongs – on yourself or on others. Write out the events or situations and do so honestly and carefully.
2. Thoroughly confess whatever sin was involved that had to do with yourself. Do not overlook the results of the sins – such as fear, grudges, bitterness, gossip, self-protective measures, etc.
3. Carefully and thoroughly forgive those who have sinned against you and/or have hurt you. You need not feel like forgiving them emotionally to do so. Make a choice to forgive them and do it audibly. Keep a list of those you forgive and do it each day for a week – and then burn the sheet.
4. Break all spiritual (demonic) relationships with the people involved. Since we are often unaware of such relationships it is necessary to do so with most of the people involved. Make a list starting with your parents(if they are living), your spouse, close relatives, and people with whom you have sinned or who have hurt you. For one week break relationships with all the people on the list once a day. After you have completed steps 1-3, and have prayed then use the following suggestion.

"In the name of the Lord Jesus Christ I cancel and break all relationships established by Satan and wicked spirits between _____ and myself. I cancel all those relationships and all the effects of those relationships. And I cover myself with the redeeming work of the Lord Jesus Christ."

(Revelation 12:10,11)

5. When you have finished steps 1-4 then command all wicked spirits to go back where they came from and take all their workings with them. Speak audibly with firmness using the following suggestion. It may help to name people and places rather specifically. Make the command a number of times.

"In the name of the Lord Jesus Christ I command all wicked spirits related to _____ that you go back where you came from and take all your workings with you. I rebuke you and bring the blood of Jesus Christ against you. I command you leave me completely and go back where you came from."

6. Give your blessing to those involved (Matthew 5:44). When you have finished steps 1-5 then pronounce your blessing upon those involved. Use the following suggestion.

"In the name of the Lord Jesus Christ I give my blessing to and pray that the grace of God may rest upon (him, her, them) with all its benefits."

It may be helpful to develop some of these points to fit unusual situations. Trust God as you pray that He will show you what to do so you may experience His spiritual cleansing.

Victor M. Matthews