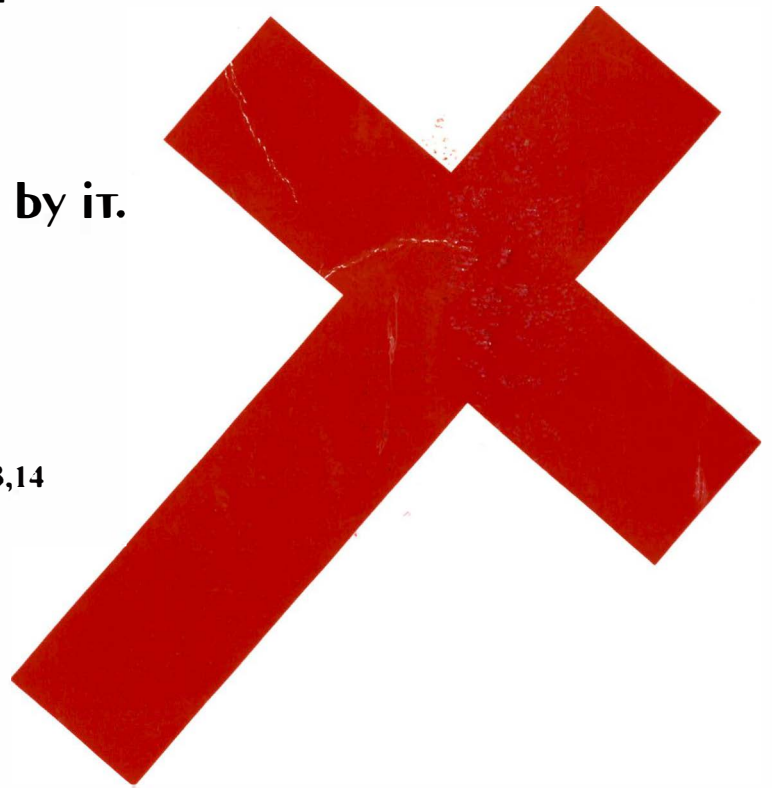


# A PATH TO FREEDOM

Forth Edition  
Oct 2025

**ENTER by THE NARROW GATE**  
**for wide is the GATE**  
**AND broad is the WAY**  
**THAT LEADS TO DESTRUCTION,**  
**AND THERE ARE MANY WHO GO IN by it.**  
**BECAUSE NARROW IS THE GATE**  
**AND difficult is the WAY**  
**WHICH LEADS TO life,**  
**AND THERE ARE FEW WHO find it.**  
Matthew 7:13,14



**And if it seems evil to you to serve the LORD, choose for yourselves this day**  
**whom you will serve, whether the gods which your fathers served that were on**  
**the other side of the river, or the gods of the Amorites, in whose land you dwell.**  
**But as for me and my house, we will serve the LORD.**

Joshua 24:15

**This book is dedicated to  
The Father, Son and Holy Spirit**



## TABLE OF CONTENTS

	Page
Salvation . . . . .	1
Order in Families . . . . .	5
Generational Scriptures . . . . .	7
Forgiving . . . . .	11
Sexual Behavior . . . . .	14
Performance . . . . .	18
Abilities . . . . .	22
Food . . . . .	23
Law and Grace . . . . .	26
Love of God . . . . .	31
Love . . . . .	36
Obedience . . . . .	38
Holy Spirit . . . . .	41
Fear . . . . .	45
Worry . . . . .	47
Words . . . . .	48
Inner Vows . . . . .	53
Prayer . . . . .	56
Praise . . . . .	61
Spoken Blessing . . . . .	64
Thoughts . . . . .	67
Sowing and Reaping . . . . .	69
Bitter-Root Judgment . . . . .	71
Finances . . . . .	74
Sin Defiles . . . . .	78



Body Memories .....	82
Satan .....	84
Demonic Influence .....	86
Casting Out Demons .....	89
Authority .....	92
Curses .....	93
Weapons .....	96
Spiritual Growth .....	99
Persecution and Suffering .....	101
Beliefs .....	105
Who We Are .....	108
Confessions .....	113
Health and Healing .....	118
Occult Practices .....	125
Spirit Travel .....	128
Dissociation .....	131
How to Deal with Alters .....	133
Captivity .....	135
Truth and Lies .....	138
Know the Truth .....	142
Inner Healing .....	144
Addiction .....	148
Deliverance .....	152

## **OVERVIEW**

All of us have been in bondage in varying degrees because of the negative and hurtful things that have happened to us, especially as children, and the negative and sinful ways that we have responded, as well as the sinful things that we have done. Even as Christians we are still in some bondage after we are saved, so there is still work to be done. The question then becomes how do we get out of the bondage and into freedom.

Since God is love (I John 4:16), He tells us in His Word what to do; what our part is. How do we do that? We are to obey His commands. (I John 5:2-3) We got into bondage because of sin, either ours or someone else's. But Jesus, by dying on the cross and taking the punishment for our sins, has provided a way for us to be free, not just saved, if we know what to do and are willing to do it. That will release the enemy's hold on us, at least in that area.

Do you want to experience a more abundant and meaningful life, free from a lot of the problems that you are experiencing? Jesus came to set the captives free, to make us free indeed. (John 8:36) To become free we must cooperate with the Holy Spirit in doing our part, and the Bible tells us what our part is.

This book is a study of what the Bible actually says about a number of topics, most of which are related to what happens if we do what the Bible says or don't do what the Bible says. Remember that Your word is truth. (John 17:17b) and also then you will know the truth, and the truth will set you free. (John 8:32) Since whatever the Bible says is the truth, we will determine what the Bible says to do for each of the topics.

I am assuming that you are saved. If you are not, please study the "Salvation" topic carefully and pray the prayer at the end. That is the first step toward freedom. We cannot be good enough or do enough good deeds to earn our way into heaven. For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord. (Romans 6:23) Nobody has lived a perfect life except Jesus, so He had to be the sacrifice and take the punishment for our sins. Even when we are saved, we are still instructed to work out your salvation with fear and trembling for it is God who works in you to will and to act according to his good purpose. (Philippians 2:12-13) And we must also be transformed by the renewing of your mind. (Romans 12:2) So even after we are saved, there is still a lot of work that needs to be done in our lives.

The Bible also says my people are destroyed from lack of knowledge, (Hosea 4:6a) and do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth. (II Timothy 2:15) We are specifically instructed not (to give place to the devil) or give the devil a foothold. (Ephesians 4:27) But that is exactly what we do if we have not done what the Bible says to do. If we are to fulfill our destiny, we need to get as much freedom as we can.

I have tried to write the material so that you can understand the concepts and be able to use these topics and prayers, with the help of the Holy Spirit, to attain freedom from your past. Having someone to help you with this is quite helpful in some of the concepts, especially toward the end of the book, but most of this you can do yourself. You just need to be honest with yourself and God, and determine to be free by doing what you need to do. As in all cases where you need to hear from the Holy Spirit, prepare by getting better connected in the Spirit first. You may repent for any sins, praise and worship the Lord, sing songs, etc.

We can have problems in our lives now and not understand why the problems are there, even though we know that we are saved. There are many possibilities. I have tried to indicate the main places where we need to look.

As you go through these topics, carefully read out loud what is written and ask the Holy Spirit how you are in bondage in that area. Pray the prayer as many times as needed, using your authority, modifying it to your situation, so that the enemy's hold will be released in that particular area. As you go over the prayers, mean what you are saying, even acting out the words. The more you read the scriptures out loud and say the prayers, the more effective this study will be.

The Holy Spirit really needs to help us in doing this, and having a friend or counselor who is sensitive to the Spirit and willing to help us is very valuable. In many cases we are blinded as to how these topics apply to us, and the Holy Spirit needs to show us their relevance in our lives, but most of this material applies to everybody in some way. It may take a while, but keep working at it to get more and more freedom.

Most of the scriptures given are from the New International Version (NIV), but there are some exceptions. Sometimes I also insert a phrase from a different translation for clarity, putting it in parentheses. Quotes from the Bible are in regular type and my comments are in italics so that you may distinguish between the two more easily. I have listed the scripture reference for each scripture.

## **PRAYER OF DELIVERANCE**

(Pray each phrase thoughtfully and slowly **With Boldness and Authority**)

Heavenly Father, I repent of any sins in my life, or my ancestor's lives that have resulted in a curse. I repent of all disobedience, rebellion, perversion, witchcraft, idolatry, lust, adultery, fornication, mistreatment of others, murder, cheating, lying, sorcery, divination and occult involvement. I ask You for Your forgiveness and cleansing through the blood of the Lord Jesus Christ.

I take authority over and break any and every curse upon my life in the name of Jesus. I break off curses of poverty, lack, debt, destruction, sickness, death and vagabond-ism. I break all curses on my marriage, family, children and relationships. I break all curses of rejection, pride, rebellion, lust, hurt, incest, rape, Ahab, Jezebel, fear, insanity, madness, and confusion.

I break all curses affecting my finances, mind, sexual character, emotions, will and relationships.

I break every hex, jinx, spell and spoken curse over my life. I break every fetter, shackle and chain, cord, habit and cycle that is a result of a curse.

According to Galatians 3:13 "I have been redeemed from the curse of the law" by the sacrifice of Jesus. I exercise my faith in the Blood of Jesus and loose myself and my descendants from any and every curse. I claim forgiveness through the blood of Jesus for the sins of the fathers.

All of my sins have been remitted, and I loose myself from the curses that came as a result of all disobedience and rebellion to the Word of God.

I exercise my faith and I know that confession is made unto salvation (Romans 10:10). Therefore, I confess that Abraham's blessings are mine (Galatians 3:14). I am not cursed, but blessed. I am the head and not the tail (Deuteronomy 28:13). I am above and not beneath. I am blessed coming in and blessed going out. I am blessed, and what God has blessed cannot be cursed.

I command spirits of rejection, hurt, bitterness, un-forgiveness, bondage, torment, death, destruction, fear, lust, perversion, mind control, witchcraft, poverty, lack, debt, confusion, sadness, loneliness, self-pity, self-destruction, self-rejection, anger, rage, wrath, anguish, vagabond-ism, abuse, and addictions to come out in the name of Jesus!

Lord, I thank You for setting me free from every curse and every spirit that has been operating in my life as a result of a curse. Amen.

**Prayer to Break Generational Curses and Sins of the Bloodline**  
(Pray each phrase thoughtfully and slowly **With Boldness and Authority**)

Dear Lord,

Thank You that Your blood is able to take away all sin. I believe that and receive it now in Jesus' name.

I pray for forgiveness for the sins of my father, of that blood line, for all generations back, and I ask You to wash me clean now by the blood of the Lamb. I pray for forgiveness for the sins of my mother, of that blood line, for all generations back, and I ask You to wash me clean now by the blood of the Lamb. I receive Your forgiveness and believe that by Your blood I am cleansed from the sins of all my generational bloodlines.

I take the authority that I have in my blood covenant with Jesus Christ, and I break all generational curses on my father's side, all generations back, broken now by the blood of the Lamb. I take the same authority and break all generational curses on my mother's side, all generations back, broken now by the blood of the Lamb.

With the same authority that I have under the blood covenant of salvation in Jesus, I break any spoken curses on my family blood line. I also break the power of all seals of silence and all vows of secrecy. I take the same authority in the name and the blood of Jesus, and I break all covenants and contracts to satan including blood covenant contracts.

I also pray for forgiveness for the sins of my family line of all those things that have happened in darkness, such as any attachment to slavery or any kind of persecution, murder, mistreatment or abuse of any people groups or individuals, and I pray blessings on all descendants of the persecuted groups or individuals. I pray for forgiveness for the sin of all idolatries attached to the American Indian bloodline and break all related curses. I also break any attachments to family superstitions and idolatries, ungodly beliefs, wives tales, luck charms and rhyme curses in Jesus' name.

Thank You, Jesus, that Your word says, "Cursed is the one who hangs on the tree." You took our curses, and You took our sins, so that we can have life more abundantly, and we praise You for it.

I receive by faith now that all generational sins and all generational curses are broken by the blood of the Lamb in Jesus' name. Amen.

## **MY BLOOD COVENANT SALVATION PRAYER**

(Pray each phrase thoughtfully and slowly **With Boldness and Authority**)

Heavenly Father,

I come to You in the name of Jesus. I recognize that you LOVE me and sent Your Son to remove the sin which separates me from You. Father, I respond to Your love and Repent of All past Sin. Please forgive me and cleanse me by the BLOOD of JESUS CHRIST. By Faith, Father, I now receive Your forgiveness and cleansing in Jesus' Name, and I thank You that Your Word says that I am now brought near by the Blood of Jesus Christ through which I enter BLOOD COVENANT RELATIONSHIP with You today.

LORD JESUS CHRIST I invite You to come into my life, and I SUBMIT TOTALLY to You.

I ask You to be Lord of my spirit, soul (mind, thoughts, will, intellect, and emotions), and my body. Now by faith I confess that sin shall no more have dominion over me because Your Spirit lives in me. I also confess that I am SAVED; and under covenant through Jesus Christ to receive the promises that are for me (salvation, deliverance, healing and God's Promises). Yes and Amen!

I renounce the lordship of Satan or any authority besides Christ over every area of my spirit, soul (mind, thoughts, will, intellect and emotions), and my body. I renounce every hold or influence of the devil in All areas of my life including everything inherited through the generations because the Word tells me I have a New Father and I only inherit from Him now.

Lord Jesus, You are the baptizer in the Holy Spirit, and I ask you to baptize me with Your Holy Spirit and Fire. I believe by faith that I have the same access to the power of the Holy Spirit and rights to every spiritual gift (I Corinthians 12:4-11) that You gave to the early Church. So I pray that You will help me live and walk daily in all the fullness of the Spirit-filled life You intended for me. I open my heart for You to fill it now with Your Holy Spirit. Thank You, Jesus. Amen.

Name \_\_\_\_\_ Date \_\_\_\_\_



## SALVATION

*Everyone has sinned and is in need of salvation; no one is perfect.*

1. This righteousness from God comes through faith in Jesus Christ to all who believe. There is no difference, for all have sinned and fall short of the glory of God, and are justified freely by his grace through the redemption that came by Christ Jesus. Romans 3:22-24

2. For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it. James 2:10

*Jesus came and died on the cross, taking the punishment for our sins.*

3. For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive by the Spirit. 1 Peter 3:18

4. He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed. 1 Peter 2:24

5. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. 1 Corinthians 5:21

*The gift of salvation is freely available to everyone, but we must claim it.*

6. That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved. Romans 10:9-10

7. The wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord. Romans 6:23

8. I, even I, am He who blots out your transgressions for My own sake and remember your sins no more. Isaiah 43:25

9. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:8-9



10. Giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins. Colossians 1:12-14

11. Praise the Lord, O my soul, and forget not all his benefits--who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. Psalm 103:2-5

*Many people reject salvation because they are deceived by the devil.*

12. And the Lord's servant must not quarrel; instead, he must be kind to every-one, able to teach, not resentful. Those who oppose him he must gently instruct, in the hope that God will grant them repentance leading them to a knowledge of the truth, and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will. II Timothy 2:24-26

13. And even if our gospel is veiled, it is veiled to those who are perishing. The god of this world has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God.  
II Corinthians 4:3-4

14. The farmer sows the word. Some people are like seed along the path, where the word is sown. As soon as they hear it, Satan comes and takes away the word that was sown in them. Others, like seed sown on rocky places, hear the word and at once receive it with joy. But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away. Still others, like seed sown among thorns, hear the word; but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful. Others, like seed sown on good soil, hear the word, accept it, and produce a crop--thirty, sixty or even a hundred times what was sown. Mark 4:14-20

*Once we are saved, we belong to God, having been redeemed or purchased by the blood of Jesus.*

15. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. 1 Corinthians 6:19-20

16. Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: "Cursed is everyone who is hung on a tree." He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus, so that by faith we might receive the promise of the Spirit. Galatians 3:10-14

17. For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers, but with the precious blood of Christ, a lamb without blemish or defect. 1 Peter 1:18-19

18. For he who was a slave when he was called by the Lord is the Lord's freedman; similarly, he who was a free man when he was called is Christ's slave. You were bought at a price; do not become slaves of men. 1 Corinthians 7:22-23

19. You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased men for God from every tribe and language and people and nation. Revelation 5:9

*Since Jesus purchased us, we are not our own and need to be obedient to Jesus who is the head of the church which is His body.*

20. And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way. Ephesians 1:22-23

21. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Ephesians 5:23

22. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger's voice. John 10:4-5

23. For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, because those who are led by the Spirit of God are sons of God. Romans 8:13-14

*The part or function we have in the body of Christ is determined by Jesus. We need each other and we must work together as a unit. That is why it is so important to be obedient, responding to what the Lord indicates we are to do.*

24. The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body. So it is with Christ. For we were all baptized by one Spirit into one body--whether Jews or Greeks, slave or free--and we were all given the one Spirit to drink. Now the body is not made up of one part but of many. If the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason cease to be part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason cease to be part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body. The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!" On the contrary, those parts of the body that seem to be weaker are indispensable, and the parts that we think are less honorable we treat with special honor. And the parts that are representable are treated with special modesty, while our presentable parts need no special treatment. But God has combined the members of the body and has given greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it. 1 Corinthians 12:12-27

*Prayer: Father, I come to you in the name of Jesus. I recognize that You love me and You sent your son Jesus to die in my place, taking the punishment for all my sins. I repent of all sin in my life and I ask that you forgive me and cleanse me, body, soul and spirit, by the blood of Jesus. I submit to Jesus as my savior and the lord of my life. I renounce any hold or influence that the devil has in any area of my life. I confess that I am saved and redeemed by the blood of Jesus. I now have a new Heavenly Father and I am now able to receive all the blessings and promises that come by being a child of God. Amen.*

*Prayer: Father, I ask that You baptize me with the Holy Spirit and Fire. I claim by faith that I have access to the power of the Holy Spirit and the right to operate in whatever spiritual gifts the Holy Spirit gives me. Teach me how to live the spirit-filled life that you intended for me to have. In Jesus' name. Amen.*

## ORDER IN FAMILIES

*The Bible tells us how families are to function. It explains how husbands and wives are to treat each other, and how children and young adults are to be trained. Grown children are responsible for seeing that their aging parents are cared for.*

1. Wives, submit to your husbands as to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her, to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church--for we are members of his body. "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." (Gen. 2:24) This is a profound mystery--but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. Children, obey your parents in the Lord, for this is right. "Honor your father and mother"--which is the first commandment with a promise--"that it may go well with you and that you may enjoy long life on the earth." (Deuteronomy 5:16) Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord. Ephesians 5:22-33, 6:1-4

2. Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance. Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God. Similarly, encourage the young men to be self-controlled. Titus 2:2-6

3. Wives, submit to your husbands, as is fitting in the Lord. Husbands, love your wives and do not be harsh with them. Children, obey your parents in everything, for this pleases the Lord. Fathers, do not provoke your children, lest they become discouraged. Colossians 3:18-21

4. Wives, in the same way be submissive to your husbands so that, if any of them do not believe the word, they may be won over without words by the behavior of their wives, when they see the purity and reverence of your lives. Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight. For this is the way the holy women of the past who put their hope in God used to make themselves beautiful. They were submissive to their own husbands, like Sarah, who obeyed Abraham and called him her master. You are her daughters if you do what is right and do not give way to fear. Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so the nothing will hinder your prayers. I Peter 3:1-7

*God, quite often, puts husbands and wives together so that the wounds from their past will become apparent and can then be dealt with. It does not mean that you married the wrong person. This book should help with that healing.*

5. Train a child in the way he should go, and when he is old he will not turn from it. Proverbs 22:6a

6. Honor your father and your mother, as the Lord your God has commanded you, so that you may live long and that it may go well with you in the land the Lord your God is giving you. Deuteronomy 5:16

7. For God commanded saying, 'Honor your father and your mother;' and, 'He who curses father or mother, let him be put to death.' (Exodus 21:17) But you say, "Whoever says to his father or mother, 'Whatever profit you might have received from me is a 'gift to God,' then he need not 'honor his father or mother.' Thus you have made the commandment of God of no effect by your tradition. Matthew 15:4-6

*As Jesus was dying on the cross, he asked John to take care of His mother.*

8. Now there stood by the cross of Jesus His mother, and His mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus therefore saw His mother, and the disciple whom He loved standing by, He said to His mother, "Woman, behold your son!" Then He said to the disciple, "Behold your mother!" And from that hour that disciple took her to his own home. John 19:25-27

## GENERATIONAL SCRIPTURES

*Many people do not realize that the sins and iniquities of our ancestors affect us.*

1. But you came and defiled my land and made my inheritance detestable. "Therefore I bring charges against you again," declares the Lord. "And I will bring charges against your children's children." Jeremiah 2:7,9

2. "Behold, it is written before me, I will not keep silent, but I will repay; I will even repay into their bosom, both their own iniquities and iniquities of their fathers together," says the Lord. "Because they have burned incense on the mountains and scorned Me on the hills, therefore I will measure their former work into their bosom." Isaiah 65:6-7

3. Therefore, behold, I am sending you prophets and wise men and scribes; some of them you will kill and crucify, and some of them you will scourge in your synagogues, and persecute from city to city, so that upon you may fall the guilt of all the righteous blood shed on earth, from the blood of righteous Abel to the blood of Zechariah, the son of Berechiah, whom you murdered between the temple and the altar. Truly I say to you, all these things will come upon this generation. Matthew 23:34-36

4. Our fathers sinned and are no more, but we bear their iniquities. Lamentations 5:7

*The results of pronouncing a curse on somebody goes down ten generations.*

5. No Ammonite or Moabite or any of his descendants may enter the assembly of the Lord, even down to the tenth generation. For they did not come to meet you with bread and water on your way when you came out of Egypt, and they hired Balaam son of Beor from Pethor in Aram Naharaim to pronounce a curse on you. Deuteronomy 23:3-4

*Being born illegitimately will affect your descendants for ten generations.*

6. A person begotten out of wedlock (one of illegitimate birth) shall not enter into the assembly of the Lord; even to his tenth generation shall his descendants not enter into the congregation of the Lord. Deuteronomy 23:2

*The results of the sin of idolatry goes down three or four generations. An idol is anything that is more important to us than God.*

7. I am the Lord your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before (besides) me. You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them, for I, the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments. Deuteronomy 5:6-10 Exodus 20:2-6

*We are to confess the sins and iniquities of our ancestors. Confess means acknowledge. We confess and repent of our own sins, and ask for forgiveness. Repent means to turn and go in another direction.*

9. If they confess their iniquity and the iniquity of their forefathers, in their unfaithfulness which they committed against Me, and also in their acting with hostility against Me--then I will remember My covenant with Jacob, and I will remember also My covenant with Isaac, and My covenant with Abraham as well, and I will remember the land. Leviticus 26:40,42

10. Now on the twenty-fourth day of this month the sons of Israel assembled with fasting, in sackcloth and with dirt upon them. The descendants of Israel separated themselves from all foreigners, and stood and confessed their sins and the iniquities of their fathers. Nehemiah 9:1-2

11. Let Your ear now be attentive and Your eyes open to hear the prayer of Your servant which I am praying before You now, day and night, on behalf of the sons of Israel Your servants, confessing the sins of the sons of Israel which we have sinned against You; I and my father's house have sinned. Nehemiah 1:6

12. "Open shame belongs to us, O Lord, to our kings, our princes and our fathers, because we have sinned against You. To the Lord our God belong compassion and forgiveness, for we have rebelled against Him; nor have we obeyed the voice of the Lord our God, to walk in His teachings which He set before us through His servants the prophets. Indeed all Israel has transgressed Your law and turned aside, not obeying Your voice; so the curse has been poured out on us, along with the oath which is written in the law of Moses the servant of God, for we have sinned against Him." Daniel 9:8-11

13. The Lord, the Lord God, compassionate and gracious, slow to anger, and abounding in loving kindness and truth; who keeps loving kindness for thousands, who forgives iniquity, transgression and sin; yet He will by no means leave the guilty unpunished, visiting the iniquity of fathers on the children and on the grandchildren to the third and fourth generations. Exodus 34:6b-7

*Not only does sinful behavior affect future generations, but godly behavior does also.*

14. The loving kindness of the Lord is from everlasting to everlasting on those who fear Him, and His righteousness to children's children, to those who keep His covenant and remember His precepts to do them. Psalms 103:17-18

15. 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, but showing loving kindness to thousands, to those who love Me and keep My commandments. Exodus 20:5b-6

16. I have been reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also. For this reason I remind you to fan into flame the gift of God, which is in you. II Timothy 1:5-6a

*Notice that Jesus did not tell His disciples that the parents' sin could not affect this man.*

17. As he (Jesus) went along, he saw a man blind from birth: His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" "Neither this man nor his parents sinned," said Jesus, "But this happened so that the work of God might be displayed in his life." John 9:1-3



*The sin of lying and deception was passed down from Abraham to Isaac to Jacob to Joseph's brothers.*

*The following is a prayer to remove the effects of the sins and iniquities of our ancestors on our lives.*

*Prayer: Father, I choose to confess the sins and iniquities of my ancestors and I ask for forgiveness, wherever possible, for all generations back in my bloodline. (If you know any of these sins, name them here.) I ask for forgiveness wherever possible for all murders and mistreatments committed by my ancestors upon themselves and others, and I speak blessings over the descendants of these people. I choose to forgive and release my ancestors and not hold them accountable for the way their sins have affected my life. Please forgive me for any way that I have entered into these same sins, having allowed them to influence me. I break every curse that has come upon me because of my ancestors. I cancel all dedications made by my ancestors of their descendants. I renounce the sins of my ancestors and release myself from their effects, based upon what Jesus did when He died on the cross. Jesus took our curses and our sins, and I now receive the freedom from them that He purchased for me. I also receive the blessings and prayers of any godly ancestors that I have had, and I thank you, Lord, for that heritage. I belong to the Lord Jesus Christ and only serve Him as my Lord and Savior. In Jesus' name, amen.*

*If you know that you have American Indian ancestors, also pray the following prayer.*

*Prayer (American Indian Heritage): Father, I renounce the sins and idolatry of my Indian heritage. I specifically renounce the dance, the totem, the eagle, the feathers, the dream catcher, the scalper, the chant, the worship of any animals or nature, and all ceremonies honoring other gods. I ask for forgiveness wherever possible for all murders and mistreatments committed by my Indian ancestors and I speak blessings over the descendants of these people. I also ask for forgiveness for anyone who murdered or mistreated my Indian ancestors and release their descendants from being influenced by that. Praise the Lord. In Jesus' name, amen.*

## FORGIVING

*Forgiveness means we grant release to an offending person or situation. It does not mean minimizing the event or pretending it did not happen. We are all born into a sinful world with imperfect parents and siblings. All of us are damaged, some more than others, and we are not denying that we are hurt if we forgive.*

1. Then came Peter to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy times seven times." Matthew 18:21-22

2. So watch yourselves. "If your brother sins, rebuke him, and if he repents, forgive him. If he sins against you seven times in a day, and seven times comes back to you and says, 'I repent,' forgive him." Luke 17:3-4

*In forgiving we are not saying that what the person did was all right or that we approve of it. Forgiving means we don't hold resentment, bitterness, grudges, or plans for retaliation. Forgiveness does not involve fairness or whether we feel like it or not. Jesus Spoke forgiveness over the people that were executing him on the cross, leaving us with no excuse about forgiving others.*

3. Jesus said, "Father, forgive them, for they do not know what they are doing." Luke 23:34a

4. You have heard that it was said, "Love your neighbor and hate your enemy." But I tell you: Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. Matthew 5:43-45

*If we do not forgive, God will not forgive us, so this issue is very serious.*

5. And when you stand praying, if you hold anything against anyone, forgive him, so that our Father in heaven may forgive you your sins. But if you do not forgive, neither will your Father which is in heaven forgive your trespasses. Mark 11:25-26

6. Forgive us our trespasses as we forgive those who trespass against us. For if you forgive men their trespasses, your heavenly Father will also forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Matthew 6:12, 14-15

7. Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. Luke 6:37-38

8. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:31-32

9. Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand talents (millions of dollars) was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. The servant fell on his knees before him. "Be patient with me," he begged, "and I will pay back everything." The servant's master took pity on him, canceled the debt and let him go. But when that servant went out, he found one of his fellow servants who owed him a hundred denarii (a few dollars). He grabbed him and began to choke him. "Pay back what you owe me!" he demanded. His fellow servant fell to his knees and begged him, "Be patient with me, and I will pay you back." But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were greatly distressed and went and told their master everything that had happened. Then the master called the servant in. "You wicked servant," he said, "I canceled all that debt of yours because you begged me to. Shouldn't you have had mercy on your fellow servant just as I had on you?" In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed. This is how my heavenly Father will treat each of you unless you forgive your brother from your heart. Matthew 18:23-35

*We usually have the sense that the person that caused the problems needs to make things right, but they probably cannot. Hurting people hurt people, so they were probably in a lot of pain themselves. Only God can fix such problems and heal our hearts. Forgiveness does not necessarily change the other person, but it frees us from the negative emotions and thoughts that continue to affect us, even if we are not in the situation anymore. Forgiving benefits the forgiver more than the one forgiven. Un-forgiveness is one of the major causes of illness.*

*Reconciliation may still not be possible. We need to remember that our problems are not really with people, but with the demons influencing the people.*

10. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12

*We must start with a decision to forgive the person. We are not saying that what they did was all right. Then we need to ask God to help us forgive. It usually is a process, and sometimes a long one, which leads to our forgiving from our hearts.*

11. And I will restore to you the years that the locust has eaten, the canker worm and the caterpillar and the palmer worm. Joel 2:25a

*We usually also need to forgive ourselves. Everyone has regrets about their past and wish they had said or done things differently. First we need to repent sincerely and individually for any of the ways that we have hurt others or ourselves and sinned against the Lord. Then we need to ask for forgiveness and cleansing. Then since God has forgiven us, we need to forgive ourselves.*

12. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

*It may sound odd at first, but a lot of people need to forgive God. They may question why God allowed certain things to happen to them, or blame Him because they occurred, because He could have prevented them from happening.*

13. A man's own folly ruins his life, yet his heart rages against the Lord. Proverbs 19:3

*Ask the Holy Spirit to reveal to you the people that you need to forgive and for what. You probably need to be specific.*

*Prayer: Father, I choose to forgive \_\_\_\_\_ for \_\_\_\_\_. I ask You to help me do that. I choose not to hold these things against him any more, and I ask for forgiveness and cleansing for holding any un-forgiveness toward him. Please set me free from the bondage of any anger, bitterness or un-forgiveness toward him, and I ask You to bless him. I apply the blood of Jesus and the peace of God to my heart asking You to heal any wounds that are there because of what happened. Thank You so much for helping me do this. In Jesus' name. Amen.*

## SEXUAL BEHAVIOR

*There were very strict laws about sexual behavior in the Old Testament.*

*Sexual activity before marriage, with future marriage partner or others, rape, and extramarital affairs (adultery) were strictly forbidden, even punishable by death.*

1 . For these commands are a lamp, this teaching is a light, and the corrections of discipline are the way to life, keeping you from the immoral woman, from the smooth tongue of the wayward wife. Do not lust in your heart after her beauty or let her captivate you with her eyes, for the prostitute reduces you to a loaf of bread, and the adulteress preys upon your very life. Can a man scoop fire into his lap without his clothes being burned? Can a man walk on hot coals without his feet being scorched? So is he who sleeps with another man's wife; no one who touches her will go unpunished. ... But a man who commits adultery has no sense; whoever does so destroys himself. Blows and disgrace are his lot, and his shame will never be wiped away. Proverbs 6:23-29, 32-33

2. But if out in the country a man happens to meet a girl pledged to be married and rapes her, only the man who has done this shall die. Deuteronomy 22:25

3. You shall not commit adultery. Exodus 20:14

4. If a man is found sleeping with another man's wife, both the man who slept with her and the woman must die. You must purge the evil from Israel. Deuteronomy 22:22

5. Yet you ask, Why does He (the Lord) reject it (your offering)? Because the Lord was witness [to the covenant made at your marriage] between you and the wife of your youth, against whom you have dealt treacherously and to whom you were faithless. Yet she is your companion and the wife of your covenant [made by your marriage vows]. And did not God make [you and your wife] one [flesh]? Did not One make you and preserve your spirit alive? And why did God make you two one? Because He sought a godly offspring [from your union]. Therefore take heed to yourselves, and let no one deal treacherously and be faithless to the wife of his youth. For the Lord, the God of Israel, says: I hate divorce and marital separation, and him who covers his garment [his wife] with violence. Therefore keep a watch upon your spirit [that it may be controlled by My Spirit], that you deal not treacherously and faithlessly [with your marriage mate]. Malachi 2:14-16 Amplified

*Abortion and bestiality or sexual relations with an animal is also forbidden.*

6. Do not have sexual relations with your neighbor's wife and defile yourself with her. Do not give any of your children to be sacrificed to Molech, for you must not profane the name of your God. I am the Lord. Do not lie with a man as one lies with a woman; that is detestable. Do *not* have sexual relations with an animal and defile yourself with it. A woman must not present herself to an animal to have sexual relations with it; that is a perversion. Do not defile yourselves in any of these ways. Leviticus 18:20-24a

*Being born illegitimately will affect your descendants for ten generations.*

7. A person begotten out of wedlock (one of illegitimate birth) shall not enter into the assembly of the Lord; even to his tenth generation shall his descendants not enter into the congregation of the Lord. Deuteronomy 23:2

*Transvestism which is wearing the clothing of the opposite sex is forbidden.*

8. A woman must not wear men's clothing, nor a man wear women's clothing, for the Lord your God detests anyone who does this. Deuteronomy 22:5

*Incest or sexual relationships with other family members is prohibited.*

9. No one is to approach any close relative to have sexual relations. I am the Lord. Leviticus 18:6

*Two people become connected together because of sexual activity forming a soul tie. God actually considers them one person.*

10. Don't you realize that your bodies are actually parts and members of Christ? So should I take part of Christ and join Him to a prostitute? Never! And don't you know if a man joins himself to a prostitute she becomes a part of him and he becomes a part of her? For God tells us in the Scripture that in His sight the two become one person. But if you give yourself to the Lord, you and Christ are joined together as one person. That is why I say to run from sexual sin. No other sin affects the body as this one does. When you sin this sin it is against your own body. Haven't you yet learned that your body is the home of the Holy Spirit God gave you, and that He lives within you? Your body does not belong to you. For God has bought you with a great price. So use every part of your body to give glory back to God, because He owns it. I Corinthians 6:15-20

11. Now for the matters you wrote about: It is good for a man not to marry. But since there is so much immorality, each man should have his own wife, and each woman her own husband. The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control. I Corinthians 7:1-5

*Sexual fantasies or pornography using books, magazines, movies, videos or the Internet is considered adultery and creates soul ties.*

12. You have heard that it was said, "Do not commit adultery." But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. Matthew 5:27-28

*Homosexual or lesbian behavior, meaning sexual relations between people of the same sex, is strictly forbidden.*

13. Although they claimed to be wise, they became fools and exchanged the glory of the immortal God for images made to look like mortal man and birds and animals and reptiles. Therefore God gave them over to the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. They exchanged the truth of God for a lie, and worshiped and served created things rather than the Creator--who is forever praised. Amen. Because of this, God gave them over to shameful lusts. Even their women exchanged natural relations for unnatural ones. In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed indecent acts with other men, and received in themselves the due penalty for their perversion. Although they know God's righteous decree that those who do such things deserve death, they not only continue to do these very things but also approve of those who practice them. Romans 1 :22-27,32

*Prayer: Father, I submit my will, my desires and my emotions to Your word and to the Holy Spirit. I confess as sin all of my sexual relationships before marriage and any sexual relationships outside of marriage, including any ungodly relationships or actions involving any part of me, whether body, soul or spirit.*

*For every person the Lord brings to your mind with which you have had a sexual experience and every person that you have been closely associated with, including family members, pastors, and favorite teachers, especially those with a controlling influence, pray this prayer for each one individually to break any connection that was established that was not Godly. (Put their name in the blank.)*

*Prayer: Father, in the name of Jesus, I break all covenants, ties and bonds that are not of God between me and \_\_\_\_\_ or between \_\_\_\_\_ and me. Lord, I send back any part of them and anything that I received from them that may be left in me. I send this back to \_\_\_\_\_ through the blood of Jesus for cleansing. And I call back any part of myself from \_\_\_\_\_ through the blood of Jesus.*

*Use the following prayer to specifically renounce each and every sinful experience (sinful according to the previous scriptures) that you have had.*

*Prayer: Lord, I ask You to sever all ungodly sexual covenants, bondages, dependencies, emotional longings, vain imaginations and enslaving thoughts or thought patterns. I specifically renounce that I have been involved in. I announce the truth that I don't have to continue to be bound by these past experiences. I renounce all the ways that Satan has perverted my attitude toward sex as a result of my past involvement. I choose not to be bound by what has happened in the past. You are the God who makes all things new. I bind, renounce, and resist any evil spirits that have been reinforced through my sinful actions. I choose to forgive anyone who has violated me sexually due to incest, molestation, or rape, and I also choose to bless them. I repent of any un-forgiveness or judgment that I have had toward these people. I ask You, Lord, to cleanse me with Your blood, and free me from all illicit unions. Lord, renew my mind so that I am free to enjoy sex and my sexuality in the way You intended. I choose to reserve the sexual use of my body for marriage only. I present my body to You as a living sacrifice, holy and acceptable. I reject the devil's lie that my body is not clean or that it is in any way unacceptable to You as a result of my past sexual experiences. Lord, thank You that You have totally cleansed and forgiven me and that You Love and accept me just the way that I am. Therefore, I choose to accept myself and my body as clean in Your eyes. In Jesus' name, amen.*

*In addition to soul ties and bondages to people, we can also develop bondages with places or things: organizations, political parties, high schools or colleges, houses or other buildings, clothing, jewelry, etc. Ask the Lord to reveal to you any attachments to places or things and break that attachment.*



## PERFORMANCE

*Performance does not refer to what a person does, but it refers to the motives behind why a person does something. Unless a parent is careful in training a child, the child may perceive that if he does not do what the parents expect, then he will not be loved and accepted by them. This causes constant anxiety, fear, and striving to please. The child thinks that he won't be loved unless he performs correctly and if he doesn't perform correctly he deserves rejection.*

1. Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will--to the praise of his glorious grace, which he has freely given us in the One he loves (he hath made us accepted in the beloved). In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding. Ephesians 1:3-8

2. You did not choose me, but I chose you and appointed you to go and bear fruit--fruit that will last. John 15:16a

*Love from a parent should be unconditional and unable to be lost, no matter what the child does or how he behaves. This will cause the child to be secure. Does the child know that he is loved even when he messes up and probably has to be punished, or does he feel rejected when he messes up? If a parent uses love to try to control the child and says something like, "I can't love you if you act like that" or "Where did my little boy go?," the child does not feel free to be himself. He must watch everything he does for fear of not being acceptable. The need to feel like he belongs pushes the child to act out what he is not, and his real self dies. The child is essentially told or feels that he will not be loved unless he deserves it by acting correctly.*

*Once this belief is instilled in a child, then even if he is then given unconditional love and acceptance, he thinks that he does not deserve it and cannot accept it, or he feels guilty if he accepts it. Behaving well and being loved become entangled when they should be separate.*

*We cannot be righteous and loved by God by obeying rules (the law) and at the same time be under the grace of God.*

3. You who are trying to be justified by law have been alienated from Christ (Ye are severed from Christ); you have fallen away from grace. Galatians 5:4

4. You foolish Galatians! Who has bewitched you? Before your very eyes Jesus Christ was clearly portrayed as crucified. I would like to learn just one thing from you; Did you receive the Spirit by observing the law, or by believing what you heard? Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort? Galatians 3:1-3

*This causes the child and eventually the adult, to try to be the person that they think others expect them to be. They feel compelled to behave in whatever way the people that they are with are behaving so that they will fit in. They may end up being several different persons depending upon who they are with. As a result they grow up not knowing who they really are. When they are in a new situation their silent cry is: "Tell me what to say and I'll say it; tell me what to do and I'll do it. I don't know what is expected and what the rules are here."*

*Such a teenager may freely go with friends and join them in some actions that they have been taught is wrong because they have such a strong need to feel accepted by others.*

5. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord. Romans 8:35-39

6. There is no fear in love. But perfect love drives out fear, because fear has to do with punishment (torment). I John 4:18

*When a person caught in performance is invited to come into a church, they now feel that they must perform even better to please God. This is a religious spirit. They strive to be perfect, not out of love for God, but out of the same old fear of rejection by God, and they expect the others in the church to do things according to their expectations. Such a person criticizes others, but cannot receive even the most loving correction because they hear it as rejection. They feel condemnation from their critical consciences if they dare do anything wrong.*

7. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. I John 1:9

8. Therefore; there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. Romans 8:1-2

*If there is anywhere that a person does not have to perform to be accepted, it should be in the church, because Jesus has given us His righteousness; we do not have to earn it. We are loved by God no matter what mistakes we make, so we are secure. Others are not obligated to behave in a certain way toward us. When our hearts believe this, performance dies in us. We may now serve in the church in exactly the same way, but our motivation is love for others and for God; we are not afraid of being rejected.*

9. For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. John 3:16-17

*Persons caught in the trap of performance will work hard for long hours so that other people will think well of them and accept them. They believe that their worth as a person is tied to their performance. As a result of their hard work, they may be very successful in what they do. However, they are very hard on themselves and never believe that they have done enough. It is difficult, if not impossible, for them to take a break at work, or to stop thinking about what needs to be done when they go to bed at night.*

*Performance orientated persons do not give out love and acceptance unless they believe the other person deserves it. (This really wrecks havoc in marriage.) They are afraid to try new things because they might fail. They are always trying to behave correctly, especially in public, so they cannot be spontaneous. They will work really hard to reach whatever success they are striving for so that they will feel acceptable to themselves and others, even if they are unaware that that is their true goal. They expect to be loved and accepted if they feel that they have done well.*

*It is not easy for a person deeply into performance to escape. If you try to explain to them what they are doing, they will not understand what you are saying. They will hear you saying that they need to be irresponsible or lazy.*

*It is difficult to distinguish between doing your best and slipping into performance. Where is the line between the two? Here are some things to look for.*

***Performance:***

- (a) Expectation - Best compared to others*
- (b) Motivation - Avoid negative, fear of failure*
- (c) Self Talk - I should, I must, I ought*
- (d) Striving - Want perfection*
- (e) Results - Disappointment and frustration, feeling a failure*
- (f) Outlook - It should be*
- (g) Stated End - A demand*
- (h) Focus on - End product*
- (i) Life View - Dreaded curse*
- (j) Position - Slave*
- (k) Live in - Fantasy world*
- (l) Belief - People can be perfect*
- (m) Want - Perfection*

*This burden to perform and be perfect eventually can create a hidden anger and a desire to blow the whole performing image and do something really despicable to shatter the perfect image others have of them. They desperately want to know that they will still be loved and accepted if they are not perfect.*

*How much better it is to have the following mindset.*

***Personal Best:***

- (a) Expectation - Best of self*
- (b) Motivation - Desire for success*
- (c) Self Talk - I want, I wish, I would like*
- (d) Striving - Accepts the possible*
- (e) Results - Acceptance and fulfillment, success*
- (f) Outlook - It is*
- (g) Stated End - A request or desire*
- (h) Focus on - Process*
- (i) Life View - Welcome challenge*
- (j) Position - Free*
- (k) Live in - Real world*
- (l) Belief - People cannot be perfect*
- (m) Want - Personal best*

## ABILITIES

*God gives each of us gifts or supernatural abilities to help and serve others.*

1. Now to each one the manifestation of the Spirit is given for the common good. To one there is given through the Spirit the message of wisdom, to another the message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. All these are the work of one and the same Spirit, and he gives them to each one, just as he determines. I Corinthians 12:7-11

2. And in the church God has appointed first of all apostles, second prophets, third teachers, then workers of miracles, also those having gifts of healing, those able to help others, those with gifts of administration, and those speaking in different kinds of tongues. I Corinthians 12:28

3. We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. If it is serving, let him serve; if it is teaching; let him teach; if it is encouraging (exhortation), let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully. Romans 12:6-8

4. It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, to prepare God's people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. Ephesians 4:11-13

5. Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen. I Peter 4:10-11

*Prayer: Father, show me what gifts you have given me and teach me how to use them. In Jesus' name, amen.*

## FOOD SCRIPTURES

*The Old Testament had very strict rules indicating which foods were clean and could be eaten and which foods were unclean and could not be eaten. The following are some of those scriptures.*

1. Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. Genesis 1:29

2. This is a lasting ordinance for the generations to come, wherever you live: You must not eat any fat or any blood. Leviticus 3:17

3. Of all the animals that live on land, these are the ones you may eat: You may eat any animal that has a split hoof completely divided and that chews the cud. There are some that only chew the cud or only have a split hoof, but you must not eat them. The camel, though it chews the cud, does not have a split hoof; it is ceremonially unclean for you. The coney (rock badger), though it chews the cud, does not have a split hoof; it is unclean for you. The rabbit, though it chews the cud, does not have a split hoof; it is unclean for you. And the pig, though it has a split hoof completely divided, does not chew the cud; it is unclean for you. Leviticus 11:2-7

4. Do not eat any detestable thing. These are the animals you may eat: The ox, the sheep, the goat, the deer, the gazelle, the roe deer, the wild goat, the ibex (mountain goat), the antelope and the mountain sheep. You may eat any animal that has a split hoof divided in two and that chews the cud. However, of those that chew the cud or that have a split hoof completely divided you may not eat: the camel, the rabbit or the coney (rock badger). Although they chew the cud, they do not have a split hoof; they are ceremonially unclean for you. The pig is also unclean; although it has a split hoof, it does not chew the cud. You are not to eat their meat or touch their carcasses. Deuteronomy 14:3-8

*Cows, sheep, goats, deer, and buffalo can be eaten. Since pigs are excluded, this includes all ham, bacon, sausage, pork loin, etc.*

5. Of all the creatures living in the water of the seas and the streams, you may eat any that have fins and scales. Anything living in the water that does not have fins and scales is to be detestable to you. Leviticus 11:9, 12

6. Of all the creatures living in the water, you may eat any that has fins and scales. But anything that does not have fins and scales you may not eat; for you it is unclean. Deuteronomy 14:9-10

*Salmon, haddock, halibut, sole, tuna, sea bass, etc. are allowed. Shrimp, catfish, lobster, crabs, scallops, oysters, shark, eel, clams, etc. are not allowed.*

7. These are the birds you are to detest and not eat because they are detestable: the eagle, the vulture, the buzzard, the osprey, the kite, every kind of falcon, every kind of raven, the ostrich, the little owl, horned owl, the screech owl, the sea gull, every kind of hawk, the cormorant, the great owl, the white owl, the swan, the pelican, the stork, every kind of heron, the hoopoe and the bat. Leviticus 11:13-19 Deuteronomy 14:12-18

8. Yet these you may eat among all the winged insects which walk on all fours: those which have above their feet jointed legs with which to jump on the earth. Leviticus 11:21

9. All flying insects that swarm are unclean to you; do not eat them. Deuteronomy 14:19

*These are other foods mentioned in the Bible.*

10. We remember the fish we ate in Egypt at no cost--also the cucumbers, melons, leeks, onions and garlic. Numbers 11:5

11. For the Lord your God is bringing you into a good land--a land with streams and pools of water, with springs flowing in the valleys and hills; a land with wheat and barley, vines and fig trees, pomegranates, olive oil and honey. Deuteronomy 8:7-8

12. Strengthen me with raisins, refresh me with apples, for I am faint with love. Song of Solomon 2:5

13. If you find honey, eat just enough- too much of it, and you will vomit. Proverbs 25:16

14. Put some of the best products of the land in your bags and take them down to the man as a gift--a little balm and a little honey, some spices and myrrh; some pistachio nuts and almonds. Genesis 43:11

*This is the recipe for Ezekiel bread which can be purchased in stores.*

15. Take wheat and barley, beans and lentils, millet and spelt; put them in a storage jar and use them to make bread for yourself. Ezekiel 4:9

16. Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses. I Timothy 5:23

17. And I have promised to bring you up out of your misery in Egypt into the land of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites--a land flowing with milk and honey. Exodus 3:17

*The promised land was mentioned many times in scripture as a land flowing with milk and honey. Their milk was mostly goat's milk and it was raw, not pasteurized or homogenized.*

18. You will have plenty of goats' milk to feed you and your family and to nourish your servant girls. Proverbs 27:27

*These are the only requirements that were given to the new Gentile believers when the question was raised whether they needed to be circumcised and follow the law.*

19. You are to abstain from food sacrificed to idols, from blood, from meat of strangled animals and from sexual immorality. Acts 15:29a

*We are no longer under the law, so the rules involving food no longer apply.*

20. Everything is permissible for me--but not everything is beneficial. Everything is permissible for me--but I will not be mastered by anything. Food for the stomach and the stomach for food. I Corinthians 6:12-13a

21. For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer. I Timothy 4:4-5

*Prayer: Father, I ask that You guide me as to what I should and should not eat. Help my body to be able to use the nutrients that are in the food that I eat to give me the strength to serve You. I thank You for supplying the food that I need. Please protect me from anything harmful in my food. In Jesus' name, amen.*



## LAW AND GRACE

*In the Old Testament the Ten Commandments were given to the Israelites. They are listed in Deuteronomy 5:6-21 and Exodus 20:2-17. When the people sinned, they sacrificed animals. Many of the religious leaders in the New Testament and even the rich young man in Matthew 19:20 thought that they had kept the law, but Jesus showed them otherwise.*

1. You have heard that it was said to the people long ago, "Do not murder, and anyone who murders will be subject to judgment." But I (Jesus) tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, Raca, is answerable to the Sanhedrin. But anyone who says, "You fool! will be in danger of the fire of hell. Matthew 5:21-22

2. "Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself." Matthew 22:36-39

3. You have heard that it was said, "Do not commit adultery." But I (Jesus) tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. Matthew 5:27-28

4. For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it. James 2:10

*The Law was not given to make a person righteous by keeping it because no one can keep it, but to show us what is sinful and displeasing to God.*

5. Therefore no one will be declared righteous in his sight by observing the law; rather, through the law we become conscious of sin. Romans 3:20

6. Law brings wrath. And where there is no law there is no transgression. Romans 4:15b

7. What shall we say, then? Is the law sin? Certainly not! Indeed I would not have known what sin was except through the law. For I would not have known what coveting really was if the law had not said, "Do not covet." But sin, seizing the opportunity afforded by the commandment, produced in me every kind of covetous desire. For apart from law, sin is dead. Romans 7:7-8

*By concentrating on the Law and what we should not do, we are only thinking of sinful actions which entice us to sin. But then Jesus came and died in our place, taking our sins and making us righteous.*

8. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me. I do not set aside the grace of God, for if righteousness could be gained through the law, Christ died for nothing! Galatians 2:20b-21

9. Therefore, my brothers, I want you to know that through Jesus the forgiveness of sins is proclaimed to you. Through him everyone who believes is justified from everything you could not be justified from by the law of Moses. Acts 13:38-39

10. Day after day every priest stands and performs his religious duties; again and again he offers the same sacrifices, which can never take away sins. But when this priest (Jesus) had offered for all time one sacrifice for sins he sat down at the right hand of God. Since that time he waits for his enemies to be made his footstool, because by one sacrifice he has made perfect forever those who are being made holy. ... Then he adds: "Their sins and lawless acts I will remember no more." Hebrews 10:11-14,17

11. For if there had been nothing wrong with that first covenant, no place would have been sought for another. Hebrews 8:7

12. And the child (Jesus) grew and became strong; he was filled with wisdom, and the grace of God was upon him. Luke 2:40

13. For the law was given through Moses; grace and truth came through Jesus Christ. John 1:17

14. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. II Corinthians 5:21

15. Christ is the end of the law so that there may be righteousness for everyone who believes. Romans 10:4

16. Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith. Hebrews 12:1-2a

17. But if we Walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. I John 1:7-8

18. When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive with Christ. He forgave us all our sins, having canceled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross. Colossians 2:13-15

19. For God did not send his Son into the world to condemn the world, but to save the world through him. John 3:17

20. But now a righteousness from God, apart from law, has been made known, to which the Law and the Prophets testify. This righteousness from God comes through faith in Jesus Christ to all who believe. There is no difference, for all have sinned and fall short of the glory of God, and are justified freely by his grace through the redemption that came by Christ Jesus. Romans 3:21-24

21. The thief comes only to steal and kill and destroy; I (Jesus) have come that they may have life, and have it to the full. John 10:10

*The only way to become righteous is by having faith in Jesus Christ and what he did when He came and died on the cross, taking the punishment for our sins. Trying to be righteous by observing the Law will not work.*

22. You who are trying to be justified by law have been alienated from Christ (Ye are severed from Christ); you have fallen away from grace. Galatians 5:4

23. You foolish Galatians! Who has bewitched you? Before your very eyes Jesus Christ was clearly portrayed as crucified. I would like to learn just one thing from you; Did you receive the Spirit by observing the law, or by believing what you heard? Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort? Galatians 3:1-3

24. Offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. For sin shall not be your master (have dominion over you), because you are not under law, but under grace. Romans 6:13b-14

25. Now if the ministry that brought death, which was engraved in letters on stone, came with glory, so that the Israelites could not look steadily at the face of Moses because of its glory, fading though it was, will not the ministry of the Spirit be even more glorious? If the ministry that condemns men is glorious, how much more glorious is the ministry that brings righteousness! For what was glorious has no glory now in comparison with the surpassing glory. And if what was fading away came with glory, how much greater is the glory of that which lasts! II Corinthians 3:7-11

26. What does the Scripture say? “Abraham believed God, and it was credited to him as righteousness.” Now when a man works, his wages are not credited to him as a gift, but as an obligation. However, to the man who does not work but trusts God who justifies the wicked, his faith is credited as righteousness. Romans 4:3-5

27. Come to me (Jesus), all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. Matthew 11:28-30

*Jesus has already come and lived a sinless life and died on the cross, taking our sin and giving us His righteousness (II Corinthians 5:21). We can therefore stop striving to be sinless and just rest in what has been done for us, getting our eyes off ourselves and onto Jesus. We are already righteous as we rest in what Jesus has done. As we realize that, we will act more righteous, and the enemy will not be able to make us feel unworthy. Not only that, but the grace of God will give us the power and ability to do whatever we are called to do. The grace of God made Paul who he was and empowered the apostles.*

28. For I (Paul) am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am. I Corinthians 15:9-10a

29. With great power the apostles continued to testify to the resurrection of the Lord Jesus, and much grace was upon them all. Acts 4:33

30. When he (Barnabus) arrived (in Antioch) and saw the evidence of the grace of God (that a great number of people believed and turned to the Lord. 11:21b), he was glad and encouraged them all to remain true to the Lord with all their hearts. Acts 11:23

31. And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work. II Corinthians 9:8

*We must not just think of God's grace as providing forgiveness of sins so that we can go to heaven, but as empowerment to serve the Lord. Whatever God has called us to do for Him, we can do it because we are empowered by His grace.*

32. I can do everything through him who gives me strength (who empowers me).  
Philippians 4:13

33. For if, by the trespass of the one man (Adam), death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ. Consequently, just as the result of one trespass was condemnation for all men, so also the result of one act of righteousness was justification that brings life for all men. For just as through the disobedience of the one man the many were made sinners, so also through the obedience of the one man the many will be made righteous. Romans 5:17-19

34. Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord. His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. II Peter 1:2-4

*Here Paul was writing to "God's fellow workers," so they were already saved. He did not want them to fail to use God's grace so they could fulfill their calling.*

35. As God's fellow workers we urge you not to receive God's grace in vain (not let it be wasted) (do nothing with it). II Corinthians 6:1

*Prayer: Father, thank You for Your great plan of salvation that Jesus fulfilled. Help me not be deceived into thinking that I am not righteous because of my sinful actions. If I confess any sin, I will be forgiven. (I John 1:9) Knowing this truth will set me free. By relying on Your grace, I am able to do whatever You ask me to do, things that I cannot do in my own strength. In Jesus' name, amen.*

## LOVE OF GOD

1. Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves (he hath made us accepted in the beloved). In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding. Ephesians 1:3-8

2. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord. Romans 8:35-39

3. For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. John 3:16-17

4. May they be brought to complete unity to let the world know that you sent me (Jesus) and have loved them even as you have loved me. John 17:23

*Notice that this scripture says that God loves us as much as He loves Jesus.*

5. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Ephesians 3:17b-19

6. The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing. Zephaniah 3:17

7. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. Isaiah 43:2

8. The Lord will keep you from all harm--he will watch over your life; the Lord will watch over your coming and going both now and forevermore. Psalm 121:7-8

9. And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him. I John 4:16

10. This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. I John 3:16

11. As the Father has loved me (Jesus), so have I loved you. Now remain in my love. If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends. John 15:9-13

12. For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be. How precious to (concerning) me are your thoughts, O God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you. Psalm 139:13-18

13. "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

14. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. I John 4:9

15. Christ Jesus, who died--more than that, who was raised to life--is at the right hand of God and is also interceding for us. Romans 8:34b

16. God's kindness leads you towards repentance (to accept God's will).  
Romans 2:4b

17. The Lord will fulfill his purpose for me (will perfect that which concerns me); your love, O Lord, endures forever. Psalm 138:8a

*God knows everything about our life and loves us completely.*

18. O Lord, you have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you know it completely, O Lord. ... If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. Psalm 139:1-4,9-10

19. The word of the Lord came to me, saying, "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations." Jeremiah 1:4-5

20. I will go before you and will level the mountains; I will break down gates of bronze and cut through bars of iron. I will give you the treasures of darkness, riches stored in secret places, so that you may know that I am the Lord, the God of Israel, who summons you by name. Isaiah 45:2-3

21. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. Psalm 91:11-12

22. No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. I Corinthians 10:13

23. Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. Matthew 11:28-30



24. In him (Jesus) we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding. Ephesians 1:7

25. "Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life will I satisfy him and show him my salvation. Psalm 91:14-16

26. The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore. Psalm 121:7-8

27. Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. 1 Peter 5:6-7

28. Yet to all who received him, to those who believed in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband's will, but born of God. John 1:12-13

29. You (the Lord) are my hiding place; you will protect me from trouble and surround me with songs of deliverance. I (the Lord) will instruct you and teach you in the way you should go; I will counsel you and watch over you. Psalm 32:7-8

30. I have chosen you and have not rejected you. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:9b-10

31. Surely he (the Lord) will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. Psalm 91:3-4

32. The Lord upholds all those who fall and lifts up all who are bowed down. ... The Lord is righteous in all his ways and loving toward all he has made. The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them. The Lord watches over all who love him. Psalm 145:14,17-20a

33. Cast your cares on the Lord and he will sustain you; he will never let the righteous fall. Psalm 55:22

34. The Sovereign Lord will wipe away the tears from all faces; he will remove the disgrace of his people from all the earth. The Lord has spoken. Isaiah 25:8b

35. But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children--with those who keep his covenant and remember to obey his precepts. Psalm 103:17-18

36. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8

37. The Lord is good, a refuge in times of trouble. He cares for those who trust in him. Nahum 1:7

38. The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. Deuteronomy 31:8 Hebrews 13:5

39. Your love, O Lord, reaches to the heavens, your faithfulness to the skies. Psalm 36:5

40. Yet the Lord longs to be gracious to you; he rises to show you compassion. Isaiah 30:18a

41. Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. Lamentations 3:22

42. I (the Lord) have loved you with an everlasting love; I have drawn you with loving-kindness. Jeremiah 31:3b

43. Give thanks to the Lord, for he is good; his love endures forever. Psalm 118:1

***Prayer:*** Heavenly Father, help me to know that You love me. Help my heart to rest confidently in Your love and not fear what the future holds. As this truth becomes a reality, I will trust You more and more. I know that You will not reject me, but love me unconditionally. In Jesus' name. Amen.

## LOVE

*Jesus commanded us to love God, and love our neighbor as we love ourselves.*

1. "Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it; Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments." Matthew 22:36-40

Jesus was quoting the Old Testament.

2. Love the Lord your God with all your heart and with all your soul and with all your strength. Deuteronomy 6:5

3. Do not seek revenge or bear a grudge against one of your people, but love your neighbor as yourself. I am the Lord. Leviticus 19:18

*Now we are commanded to love each other as Jesus has loved us, not just as we love ourselves.*

4. A new command I (Jesus) give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another. John 13:34-35

5. My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends. John 15:12-13

6. This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him? Dear children, let us not love with words or tongue but with actions and in truth. I John 3:16-18

7. Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellowman has fulfilled the law. The commandments, "Do not commit adultery," "Do not murder," "Do not steal," "Do not covet," and whatever other commandment there may be, are summed up in this one rule: "Love your neighbor as yourself." Love does no harm to its neighbor. Therefore love is the fulfillment of the law. Romans 13:8-10

*How do we love God? By obeying His commands.*

8. This is how we know that we love the children of God: by loving God and carrying out his commands. This is love for God: to obey his commands. And his commands are not burdensome. I John 5:2-3

9. You have heard that it was said, "Love your neighbor and hate your enemy." But I (Jesus) tell you: Love your enemies (bless those who curse you, do good to those who hate you) and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? Matthew 5:43-46

10. For in Christ Jesus neither circumcision nor uncircumcision has any value. The only thing that counts is faith expressing itself through love (working through love). Galatians 5:6

11. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law (that can bring a charge). Galatians 5:22-23

12. Hatred stirs up dissension, but love covers over all wrongs. Proverbs 10:12

13. For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline (a sound mind). II Timothy 1:7

14. Better a meal of vegetables where there is love than a fattened calf with hatred. Proverbs 15:17

15. And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again. II Corinthians 5:15

***Prayer:*** *Father, You command me to love You and to love everyone else, even as Jesus has loved me. I choose to do that and be obedient, but I cannot do that on my own, so I ask You to help me. Your command even includes loving my enemies. I know that the people that seem to be my enemies are being influenced by satan and his demons. Help me remember that and love them with Your help. Thank You. In Jesus' name. Amen.*

## OBEDIENCE

*Is Jesus your Lord, not just your Savior? That means that you will do what He says to do at the appropriate time. He will give you the ability to do it.*

1. As the Father has loved me (Jesus), so have I loved you. Now remain in my love. If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends. You are my friends if you do what I command. John 15:9-14

2. On the third day a wedding took place at Cana in Galilee. Jesus' mother was there, and Jesus and his disciples had also been invited to the wedding. When the wine was gone, Jesus' mother said to him, "They have no more wine." "Dear woman, why do you involve me?" Jesus replied, "My time has not yet come." His mother said to the servants, "Do whatever he tells you." John 2:1-5

3. Does the Lord delight in burnt offerings and sacrifices as much as in obeying the voice of the Lord? To obey is better than sacrifice, and to heed is better than the fat of rams. For rebellion is like the sin of divination (witchcraft), and arrogance (stubbornness) like the evil of idolatry. I Samuel 15:22b-23a

4. I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. John 15:5

5. The man who says, "I know him," but does not do what he commands is a liar, and the truth is not in him. I John 2:4

6. And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again. II Corinthians 5:15

*How we are anointed to serve the Lord is the most valuable possession that we have after our salvation. Everyone has something significant to do in the kingdom of God and each of us must seek the Lord to find out what it is.*

7. If you are willing and obedient, you will eat the best from the land. Isaiah 1:19

8. Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will. Romans 12:1-2

9. To do what is right and just is more acceptable to the Lord than sacrifice. Proverbs 21:3

10. "Woe to the obstinate children," declares the Lord, "to those who carry out plans that are not mine, forming an alliance, but not by my Spirit, heaping sin upon sin." Isaiah 30:1

11. That servant who knows his master's will and does not get ready or does not do what his master wants will be beaten with many blows. Luke 12:47

12. Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me. For whoever wants to save his life will lose it, but whoever loses his life for me will save it. What good is it for a man to gain the whole world, and yet lose or forfeit his very self? Luke 9:23-25

13. The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity. Proverbs 11:3

14. If anyone chooses to do God's will, he will find out (know--have the needed illumination to recognize, can tell for himself) whether my teaching comes from God or whether I speak on my own. He who speaks on his own does so to gain honor for himself, but he who works for the honor of the one who sent him is a man of truth, there is nothing false about him. John 7:17-18

15. Be careful to obey all these regulations I am giving you, so that it may always go well with you and your children after you, because you will be doing what is good and right in the eyes of the Lord your God. ... See that you do all I command you; do not add to it or take away from it. Deuteronomy 12:28,32

16. So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" for the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow. Matthew 6:31-34a

17. He (the Son of Man) will put the sheep on his right and the goats on his left. Then the King will say to those on his right, "Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me." Then the righteous will answer him, "Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?" The King will reply, "I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me." Matthew 25:33-40

18. He (Jesus) withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." Luke 22:41-42

19. Be careful not to do your "acts of righteousness" before men, to be seen by them. If you do, you will have no reward from your Father in heaven. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you. Matthew 6:1,3-4

*This principle does not just apply to giving, but also to praying and fasting. (Matthew 6:5-6 and Matthew 6:16-18) If our objective is to have our good deeds seen by others, then we have already received our reward.*

20. But thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord! 1 Corinthians 15:57-58

21. Endure hardship with us like a good soldier of Christ Jesus. No one serving as a soldier gets involved in civilian affairs--he wants to please his commanding officer. II Timothy 2:3-4

*Prayer: Heavenly Father, I repent for rebellion and going my own way, for being afraid to surrender to Your will for my life. I renounce all of these fears of self protection or lack of dedication. I acknowledge that You have a purpose and destiny for me and I submit to Your will. Help me do it. In Jesus' name. Amen.*

## HOLY SPIRIT

*Before Jesus was crucified, He told his disciples that He would send the Counselor, the Holy Spirit to take His place in the earth.*

1. But I (Jesus) tell you the truth: It is for your good that I am going away. Unless I go away, the Counselor will not come to you; but if I go, I will send him to you. John 16:7

2. If you love me (Jesus), you will obey what I command. And I will ask the Father, and he will give you another Counselor to be with you forever--the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. John 14:15-17

3. All this I (Jesus) have spoken while still with you. But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. John 14:25-26

4. I (Jesus) have much more to say to you, more than you can now bear. But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his *own*; he will speak only what he hears, and he will tell you what is yet to come. John 16:12-13

5. Whoever believes in me (Jesus), as the Scripture has said, streams of living water will flow from within him. By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified. John 7:37b-39

6. When the Counselor comes, whom I (Jesus) will send to you from the Father, the Spirit of truth who goes out from the Father, he will testify about me. John 15:26

7. But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth. Acts 1:8

*A few people in the Old Testament, like prophets and kings, were given the Holy Spirit, but not everyone was eligible to receive Him. The coming of the Holy Spirit to all was a prophecy in Joel.*



8. I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. Even on my servants, both men and women, I will pour out my Spirit in those days. Joel 2:28b-29

*This prophecy from Joel was fulfilled on the day of Pentecost when the disciples were gathered in the Upper Room and the Holy Spirit came.*

9. When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. Acts 2:1-4

*A few persons in the New Testament, including Jesus, received the Holy Spirit before He came in Acts 2.*

10. For he (John) will be great in the sight of the Lord. He is never to take wine or other fermented drink, and he will be filled with the Holy Spirit ever from birth. Luke 1:15

11. The angel answered, "The Holy Spirit will come upon you (Mary), and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God. Luke 1:35

12. When all the people were being baptized, Jesus was baptized too. And as he was praying, heaven was opened and the Holy Spirit descended on him in bodily form like a dove. Luke 3:21-22a

*The spiritual gifts of wisdom, knowledge, faith, healing, miracles, prophecy, discerning of spirits, tongues and interpretation of tongues are given to us by the Holy Spirit.*

13. There are different kinds of gifts, but the same Spirit. ... Now to each one the manifestation of the Spirit is given for the common good. ... All these are the work of one and the same Spirit, and he gives them to each one, just as he determines. I Corinthians 12:4,7,11

*Various blessings come from the Holy Spirit. We all need the Holy Spirit in our lives.*

14. So I (Paul) say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. ... But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Galatians 5:16-17,22-23a

15. Those who are led by the Spirit of God are sons of God. For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." The Spirit himself testifies with our spirit that we are God's children. Romans 8:14-16

16. The Spirit searches all things, even the deep things of God. For who among men knows the thoughts of a man except the man's spirit within him? In the same way no one knows the thoughts of God but the Spirit who is from God, that we may understand what God has freely given us. This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words. The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned. I Corinthians 2:10b-14

17. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. Ephesians 5:18

18. Do not put out the Spirit's fire (Quench not the Spirit). I Thessalonians 5:19

19. Those who obey his (Jesus') commands live in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us. I John 3:24

20. This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, but every spirit that does not acknowledge Jesus is not from God. I John 4:2-3a

21. When you are brought before synagogues, rulers and authorities, do not worry about how you will defend yourselves or what you will say, for the Holy Spirit will teach you at that time what you should say. Luke 12:11-12

*The Jewish believers were quite surprised when the Holy Spirit was given to the Gentiles. Receiving the Holy Spirit is separate from salvation. The ability to pray in tongues or prophesy is evidence of the Holy Spirit.*

22. While Peter was still speaking these words (to Cornelius and his friends), the Holy Spirit came on all who heard the message. The circumcised believers who had come with Peter were astonished that the gift of the Holy Spirit had been poured out even on the Gentiles. For they heard them speaking in tongues and praising God. Acts 10:44-46a

23. When the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent Peter and John to them. When they arrived, they prayed for them that they might receive the Holy Spirit, because the Holy Spirit had not yet come upon any of them; they had simply been baptized into the name of the Lord Jesus. Then Peter and John placed their hands on them, and they received the Holy Spirit. Acts 8:14-17

24. There (Ephesus) he (Paul) found some disciples and asked them, "Did you receive the Holy Spirit when you believed?" They answered, "No." ... On hearing this, they were baptized into the name of the Lord Jesus. When Paul placed his hands on them, the Holy Spirit came on them, and they spoke in tongues and prophesied. Acts 19:1b-2a,5-6

*The Holy Spirit guides us in our prayers.*

25. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. Romans 8:26b-27

*Praying in tongues builds up our faith. It was also been discovered that praying in tongues builds up our immune system significantly.*

26. But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit. Jude 20

## FEAR

*Fear is sin. The Bible tells us many times not to be afraid. There is no need to fear because God is with us.*

1. I have chosen you and have not rejected you. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my 'righteous right hand. Isaiah 41 :9b-10
2. Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you. Deuteronomy 31:6
3. Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord, your God, the Holy One of Israel, your Savior. Isaiah 43:1b-3a
4. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4
5. The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. Deuteronomy 31:8
6. Have I not commanded you? be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9
7. God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. Psalm 46:1-3
8. The Lord is my light and my salvation--whom shall I fear? The Lord is the stronghold of my life--of whom shall I be afraid? Psalm 27:1
9. For God did not give us a spirit of timidity (fear), but a spirit of power, of love and of self-discipline. II Timothy 1:7

10. There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. I John 4:18

11. An anxious heart weighs a man down, but a kind word cheers him up  
Proverbs 12:25

12. Peace I (Jesus) leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27

13. Those who are led by the Spirit of God are sons of God. For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." The Spirit himself testifies with our spirit that we are God's children. Romans 8:14-15

14. He who overcomes will inherit all this, and I will be his God and He will be my son. But the cowardly (fearful), the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters and all liars--their place will be in the fiery lake of burning sulfur. This is the second death. Revelation 21:7-8

*We are to have the fear of the Lord, which means awe and respect, a condition of the heart.*

15. The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding. Psalm 111:10a

16. The fear of the Lord is pure, enduring forever. Psalm 19:9a

17. Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe. Hebrews 12:28

18. Show proper respect to everyone: Love the brotherhood of believers, fear God, honor the king. I Peter 2:17

*Prayer: Father, I ask that you show me where I have fears. I know that there are fears that I am not aware of. Please forgive me for being afraid. I know that You are always with me, and I accept Your perfect love and peace in these situations. Any spirits of fear must leave me. Thank you. In Jesus' name. Amen.*

## WORRY

*The Bible specifically instructs us not to worry or be fearful. It is a sin to worry so we must try to be obedient to the Word about worrying.*

1. Therefore I (Jesus) tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? .... Who of you by worrying can add a single hour to his life? Matthew 6:25,27

2. Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. ... Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest? ... But seek his kingdom, and these things will be given to you as well." Luke 12:22,25-26,31

*Since we are not to worry, what do we do with our cares and concerns?*

3. Casting the whole of your care--all your anxieties, all your worries, all your concerns, once and for all--on Him; for he cares for you affectionately, and cares about you watchfully. I Peter 5:7 Amplified

4. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

5. Do not fret or have anxiety about anything, but in every circumstance and in everything by prayer and petition [definite requests] with thanksgiving continue to make your wants known to God. Philippians 4:6 Amplified

6. Delight yourself also in the Lord, and He will give you the desires and secret petitions of your heart. Commit your way to the Lord--roll and repose [each care of] your load on Him; trust (lean on, rely on and be confident) also in Him, and He will bring it to pass. Psalms 37:4-5 Amplified

*Prayer: Father, help me to be obedient about worrying by casting my cares on You. I know that You are able to fix my problems better than I can. Thank You for helping me do this. In Jesus' name. Amen.*

## WORDS

*The Bible clearly states that Jesus was the one who created all things.*

1. In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. John 1:1-3
2. But in these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom he made the universe. Hebrews 1:2
3. For by him (Jesus) all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him. Colossians 1:16
4. For this is what the Lord says--he who created the heavens, he is God; he who fashioned and made the earth, he founded it; he did not create it to be empty, but formed it to be inhabited--he says: "I am the Lord, and there is no other." Isaiah 45:18

*How were all things created? They were spoken into existence, using words. Here are some examples.*

5. And God said, "Let there be light," and there was light. Genesis 1:3
6. Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. Genesis 1:11
7. And God said, "Let the water teem with living creatures, and let birds fly above the earth across the expanse of the sky." Genesis 1:20
8. And God said, "Let the land produce living creatures according to their kinds: livestock, creatures that move along the ground, and wild animals, each according to its kind." And it was so. Genesis 1:24
9. Then God said, "Let us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth." Genesis 1:26

*Einstein discovered that matter and energy are interchangeable. Remember his famous formula,  $E=mc^2$ ? Matter can be changed into energy and energy can be changed into matter. Jesus used His faith, His energy, His glory, to produce matter when He spoke.*

10. By faith we understand that the worlds were prepared (formed) by the word of God, so that what is seen was not made out of things which are visible. Hebrews 11:3

11. By the word of the Lord were the heavens made, their starry host by the breath of his mouth. ... For he spoke, and it came to be; he commanded, and it stood firm. Psalm 33:6,9

12. Praise him, sun and moon, praise him, all you shining stars. Praise him, you highest heavens and you waters above the skies. Let them praise the name of the Lord, for he commanded and they were created. He set them in place for ever and ever; he gave a decree that will never pass away. Psalm 148:3-6

13. He (Abraham) is our father in the sight of God, in whom he believed--the God who gives life to the dead and calls things that are not as though they were. Romans 4:17b

*Not only did Jesus operate this way, but we operate this way whether we realize it or not.*

14. I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. John 14:12

15. I (Jesus) tell you the truth, if anyone says to this mountain, "Go, throw yourself into the sea," and does not doubt in his heart but believes that what he says will happen, it will be done for him. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. Mark 11:23-24

*Notice that in this scripture you must believe in your heart and confess with your mouth and you will have what you say. Believing in our hearts is not as easy as it sounds. We usually believe things in our minds. When we believe in our hearts and say what we believe, we will have what we have said, whether it is something we really want or not.*



*Since we live in a fallen world, it seems to be a lot easier to say things that we do not want to happen than to say things we do want to happen. We were designed to operate in this life by the power of the spirit and the words of our mouth. This power to have what we say and believe was given to us by God.*

*Saying with our mouth and believing in our hearts was the way we were saved.*

16. That if you confess with your mouth Jesus as the Lord, and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved. Romans 10:9-10

*By saying and believing in our heart that what we say will happen (having faith), we will have what we say. That means that we must be very careful what we say and really believe.*

17. If you have faith as small as a mustard seed, you can say to this mountain, "Move from here to there" and it will move. Nothing will be impossible for you. Matthew 17:20b

18. I tell you the truth, if anyone says to this mountain, "Go, throw yourself into the sea," and does not doubt in his heart but believes that what he says will happen, it will be done for him. Mark 11:23

19. Jesus replied, "I tell you the truth, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done." Matthew 21:21

20. He (Jesus) replied, "If you have faith as small as a mustard seed, you can say to this mulberry tree, 'Be uprooted and planted in the sea,' and it will obey you." Luke 17:6

21. According to your faith will it be done to you. Matthew 9:29b

22. It is written: "I believed; therefore I have spoken." With that same spirit of faith we also believe and therefore speak. II Corinthians 4:13

23. Death and life are in the power of the tongue, and those who love it will eat its fruit. Proverbs 18:21

*If death and life are in our tongues, then we need to be very careful what we say, but remember, we must believe what we say in our hearts for it to happen. We can't just say, for example, "I am going to get a new car," and have it happen somehow unless we believe it in our hearts. Saying a thought that we believe is what gives power to it.*

*The trouble is that we usually say negative things that we believe will happen, and if we believe it in our hearts, then it will happen. "I'm never going to lose weight." "I'm never going to get a decent job." "We are never going to get out of debt." How many ungodly beliefs are you confessing? What are you believing and saying, even over your children?*

24. He who guards his mouth preserves his life, but he who opens wide his lips shall have destruction. Proverbs 13:3

25. Hear and understand: Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man. Matthew 15:10b-11

26. A fool's lips bring him strife, and his mouth invites a beating. A fool's mouth is his undoing, and his lips are a snare to his soul. Proverbs 18:6-7

27. My people are destroyed for lack of knowledge. Hosea 4:6

*A word curse can be very powerful, so we need to be very careful what we say. Parents and teachers can speak negative words over children, not believing the power that their words have to affect the children's lives. Family members can speak curses over marriages and spouses coming into the family and curse the marriage. People in a church can speak curses over the church or the pastor or other members, not realizing what they are doing. People can speak curses over our elected officials instead of praying for them as we are supposed to do. Our culture promotes negative language, quite often spoken in a joking manner. Just listen to what people are saying.*

28. You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks. The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him. But I tell you that men will have to give account on the day of judgment for every careless word they have spoken. For by your words you will be acquitted, and by your words you will be condemned. Matthew 12:34-37

29. The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks. Luke 6:45

30. The heart is deceitful above all things and beyond cure. Who can understand it? Jeremiah 17:9

*We can tell what is in our hearts by paying attention to what we say.*

31. Lord, who may abide in Your tabernacle? Who may dwell in Your holy hill? He who walks uprightly, and works righteousness, and speaks the truth in his heart; he who does not backbite with his tongue, nor does evil to his neighbor, nor does he take up a reproach against his friend. Psalm 15:1-3

***Prayer:*** Heavenly Father, I come to you in the name of Jesus. I realize how powerful my words are, and I do not want to use that authority and speak curses over anybody or anything. I repent for doing that, and I break the power of the negative words that I have already spoken. I cancel their effect on myself and others. (Maybe the Lord will bring to your mind something specific that you have said that you need to renounce and repent of.) Please help me guard my tongue. Make me aware of when I am about to speak negatively in the future and help me change. I only want to speak blessings.

*What negative words or word curses has someone spoken over you? Especially if you were very small, your heart probably believed it and it has affected your life. We either empower demons or angels by the words that we speak.*

***Prayer:*** Lord, bring to my mind the negative words that have been spoken over me. (For each instance that the Lord brings up, say that you renounce and break the power of the words and cancel their effect on your life. Be specific, saying what the words were.) I refuse to believe that these negative words are the truth. I say that what the Bible says about me is the truth. I also order any demons associated with the negative words to leave. Thank you, Lord. Amen.

*It may be that the words spoken over you or actions done to you were so wounding that you need specific ministry in prayer to remove the hurts and lies and replace them with the truth. Many people have had such experiences and they need help dealing with them. There is a ministry technique called Inner Healing that is very helpful in these situations.*

## INNER VOWS

*An inner vow is a statement about what we will do or not do. Its quite often made in childhood and forgotten, but it can also be made by adults in certain situations. It is usually made because of experiencing extreme emotional distress, hurt, or humiliation, and we not want to get in the same hurtful situation again.*

1. Death and life are in the power of the tongue, and those who love it will eat its fruit. Proverbs 18:21

2. Again, you have heard that the ancients were told, "You shall not make false vows, but shall fulfill your vows to the Lord." But I say to you, make no oath at all, either by heaven, for it is the throne of God, or by the earth, for it is the footstool of His feet, or by Jerusalem, for it is the city of the great King. Nor shall you make an oath by your head, for you cannot make one hair white or black. But let your statement be, "Yes, yes" or "No, no;" and anything beyond these is of evil. Matthew 5:33-37

3. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. I Corinthians 13:11

4. I tell you the truth, if anyone says to this mountain, "Go, throw yourself into the sea," and does not doubt in his heart but believes that what he says will happen, it will be done for him. Mark 11:23

*An inner vow is spoken from the heart what the person really believes at the time. However, now we have matured or we have learned the truth and our minds and hearts have changed. But even if we want to be free, this vow will still persistently affect us. We will still be bound by the words that we spoke.*

*Let's look at some examples.*

*A) Suppose that a little girl is the oldest of 10 children. Her mother has been pregnant many times and she has had to help with the other children. She is very frustrated that she has had to help care for her brothers and sisters instead of enjoying a carefree childhood. She makes the inner vow: "When I grow up I am not going to have any children." After she is grown and married and has forgotten the vow that she made, she finds that she cannot get pregnant, even though she now desires to have children.*

*B) Suppose that a little boy must give some kind of report to his class. He gets his tongue twisted trying to say something and everybody laughs, including the teacher. He makes the inner vow: "I will never speak before a group of people again." When he is an adult, he finds that he absolutely cannot make any kind of presentation or speech, even if his job requires it.*

*C) Suppose that a little girl is teased and tormented by her brothers. They will not leave her alone but seem to find pleasure in trying to make her miserable. She makes the inner vow: "I am not going to have any male children." In adulthood she finds that she can have a baby that is a girl, but every time she gets pregnant with a boy, she has a miscarriage.*

*D) Suppose that a little girl does not want to bring her friends home with her because her mother is such a bad housekeeper and the house is always a mess. She makes the inner vow: "When I grow up, I am going to keep my house neat and looking nice." In adulthood she finds that she is compulsively cleaning and she keeps buying new things for her house, even though it puts a strain on the finances. When her children make a mess, she is devastated.*

*When we make a vow about what we are going to do or not do in our lives, we are directing our own steps.*

5. I know, O Lord, that a man's life is not his own; it is not for man to direct his steps. Jeremiah 10:23

6. Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." As it is, you boast and brag. All such boasting is evil. James 4:13-16

*Here are some other common inner vows that people make about themselves.*

*(I swear that)*

*I'll never wear hand-me-down clothes.*

*I'll never sing again.*

*I'll never fail again.*

*I'll never go to the hospital again.*

*I'll never let him/her get the best of me again.*

*I'll never share my true feelings.  
I'll never get married.  
I'll never be a missionary.  
I'll never feel with my emotions again.  
I'll never get married again.  
I'll never desert my children.  
I'll never preach the gospel.  
I'll always support my family.  
I'll never hit a woman.  
I'll always be a good mother/father.  
I'll never try to do that again.  
So help me God, I'll....  
You'll never catch me....  
You just see if I ever....  
I will....*

*When we say the inner vow with great emotion, vow it or swear it, then it is sealed. Our words will rise up and interfere if we try to do what we said that we would do or not do. Even good sounding statements still trap us in unwanted behaviors. We can repent many times for not doing something that we vowed that we would never do, but repenting for present actions or inactions will not get rid of the bondage. Dealing with the present is not what is needed because the problem is from the past where the vow was made, and the vow is what needs to be broken.*

*Usually we do not remember making the vows and we must ask the Lord to bring them back to our remembrance so that we can deal with them. Sometimes we can tell that a vow is present by what is happening, and we do not need to remember making it. We can just repent for making the vow, and if it is not there, no harm is done.*

*Prayer: Heavenly Father, in the name of Jesus, I break the inner vow of saying \_\_\_\_\_. I repent for making this vow and I forgive those who hurt me and caused me to make this vow. I speak to my body and my emotions and I say that I release you from this vow, and I declare that this vow will have no further power to affect me. If anything in my body was damaged by this vow, I ask for healing so that it will now function properly. Amen.*

## PRAYER

*The relationship between God and mankind started in the Garden of Eden.*

1. Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground." Genesis 1:26

2. You made him (man) ruler over the works of your hands; you put everything under his feet. Psalm 8:6

*God made man to be god of this world, but when Adam disobeyed God by his own free will, satan became god of this world by a legal transaction, and God could not stop it. In the scripture below, what satan said to Jesus was true, and therefore a real temptation.*

3. The devil led him (Jesus) up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, "I will give you all their authority and splendor, for it has been given to me, and I can give it to anyone I want to." Luke 4:5-6

4. The god of this world has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God. II Corinthians 4:4

*Satan is still the god of this world, but Jesus came and provided a way for us to be rescued out of satan's kingdom.*

5. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves. Colossians 1:13

*Because of what Jesus did when He came and died on the cross, God can intervene for us when we pray, but without our prayers, He is limited in what He can do. Our Heavenly Father wants to answer our prayers.*

6. Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! Matthew 7:9-11

7. Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. Matthew 7:7-8

8. This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us--whatever we ask--we know that we have what we asked of him. I John 5:14-15

*There are different kinds of prayers.*

*(A) The Prayer of Faith - We must believe that we have what we have asked for before we see it. We can believe because we ask according to God's will.*

9. I tell you the truth, if anyone says to this mountain, "Go, throw yourself into the sea," and does not doubt in his heart but believes that what he says will happen, it will be done for him. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins. Mark 11:23-25

10. Jesus replied, "I tell you the truth, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done. If you believe, you will receive whatever you ask for in prayer." Matthew 21:21-22

*(B) Praying in the Holy Spirit (with Tongues) (Tongues can also be used to speak to another person a message from God in their language. The person speaking probably will not know that language.) Tongues are a spiritual gift which we can use to build up our faith, as well as pray for others and worship God.*

11 . Now to each one the manifestation of the Spirit is given for the common good. ... To another speaking in different kinds of tongues, and to still another the interpretation of tongues. I Corinthians 12:7, 10b

12. But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit. Jude 20

13. For if I pray in a tongue, my spirit prays, but my mind is unfruitful. So what shall I do? I will pray with my spirit, but I will also pray with my mind; I will sing with my spirit, but I will also sing with my mind. I Corinthians 14:14-15



*(C) The Prayer of Agreement*

14. Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them. Matthew 18:19-20

*(D) The Prayer of Intercession - which is praying for others, quite often with tongues, because we may not know what to pray for.*

15. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. Romans 8:26-27

16. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. Pray also for me (Paul). Ephesians 6:18-19a

17. I looked for a man among them who would build up the wall and stand before me in the gap on behalf of the land so I would not have to destroy it, but I found none. Ezekiel 23:30

18. Then Abraham approached him (the Lord) and said: "Will you sweep away the righteous with the wicked?" Genesis 18:23 *In this verse through verse 32, Abraham interceded for the cities of Sodom and Gomorrah that they would not be destroyed.*

*(E) Binding and Loosing*

19. I (Jesus) tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Matthew 18:18

*(F) Praying against worry by casting our cares on the Lord. The Bible specifically instructs us not to worry or be fearful.*

20. Do not fret or have anxiety about anything, but in every circumstance and in everything by prayer and petition [definite requests] with thanksgiving continue to make your wants known to God. Philippians 4:6 Amplified

21. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:34

22. Therefore I (Jesus) tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? ... Who of you by worrying can add a single hour to his life? Matthew 6:25,27

23. Casting the whole of your care--all your anxieties, all your worries, all your concerns, once and for all--on Him; for he cares for you affectionately, and cares about you watchfully. 1 Peter 5:7 Amplified

*(G) Using authority.*

24. I (Jesus) have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven. Luke 10:19-20

*(H) Thanksgiving and praise*

25. I will bless the Lord at all times; his praise shall continually be in my mouth. Psalms 34:1

*Here are some things that the Bible says to pray for:*

26. I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone--for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. 1 Timothy 2:1-2

27. Then he (Jesus) said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field." Matthew 9:37-38

28. Pray for the peace of Jerusalem: May those who love you be secure. Psalm 122:6

*When we pray, we are to pray to the Father in the name of Jesus.*

29. In that day you will no longer ask me anything. I tell you the truth, my Father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete. John 16:23-24

30. Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. Ephesians 5:20

*Some additional conditions for receiving in prayer.*

31. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33

32. If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. John 15:7-8

33. And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins. But if you do not forgive, neither will your Father who is in heaven forgive your sins. Mark 11:25-26

34. Delight yourself in the Lord and he will give you the desires of your heart. Psalm 37:4

35. And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. Matthew 6:5-8

*Prayer: Heavenly Father, being able to pray to You is a privilege and a responsibility. Help me to hear Your voice and know Your will as to what I should pray for. Fill/refill me with Your Holy Spirit so that I may pray according to Your will and purpose. Show me the most effective way to pray for the people in authority over me and for others. Help me to satisfy the conditions for effective praying so that my prayers will be answered. In Jesus' name, amen.*

## PRAISE

*We are told to praise and thank the Lord many times in scripture, especially in Psalms. Most of the time we are told to sing praises, but there are also scriptures that say to clap, shout, lift your hands, dance and play musical instruments, and proclaim what He has done.*

1. Sing praises to the Lord, enthroned in Zion; proclaim among the nations what he has done. Psalm 9:11

2. Praise the Lord. Praise God in his sanctuary; praise him in his mighty heavens. Praise him for his acts of power; praise him for his surpassing greatness. Praise him with the sounding of the trumpet, praise him with the harp and lyre, praise him with tambourine and dancing, praise him with the strings and flute, praise him with the clash of cymbals, praise him with resounding cymbals. Let everything that has breath praise the Lord. Praise the Lord. Psalm 150

3. Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord say this--those he redeemed from the hand of the foe. Psalm 107:1-2

4. Praise the Lord. Sing to the Lord a new song, his praise in the assemble of the saints. Psalm 149:1

5. Lift up your hands to the sanctuary And bless the Lord. Psalm 134:2

6. Sing to the Lord with thanksgiving; Sing praises to our God on the lyre. Psalm 147:7

7. I will bless the Lord at all times; his praise shall continually be in my mouth. Psalms 34:1

8. Sing praises to God, sing praises; sing praises to our King, sing praises. Psalm 47:6

9. Let Israel rejoice in their Maker; let the people of Zion be glad in their King. Let them praise his name with dancing and make music to him with tambourine and harp. Psalm 149:2-3

10. Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart! Psalm 32:11

11. Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise him. Praise the Lord with the harp; make music to him on the ten-stringed lyre. Sing to him a new song; play skillfully, and shout for joy. Psalm 33:1-3

12. Clap your hands, all you nations; shout to God with cries of Joy. Psalm 47:1

13. I will sing a new song to you, O God; on the ten-stringed lyre I will make music to you. Psalm 144:9

*We enter God's presence with praise.*

14. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. Psalm 100:4

15. Yet you are holy, enthroned on the praises of Israel. Psalm 22:3

*At the dedication of Solomon's temple, when the Ark was brought in, there was so much praise that the glory of the Lord filled the temple.*

16. All the Levites who were musicians--Asaph, Heman, Jeduthun and their sons and relatives--stood on the east side of the altar, dressed in fine linen and playing cymbals, harps and lyres. They were accompanied by 120 priests sounding trumpets. The trumpeters and singers joined in unison, as with one voice, to give praise and thanks to the Lord. Accompanied by trumpets, cymbals and other instruments, they raised their voices in praise to the Lord and sang: "He is good; his love endures forever." Then the temple of the Lord was filled with a cloud, and the priests could not perform their service because of the cloud, for the glory of the Lord filled the temple of God. II Chronicles 5:12-14

*The king of Israel, the king of Judah and the king of Edom ran out of water as they were going to fight the king of Moab. So they asked Elisha for a word from the Lord. Elisha asked for some music.*

17. But now bring me a harpist. While the harpist was playing, the hand of the Lord came upon Elisha and he said, "This is what the Lord says: Make this valley full of ditches." II Kings 3:15-16

## SPOKEN BLESSING

*A blessing is positive words spoken by God over a person or group of people or it is spoken usually by a father over his children or his spiritual sons and daughters. A blessing gives identity, hope and direction to their lives.*

1. So God created the great creatures of the sea and every living and moving thing with which the water teems, according to their kinds, and every winged bird according to its kind. And God saw that it was good. God blessed them and said, "Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth." Genesis 1:21-22

2. So God created man in his own image, in the image of God he created him; male and female he created them. God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground." Genesis 1:27-28

3. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Genesis 2:3

4. Then God blessed Noah and his sons, saying to them, "Be fruitful and increase in number and fill the earth." Genesis 9:1

5. The Lord had said to Abram, "Leave your country, your people and your father's household and go to the land I will show you. I will make you into a great nation and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you." Genesis 12:1-3

6. Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you, and none will miscarry or be barren in your land. I will give you a full life span. Exodus 23:25-26

7. The Melchizedek king of Salem brought out bread and wine. He was priest of God Most High, and he blessed Abram, saying, "blessed be Abram by God Most High, Creator of heaven and earth. And blessed be God Most High, who delivered your enemies into your hand." Genesis 14:18-20

*Praise is used as a weapon of warfare.*

18. Whenever the spirit from God came upon Saul, David would take his harp and play. Then relief would come to Saul; he would feel better, and the evil spirit would leave him. 1 Samuel 16:23

19. Do not grieve, for the joy of the Lord is your strength. Nehemiah 8:10b

20. May the praise of God be in their (the saints') mouths and a double-edged sword in their hands, to inflict vengeance on the nations and punishment on the peoples, to bind their kings with fetters, their nobles with shackles of iron, to carry out the sentence written against them. This is the glory of all his saints. Praise the Lord. Psalm 149:6-9

21. From the lips of children and infants you have ordained praise because of your enemies, to silence the foe and the avenger. Psalm 8:2

22. I will praise you, O Lord, with all my heart; I will tell of all your wonders. I will be glad and rejoice in you; I will sing praise to your name, O Most High. My enemies turn back; they stumble and perish before you. Psalm 9:1-3

*Regardless of the circumstances, we are to rejoice and praise the Lord. Then God will bless us and bring the victory.*

23. Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior. Habakkuk 3:17-18

24. Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. Ephesians 5:19-20

25. May the peoples praise you, O God; may all the peoples praise you. Then the land will yield its harvest, and God, our God, will bless us. God will bless us, and all the ends of the earth will fear him. Psalm 67:5-7

***Prayer:*** *Father, teach us how to praise You. Help us understand how important it is to praise You, no matter what the circumstances. We bless your name, Lord. We thank You and praise You for all Your mighty works. In Jesus' name. Amen.*

*This is the blessing apparently spoken by Rebekah's brothers over Rebekah as she was leaving to go with Abraham's servant to become the wife of Isaac. That means all the Jewish people are her offspring.*

8. So they sent their sister Rebekah on her way, along with her nurse and Abraham's servant and his men. And they blessed Rebekah and said to her, "Our sister, may you increase to thousands upon thousands; may your offspring possess the gates of their enemies." Genesis 24:59-60

*This is the blessing that Isaac gave to Jacob when he thought that he was blessing Esau. The blessing of the father was so important that Jacob and Rebekah devised an elaborate scheme to trick Isaac into giving Jacob the blessing.*

9. May God give you of heaven's dew and of earth's richness--an abundance of grain and new wine. May nations serve you and peoples bow down to you. Be lord over your brothers, and may the sons of your mother bow down to you. May those who curse you be cursed and those who bless you be blessed. Genesis 27:28-29

*Jacob wrestled with this man until daybreak and his hip socket was wrenched. Jacob was determined to receive a blessing before he met his brother Esau because he did not know what his brother would do to him. Esau was upset because Jacob had tricked Isaac into giving him Isaac's blessing instead of Esau.*

10. Then the man said, "Let me go, for it is daybreak." But Jacob replied, "I will not let you go unless you bless me." Genesis 32:26

*This is the blessing that Israel (Jacob) gave to Joseph's sons Ephraim and Manasseh whose mother was an Egyptian.*

11. May the God before whom my fathers Abraham and Isaac walked, the God who has been my shepherd all my life to this day, the Angel who has delivered me from all harm--may he bless these boys. May they be called by my name and the names of my fathers Abraham and Isaac, and may they increase greatly upon the earth. Genesis 48:15b-16

*This is part of what Balaam spoke over the Israelites instead of cursing them.*

12. May those who bless you be blessed and those who curse you be cursed! Numbers 24:9b



*This is how Aaron and his sons were to bless the Israelites.*

13. The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace. Numbers 6:24-26

*This is part of the blessing that Moses spoke over Israel shortly before he died.*

14. Blessed are you, O Israel! Who is like you, a people saved by the Lord? He is your shield and helper and your glorious sword. Your enemies will cower before you, and you will trample down their high places. Deuteronomy 33:29

*This is the blessing that Solomon spoke over Israel during the dedication of the temple that he had built.*

15. He (Solomon) stood and blessed the whole assembly of Israel in a loud voice, saying: "Praise be to the Lord, who has given rest to his people Israel just as he promised. Not one word has failed of all the good promises he gave through his servant Moses. May the Lord our God be with us as he was with our fathers; may he never leave us nor forsake us. May he turn our hearts to him, to walk in all his ways and to keep the commands, decrees and regulations he gave our fathers." 1 Kings 8:55-58

*This is the blessing that Elizabeth spoke over Mary when Mary was pregnant with Jesus and she went to visit her cousin Elizabeth and Elizabeth was pregnant with John the Baptist.*

16. In a loud voice she (Elizabeth) exclaimed: "Blessed are you (Mary) among women, and blessed is the child you will bear! But why am I so favored, that the mother of my Lord should come to me? As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. Blessed is she who has believed that what the Lord has said to her will be accomplished!" Luke 1:42-45

*The very last thing that Jesus did on earth was to bless His followers.*

17. When he (Jesus) had led them out to the vicinity of Bethany, he lifted up his hands and blessed them. While he was blessing them, he left them and was taken up into heaven. Luke 24:50-51

## THOUGHTS

*Our words and actions begin with thoughts. We are to control our thoughts and therefore have an influence over our words and actions. The Bible says to think positive thoughts, thoughts that are true and agree with the Word.*

1. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. Philippians 4:8

2. For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. II Corinthians 10:3-5

3. As a man thinks in his heart, so is he. Proverbs 23:7

4. Let the wicked forsake his way and the evil man his thoughts. Let him turn to the Lord, and he will have mercy on him, and to our God, for he will freely pardon. Isaiah 55:7

*Negative thoughts in our mind will come out as negative words from our mouth.*

5. The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks. Luke 6:45

6. The tongue has the power of life and death, and those who love it will eat its fruit. Proverbs 18:21

*Mental and physical illnesses can be caused by our negative thoughts. Our mind, will and emotions comprise our soul. Our mind controls our brain which controls all the rest of our body. If our brain is not functioning correctly, our body will not function properly. It has been scientifically proven that negative thoughts actually damage our brain.*

7. Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers. III John 2

8. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-- his good, pleasing and perfect will. Romans 12:2

9. You will keep in perfect peace him whose mind is steadfast, because he trusts in you. Trust in the Lord forever. Isaiah 26:3-4a

*Thoughts of fear, anxiety and worry are very prevalent in most people's thinking. Fearful thoughts can be very damaging. What does the Bible say to do in situations promoting fear and anxiety?*

10. So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" Matthew 6:31

11. Cast all your anxiety (care) on him because he cares for you. I Peter 5:7

12. For God did not give us a spirit of timidity (fear), but a spirit of power, of love and of self-discipline (a sound mind). II Timothy 1:7

*What does the Bible say to do if we have thoughts that produce anger against someone because of what they did to us?*

13. Then came Peter to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy times seven times." Matthew 18:21-22

14. In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26-27

*What does the Bible say to do if we remember situations that produce thoughts of shame and guilt?*

15. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. I John 1:8-9

***Prayer:*** Father, I want to be obedient to Your word and think positive thoughts and as a result speak positive words. Please help me do that. Thank You. In Jesus' name, amen.

## SOWING AND REAPING

A. As long as the earth endures, seed-time and harvest, cold and heat, summer and winter, day and night will never cease. Genesis 8:22

*Reaping what we sow is a spiritual law. Sowing and reaping in the spiritual realm is very similar to sowing and reaping in the natural realm.*

### 1. We reap what we sow.

a. Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. Galatians 6:7-8

b. Do not judge or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Matthew 7:1-2

c. You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge the other, you are condemning yourself, because you who pass judgment do the same things. Romans 2:1

d. Tell the righteous it will be well with them, for they will enjoy the fruit of their deeds. Woe to the wicked! Disaster is upon them! They will be paid back for what their hands have done. Isaiah 3:10-11

### 2. We reap more than we sow.

a. Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. Luke 6:37-38

b. Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. ... Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be made rich in every way so that you can be generous on every occasion. II Corinthians 9:6,10-11a

c. They sow the wind and reap the whirlwind. Hosea 8:7a

3. There is a time delay.

a. And let us not be weary in well doing: for in due season we shall reap, if we faint not. Galatians 6:9

b. That ye be not slothful, but followers of them who through faith and patience inherit the promises. Hebrews 6:12

c. When the sentence for a crime is not quickly carried out, the hearts of the people are filled with schemes to do wrong. Ecclesiastes 8:11

*People sin and because "nothing happens to them immediately," they think that it's all right to do what they are doing, apparently God does not disapprove.*

*Sowing and reaping applies to both good and bad seed and it is automatic. When God created the world, there was no sin, so there was no reaping of bad seed, only good seed, so blessings multiplied. God tells us in His Word what actions will cause blessings and what actions will bring curses upon us. We need to carefully pay attention to what the Bible says.*

B. If you fully obey the Lord your God and carefully follow all his commands I give you today, the Lord your God will set you high above all the nations on earth. All these blessings will come upon you and accompany you if you obey the Lord your God. However, if you do not obey the Lord your God and do not carefully follow all his commands and decrees I am giving you today, all these curses will come upon you and overtake you. Deuteronomy 28:1-2, 15

*Because of the law of sowing and reaping, nobody ever gets away with anything, and nobody ever goes unrewarded, Christian or non-Christian. If we sin and "get away with it," we will still reap some kind of curse in our lives. If we do what is right, seemingly with no reward in it, we will still reap a blessing. Since we live on this side of the cross, Jesus took the penalty for our sowing bad seed, but we need to repent and ask for forgiveness so we will not reap the consequences.*

*When things are going wrong, people concentrate on the present situation to try to correct the situation, when they really need to look back into their past to see what is causing the present situation. Are they reaping from something that they did in the past that they have not repented of? People need to ask God to reveal whatever they need to know about what is causing the present situation.*

## BITTER-ROOT JUDGMENT

1. Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. Galatians 6:7

2. Do not judge lest you be judged yourselves. For in the way you judge, you will be judged; and by your standard of measure, it shall be measured to you. Matthew 7:1-2

3. For judgment is without mercy to the one who has shown no mercy; mercy triumphs over judgment. James 2:13

4. Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. Luke 6:37-38

5. There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbor? James 4:12

6. You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge the other, you are condemning yourself, because you who pass judgment do the same things. Romans 2:1

*We can discern if something is good or bad, right or wrong, but still not judge.*

7. See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled. Hebrews 12:15

*If we judge and it grows a root of bitterness, then many others can be affected and defiled by it.*

8. Honor your father and your mother, as the Lord your God has commanded you, so that you may live long and that it may go well with you in the land the Lord your God is giving you. Deuteronomy 5:16

*If we do not honor, but instead judge our parents in an area, even as a young child when we really do not understand the situation, then things will not go well with us in that area of our lives.*

*No matter what people do to us, we are to love and bless them, even those who hate us and curse us. How we respond is the important thing. But if we judge them instead, we will be judged.*

9. You have heard that it was said, "Love your neighbor and hate your enemy." But I tell you: Love your enemies, bless those who curse you, do good to those who hate you and pray for those who persecute you. Matthew 5:43-44

*Probably every married couple has bitter-root judgments that are affecting their relationship. Remember we reap more than we sow and there is a time delay. This is a spiritual law. If there was judging, there will be reaping.*

*We usually judge our parents and reap from our spouses, but not always. Usually the judgment of our parents is long ago, small, and forgotten; but if there is reaping, there has been sowing. Its possible to have very dysfunctional parents and still not judge them, so there will be no reaping. Sometimes we reap through children, a boss, a pastor or a neighbor. Sometimes it is even the weather.*

*Sometimes we ourselves do the reaping. In whatever area we have judged another, we find ourselves "doing the same things," and we can't seem to stop. Spiritual law operates whether we know about it or not. If we judge as a child or an adult, we will reap judgment in some way, in the same area that we have judged. Remember that the law of sowing and reaping guarantees that nobody ever gets away with anything, but then nobody ever goes unrewarded either.*

*If our spouses have changed and they are not like they were before we married them, it may very well be that they have been defiled by our judging. The need to reap will overcome the strongest natural tendencies.*

*There is a pattern:*

- a) alcoholic father, alcoholic husband*
- b) poor providing parent, poor providing husband*
- c) weak father, weak husband*
- d) cold and distant father, cold and distant spouse*

- e) *critical parent, critical spouse*
- f) *workaholic father, workaholic husband*
- g) *fat mother, fat wife*
- h) *sick mother, sick wife*
- i) *rejecting father, rejecting spouse*
- j) *unfaithful father, unfaithful spouse*
- k) *abusive father, abusive husband*
- l) *absent father, absent spouse*

*Living in essentially the same situation as children and then as adults, or having the same issues in our second marriage as we had in our first marriage because we judged our spouse in our first marriage, we come to expect that life will always be that way. Jesus paid the price of all our reaping on the cross, but we must appropriate it, just like we must appropriate our salvation. It is not automatic.*

*First, forgive the person for doing whatever they did that caused you to judge them. You must be very specific as to what they did, like rejecting you or being abusive. You may want to read the "Forgiveness" topic and say that prayer.*

*Prayer: Heavenly Father, I repent and ask for forgiveness for judging \_\_\_\_\_ for \_\_\_\_\_. I also repent for influencing \_\_\_\_\_ for (doing the same thing to me) because they were defiled by my judging. (If you were the one defiled and doing what you judged another for, just repent for influencing yourself.) I call the bitter root to death on the cross so that it will not be causing any more problems, and I bless (whoever was defiled). I ask for healing for all the hurts and problems that were caused by this judgment and I ask for restoration of all relationships that were damaged. I now expect that my life will no longer be influenced by this judgment. Thank you Lord for revealing to me why certain things were happening in my life. In Jesus' name, amen.*

*It may be hard to believe that bitter-root judgment can be such a powerful influence on a person's life, but it can. Even if a person does not remember judging, if the reaping is there, the judging probably was there also. If there was no judging, repenting will do no damage. The person affected by the judging is not entirely innocent either. They usually have had tendencies in the direction that they were defiled in, so it was easy for them to slip into that role.*



## FINANCES

*In the law of Israel, the first of the people's increase (firstfruits), including crops, animals and male children, belonged to the Lord.*

1. The priests, who are Levites -- indeed the whole tribe of Levi -- are to have no allotment or inheritance with Israel. They shall live on the offerings made to the Lord by fire, for that is their inheritance. ... You are to give them the first fruits of your grain, new wine and oil, and the first wool from the shearing of your sheep.

Deuteronomy 18:1,4

2. Bring the best of the first fruits of your soil to the house of the Lord your God.

Exodus 23:19; 34:26

3. When you enter the land I am going to give you and you reap its harvest, bring to the priest a sheaf of the first grain you harvest. ... You must not eat any bread, or roasted or new grain, until the very day you bring this offering to your God. Leviticus 23:10b,14a

4. Place the basket (of first fruits of the soil) before the Lord your God and bow down before him. And you and the Levites and the aliens among you shall rejoice in all the good things the Lord your God has given to you and your household. Deuteronomy 26:10b-11

5. Do not hold back offerings from your granaries or your vats. You must give me the firstborn of your sons. Do the same with your cattle and your sheep. Let them stay with their mothers for seven days, but give them to me on the eighth day.

Exodus 22:29-30

6. Honor the Lord with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.

Proverbs 3:9-10

7. Consecrate to me every firstborn male. The first offspring of every womb among the Israelites belongs to me, whether man or animal. Exodus 13:2

8. The first offspring of every womb, both man and animal, that is offered to the Lord is yours (Aaron). But you must redeem every firstborn son and every firstborn male of unclean animals. Numbers 18:15

9. The first offspring of every womb belongs to me, including all the firstborn males of your livestock, whether from herd or flock. Redeem the firstborn donkey with a lamb, but if you do not redeem it, break its neck. Redeem all your firstborn sons. Exodus 34:19-20

*The city of Jericho was the first city captured in the Promised Land of Canaan and it was to be totally given to the Lord as a first fruit offering.*

10. The city (Jericho) and all that is in it are to be devoted to the Lord. Only Rahab the prostitute and all who are with her in her house shall be spared, because she hid the spies we sent, but keep away from the devoted things, so that you will not bring about your own destruction by taking any of them. Otherwise you will make the camp of Israel liable to destruction and bring trouble on it. All the silver and gold and the articles of bronze and iron are sacred to the Lord and must go into his treasury. Joshua 6:17-19

*Whenever you see the words devoted to the Lord or devoted to destruction that thing is irrevocably given to the Lord, usually by total destruction.*

*In addition to the first fruits, a tithe or tenth of the crops and animals belonged to the Lord.*

11. A tithe of everything from the land, whether grain from the soil or fruit from the trees, belongs to the Lord, it is holy to the Lord. Leviticus 27:30

12. The entire tithe of the herd and flock--every tenth animal that passes under the shepherd's rod--will be holy to the Lord. Leviticus 27:32

13. When you have finished setting aside a tenth of all your produce in the third year, the year of the tithe, you shall give it to the Levite, the alien, the fatherless and the widow, so that they may eat in your towns and be satisfied. Deuteronomy 26:12

14. And he (Melchizedek) blessed Abram, saying, "Blessed be Abram by God Most High, Creator of heaven and earth. And blessed be God Most High, who delivered your enemies into your hand." Then Abram gave him a tenth of everything. Genesis 14:19-20

*Notice that Abraham (Abram) paid tithes 400 years before Moses and the law.*

15. Will a man rob God? Yet you rob me. But you ask, how do we rob you? In tithes and offerings. You are under a curse--the whole nation of you--because you are robbing me. Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this says the Lord Almighty and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it. I will prevent pests from devouring your crops, and the vines in your fields will not cast their fruit says the Lord Almighty. Then all the nations will call you blessed, for yours will be a delightful land says the Lord Almighty. Malachi 3:8-12

*Jesus says that the Pharisees should pay tithes on their garden herbs.*

16. Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices--mint, dill and cumin. But you have neglected the more important matters of the law--justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former. Matthew 23:23 (Luke 11:42)

*God wants us to prosper, but we must have our priorities in order.*

17. For the pagans run after all these things (food and clothing), and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:32-33

*Now we are not under the law, but we should still give what seems best to us. The Bible clearly states that to have financial blessings, we must be generous. The law of sowing and reaping applies to finances also.*

18. A generous man will himself be blessed, for he shares his food with the poor. Proverbs 22:9

19. One man gives freely, yet gains even more; another withholds unduly, but comes to poverty. A generous man will prosper; he who refreshes others will himself be refreshed. Proverbs 11:24-25

20. Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. Luke 6:38

21. Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. II Corinthians 9:7

22. He who gives to the poor will lack nothing, but he who closes his eyes to them receives many curses. Proverbs 28:27

23. He has scattered abroad his gifts to the poor, his righteousness endures forever; his horn will be lifted high in honor. Psalm 112:9 II Corinthians 9:9

*If we are generous, we can expect God to supply all our needs.*

24. For even when I was in Thessalonica, you sent me aid again and again when I was in need. I have received full payment and even more; I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. And my God will meet all your needs according to his glorious riches in Christ Jesus. Philippians 4:16, 18-19

25. You may say to yourself: "My power and the strength of my hands have produced this wealth for me." But remember the Lord your God for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your forefathers, as it is today. Deuteronomy 8:17-18

26. The blessing of the Lord brings wealth, and he adds no trouble (sorrow) to it. Proverbs 10:22

*Abraham was blessed and he was a very wealthy man. We are to have that same blessing.*

27. Abram had become very wealthy in livestock and in silver and gold. Genesis 13:2

28. Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: "Cursed is everyone who is hung on a tree." He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus, so that by faith we might receive the promise of the Spirit. Galatians 3:13-14

*Prayer: Father, I thank You for supplying all of my needs. Help me to guard my tongue and not speak words of poverty that will cancel the blessing that is mine because of my giving. I ask for Your wisdom concerning how I should spend what You have provided, and how I should allocate my tithes, offerings and first fruits. Thank You so much for Your many blessings. In Jesus' name. Amen.*

## **SIN DEFILES**

### **Wrong Words, Thoughts, & Actions**

*Creation is affected by what happens in it. You have probably heard that speaking kind words or playing beautiful music to our plants causes them to flourish, and playing heavy metal music stunts their growth. But are inanimate objects affected by what happens around them? Apparently, sinful words, thoughts, and actions also defile inanimate objects and the land itself. The land of Canaan was defiled because of the sins that were committed in it.*

1. Do not defile yourselves in any of these ways (mainly referring in the previous verses to improper sexual behavior), because this is how the nations that I am going to drive out before you became defiled. Even the land was defiled; so I punished it for its sin, and the land vomited out its inhabitants. But you must keep my decrees and my laws. The native born and the aliens living among you must not do any of these detestable things, for all these things were done by the people who lived in the land before you, and the land became defiled. And if you defile the land, it will vomit you out as it vomited out the nations that were before you. Leviticus 18:24-28

*The ground was cursed in the beginning because of sin in the Garden of Eden.*

2. To Adam he (God) said, "Because you listened to your wife and ate from the tree about which I commanded you, 'You must not eat of it,' Cursed is the ground because of you; through painful toil you will eat of it all the days of your life. It will produce thorns and thistles for you, and you will eat the plants of the field. By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return." Genesis 3:17-19

*The land of Israel became defiled because of the sins committed in it.*

3. Look up to the barren heights and see. Is there any place where you have not been ravished? By the roadside you sat waiting for lovers, sat like a nomad in the desert. You have defiled the land with your prostitution and wickedness. Jeremiah 3:2

4. I brought you into a fertile land to eat its fruit and rich produce. But you came and defiled my land and made my inheritance detestable. Jeremiah 2:7

5. The Lord said, "What have you (Cain) done? Listen! Your brother's (Abel's) blood cries out to me from the ground." Genesis 4:10

6. Do not pollute the land where you are. Bloodshed pollutes the land, and atonement cannot be made for the land on which blood has been shed, except by the blood of the one who shed it. Do not defile the land where you live and where I dwell, for I, the Lord, dwell among the Israelites. Numbers 35:33-34

*Now the blood of Jesus can cleanse the land of the pollution of bloodshed.*

7. Her (Jerusalem's) prophets are arrogant; they are treacherous men. Her priests profane (pollute) the sanctuary and do violence to the law. Zephaniah 3:4

*Buildings can be defiled; things can be defiled.*

8. Do not bring a detestable thing into your house or you, like it, will be set apart for destruction. Utterly abhor and detest it, for it is set apart for destruction. Deuteronomy 7:26

*How does the creation know what is happening in it? Apparently it is somehow aware of what is going on, recording what is happening.*

9. On that day Joshua made a covenant for the people, and there at Shechem he drew up for them decrees and laws. And Joshua recorded these things in the Book of the Law of God. Then he took a large stone and set it up there under the oak near the holy place of the Lord. "See!" he said to all the people. "This stone will be a witness against us. It has heard all the words the Lord has said to us. It will be a witness against you if you are untrue to your God." Joshua 24:25-27

*Notice that this house was somehow aware of the sins committed in it.*

10. You have plotted the ruin of many peoples, shaming your own house and forfeiting your life. The stones of the wall will cry out, and the beams of the woodwork will echo it. Habakkuk 2:10-11

*We have CD and DVD recorders and players, that not only record what happens, but they are able to play back what was recorded. There are memory sticks that record and store information from our cameras and computers. Now the keys to motel rooms are cards containing memory.*

11. This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live. Deuteronomy 30:19

*If every happening has been recorded, what have the parts of your house and the things in your house heard or seen from your family and also the previous owners? What happened on the property before your house was built? What about your jewelry? What has your silverware recorded at the dinner table? What about the coins in your pocket or purse? What about your car? In the name of Jesus and by His blood, spoken curses and sinful actions that have been recorded can be removed from our environment, and we have the power to bless all the things we own.*

12. When he (Jesus) came near the place where the road goes down the Mount of Olives, the whole crowd of disciples began joyfully to praise God in loud voices for the the miracles they had seen: "Blessed is the king who comes in the name of the Lord!" (Psalm 118:26) "Peace in heaven and glory in the highest!" Some of the Pharisees in the crowd said to Jesus, "Teacher, rebuke your disciples!" "I tell you," he replied, "if they keep quiet, the stones will cry out." Luke 19:37-40

*In this scripture Jacob got rid of all the foreign gods (Idols) and objects that were defiled by burying them. Because of our authority in Jesus, we can cleanse many objects, but statues of foreign gods, occult books, satanic music CDs (music that glorifies satan and his ways), etc. cannot be cleansed.*

13. So Jacob said to his household and to all who were with him, "Get rid of the foreign gods you have with you, and purify yourselves and change your clothes." So they gave Jacob all the foreign gods they had and the rings in their ears, and Jacob buried them under the oak at Shechem. Genesis 35:2,4

14. A number (of new believers) who had practiced sorcery brought their scrolls together and burned them publicly. When they calculated the value of the scrolls, the total came to fifty thousand drachmas. Acts 19:19

15. The creation waits in eager expectation for the sons of God to be revealed. For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the glorious freedom of the children of God. We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Romans 8:19-22

*To cleanse an object of any defilement it is probably best to touch the object, and using your authority in the Lord, say the following prayer, adjusting the prayer to the situation. (Remember that statues of foreign gods, occult books, satanic music CDs, etc. cannot be cleansed.)*

*Prayer: Father, in the name of Jesus, I break the power of any curses or spells that have been spoken over this \_\_\_\_\_. I erase and remove any negative or sinful words, deeds or actions that have been recorded by this \_\_\_\_\_. I ask for forgiveness wherever possible for the sins that have caused the defilement, and I bless this \_\_\_\_\_ and say that it is free from all negative influences. I order any demons that were there because of the defilement to leave. This \_\_\_\_\_ will be a blessing in my life and other's lives from now on.*

*To cleanse land of defilement, it is probably best to talk around the property, repeating the following prayer. The owner of the property should be the one to do this. The prayer can be changed slightly to cleanse houses or other buildings.*

*Prayer: Father, in the name of Jesus, I break the power of any curses or spells that have been spoken over this property. I erase and remove any negative or sinful words, deeds or actions that have been recorded by this property. I erase the defilement of any bloodshed or mistreatment or abuse that has happened on this property. I ask for forgiveness wherever possible and cleanse this property with the blood of Jesus, and I order any demons to leave. I bless this land and say that it is now free from all negative influences, in the name of Jesus. Amen.*

*Satanic music could have been recorded about anywhere (used cars you buy, apartments you rent or homes you buy).*

*It is a good idea to lay hands on the bed and cleanse a motel room before staying in any motel.*

*After cleansing, you may be led to speak certain scriptures or specific blessings over objects, buildings or property. They will somehow record what you say.*

16. Listen, O heavens, and I will speak; hear, O earth, the words of my mouth. Let my teaching fall like rain and my words descend like dew, like showers on new grass, like abundant rain on tender plants. I will proclaim the name of the Lord. Oh, praise the greatness of our God! Deuteronomy 32:1-3



## BODY MEMORIES

*Just as land can become defiled by what happens on it, and plants are affected by what they sense, the cells of our bodies also record what happens to us, both good and bad. Our bodies apparently remember every cut and blow, pain and trauma, physical and emotional, that it has experienced.*

*However, we can use our authority and order (command) our body to release or let go of any individual body memory that the Lord brings to our mind that has negatively affected us. When dealing with a body memory, the same pain or emotion from the original event may appear again. Laying our hands on the affected part may help in the healing.*

*Here are some situations that can produce negative body memories:*

- a) Shots or Surgeries*
- b) Cuts or Blows*
- c) Being yelled at or feeling threatened or in danger*
- d) Dental Work*

*Apparently, people that have received organ transplants and even blood transfusions from other people have also received body memories from these people.*

*There are a number of scriptures that refer to writing things in our minds and hearts and that the life is in the blood. Whatever God writes are positive body memories that we need to keep.*

1. This is the covenant I will make with the house of Israel after that time," declares the Lord. "I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people. Jeremiah 31:33
2. Any Israelite or any alien living among you who hunts any animal or bird that may be eaten must drain out the blood and cover it with earth, because the life of every creature is its blood. That is why I have said to the Israelites, "You must not eat the blood of any creature, because the life of every creature is its blood; anyone who eats it must be cut off." Leviticus 17:13-14
3. Keep my commands and you will live; guard my teachings as the apple of your eye. Bind them on your fingers; write them on the tablet of your heart. Proverbs 7:2-3

4. This is the covenant I will make with them after that time, says the Lord. I will put my laws in their hearts, and I will write them on their minds. Hebrews 10:16

5. You yourselves are our letter, written on our hearts, known and read by everybody. You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts. II Corinthians 3:2-3

6. My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you prosperity. Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Proverbs 3:1-3

*Prayer: "Father, I ask that You bring to my mind an incident from my past that produced a negative body memory that needs to be dealt with." Some pleasurable body memories need to be released too if they were from sinful activity. When a memory comes to mind, say: "I command my (whatever the body part is) to release the negative/pleasurable body memory that is associated with (whatever happened). I order my (body part) to let go of this memory and not be affected by it any more. I ask that any damage that was done when this event occurred be healed and that I will not be influenced any more by this event."*

*If you have received a blood transfusion (or an organ transplant), say: "I command the blood that I received in the blood transfusion to release all the body memories, drugs or diseases that it carried from the person donating the blood."*

*If there was a lot of physical abuse from a specific person, say the following prayer, identifying the person responsible distinctly (like my first husband Bill), and put their name and title in the blank. Be sure and check for any forgiveness or judgment first.*

*Prayer: Father, I command my muscles, tendons, ligaments and bones, and any other part of my body that was affected, to release the body memories from the blows (and the torture) that I received from \_\_\_\_\_. I command my mind, emotions, muscles and glands to release the effect of the loud yelling and name calling and threats that I experienced from \_\_\_\_\_. I refuse to believe that those negative words are true, because what the Bible says about me is the truth. I say that these past events will no longer influence me or affect my view or trust that I have of (men/ women) now. I loose the peace of God into my body to replace the negative emotions and body memories from these events.*

## SATAN

*It is generally believed that these two scripture references from the Old Testament refer to satan and his place in heaven before he fell.*

1. How you have fallen from heaven, O morning star, son of the dawn! You have been cast down to the earth, you who once laid low the nations! You said in your heart, "I will ascend to heaven; I will raise my throne above the stars of God; I will sit enthroned on the mount of assembly, on the utmost heights of the sacred mountain. I will ascend above the tops of the clouds; I will make myself like the Most High." But you are brought down to the grave, to the depths of the pit. Those who see you stare at you, they ponder your fate: "Is this the man who shook the earth and made kingdoms tremble, the man who made the world a desert, who overthrew its cities and would not let his captives go home?" Isaiah 14:12-17
2. This is what the Sovereign Lord says: "You were the model of perfection, full of wisdom and perfect in beauty. You were in Eden, the garden of God; every precious stone adorned you: ruby, topaz and emerald, chrysolite, onyx and jasper, sapphire, turquoise and beryl. Your settings and mountings were made of gold; on the day you were created they were prepared. You were anointed as a guardian cherub, for so I ordained you. You were on the holy mount of God; you walked among the fiery stones. You were blameless in your ways from the day you were created till wickedness was found in you. Through your widespread trade you were filled with violence, and you sinned. So I drove you in disgrace from the mount of God, and I expelled you, O guardian cherub, from among the fiery stones. Your heart became proud on account of your beauty, and you corrupted your wisdom because of your splendor. So I threw you to the earth; I made a spectacle of you before kings." Ezekiel 28:12b-17
3. And there was war in heaven. Michael and his angels fought against the dragon, and the dragon and his angels fought back. But he was not strong enough, and they lost their place in heaven. The great dragon was hurled down--that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him. ... Therefore rejoice, you heavens and you who dwell in them! But woe to the earth and the sea, because the devil has gone down to you! He is filled with fury, because he knows that his time is short." Revelation 12:7-9,12
4. He (Jesus) replied, "I saw Satan fall like lightning from heaven. Luke 10:18

5. Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?" The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'" "You will not surely die," the serpent said to the woman. "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Genesis 3:1-6

6. But when the Pharisees heard this (the healing of a demon-possessed man), they said, "It is only by Beelzebub, the prince of demons, that this fellow drives out demons." Jesus knew their thoughts and said to them, "Every kingdom divided against itself will be ruined, and every city or household divided against itself will not stand. If Satan drives out Satan, he is divided against himself. How then can his kingdom stand? And if I drive out demons by Beelzebub, by whom do your people drive them out? So then, they will be your judges. But if I drive out demons by the Spirit of God, then the kingdom of God has come upon you. Matthew 12:24-29

7. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. John 10:10

8. And I saw an angel coming down out of heaven, having the key to the Abyss and holding in his hand a great chain. He seized the dragon, that ancient serpent, who is the devil, or Satan, and bound him for a thousand years. He threw him into the Abyss, and locked and sealed it over him, to keep him from deceiving the nations anymore until the thousand years were ended. After that, he must be set free for a short time. Revelation 20:1-3

9. When the thousand years are over, Satan will be released from his prison and will go out to deceive the nations in the four corners of the earth--Gog and Magog--to gather them for battle. In number they are like the sand on the seashore. They marched across the breadth of the earth and surrounded the camp of God's people, the city he loves. But fire came down from heaven and devoured them. And the devil, who deceived them, was thrown into the lake of burning sulfur, where the beast and the false prophet had been thrown. They will be tormented day and night for ever and ever. Revelation 20:7-10

## DEMONIC INFLUENCE

*We are being influenced by demons a lot more than we realize. The demons create a sense of fear in us so that we will not deal with them, but God did not give us a spirit of fear. II Timothy 1 :7a Some people believe that if we ignore the demons, they will leave us alone. Some say that all our struggles are with the flesh or our old nature, and there are scriptures that show that we are to struggle against that.*

1. The sinful mind (mind set on the flesh) is hostile to God. It does not submit to God's law, nor can it do so. Those controlled by the sinful nature cannot please God. Romans 8:7-8

2. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer and parts of your body to him as instruments of righteousness. Romans 6:12-13

3. For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin--because anyone who has died has been freed from sin. Romans 6:6

*Christians are influenced by demonic spirits. We are warned to be on guard.*

4. Submit yourselves, then, to God. Resist the devil, and he will flee from you. James 4:7

5. Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Ephesians 6:10-13

6. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. I Peter 5:8-9

7. In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26-27

8. How God anointed Jesus of Nazareth with the Holy Ghost and power: who went about doing good, and healing all that were oppressed of the devil; for God was with Him. Acts 10:38

9. The great dragon was hurled down--that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him. Revelation 12:9

10. The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. I Timothy 4:1

*Demons influenced Jesus' disciples and they were not aware of it. The enemy is very subtle.*

11. Peter took him (Jesus) aside and began to rebuke him "Never, Lord!" he said. "This shall never happen to you!" Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the things of God, but the things of men." Matthew 16:22-23

12. And he (Jesus) sent messengers on ahead, who went into a Samaritan village to get things ready for him; but the people there did not welcome him, because he was heading for Jerusalem. When the disciples James and John saw this, they asked, "Lord, do you want us to call fire down from heaven to destroy them, even as Elijah did?" And he said, "You do not know what kind of spirit you are of, for the Son of Man did not come to destroy men's lives, but to save them." Luke 9:52-56

*Demons influenced the early Christians.*

13. Now a man named Ananias, together with his wife Sapphira, also sold a piece of property. With his wife's full knowledge he kept back part of the money for himself, but brought the rest and put it at the apostles' feet. Then Peter said, "Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land?" Acts 5:1-2

14. Simon himself believed and was baptized. And he followed Philip everywhere, astonished by the great signs and miracles. When Simon saw that the Spirit was given at the laying on of the apostles' hands, he offered them money and said, "Give me also this ability so that everyone on whom I lay my hands may receive the Holy Spirit." Peter answered: "May your money perish with you, because you thought you could buy the gift of God with money! You have no part or share in this ministry, because your heart is not right before God. Repent of this wickedness and pray to the Lord. Perhaps he will forgive you for having such a thought in your heart. For I see that you are full of bitterness and captive to sin." Acts 8:13,18-23

15. But I (Paul) am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ. For if someone comes to you and preaches a Jesus other than the Jesus we preached or if you receive a different spirit from the one you received, or a different gospel from the one you accepted, you put up with it easily enough. II Corinthians 11:3-4

16. The reason I wrote you was to see if you would stand the test and be obedient in everything. If you forgive anyone, I (Paul) also forgive him. And what I have forgiven--if there was anything to forgive--I have forgiven in the sight of Christ for your sake, in order that Satan might not outwit us. For we are not unaware of his schemes. II Corinthians 2:9-11

17. You foolish Galatians! Who has bewitched you: Before your very eyes Jesus Christ was clearly portrayed as crucified. Galatians 3:1

*Satan tempted Jesus.*

18. At once the Spirit sent him (Jesus) out into the desert, and he was in the desert forty days, being tempted by Satan. He was with the wild animals, and angels attended him. Mark 1:12-13 (see Matthew 4:1-11 for more details)

*Prayer: Heavenly Father, I do not want to have my life or my family influenced by demonic activity. I ask You to show me the ways that I have let that happen in the past. I choose to submit to You in all the ways that I have not been, so that I can then resist the devil's influences with success. Teach me what I need to do. Thank you, Lord. In Jesus' name, amen.*

## CASTING OUT DEMONS

*A large part of Jesus' ministry was casting out demons.*

1. So he (Jesus) traveled throughout Galilee, preaching in their synagogues and driving out demons. Mark 1:39

2. When evening came, many who were demon-possessed were brought to him (Jesus), and he drove out the spirits with a word and healed all the sick. This was to fulfill what was spoken through the prophet Isaiah: (Isaiah 53) "He took up our infirmities and carried our diseases." Matthew 8:16-17

3. On a Sabbath Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." Luke 13:10-12

4. When Jesus got out of the boat, a man with an evil spirit came from the tombs to meet him. This man lived in the tombs, and no one could bind him any more, not even with a chain. For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. Night and day among the tombs and in the hills he would cry out and cut himself with stones. When he saw Jesus from a distance, he ran and fell on his knees in front of him. Then Jesus asked him, "What is your name?" "My name is Legion," he replied, "for we are many." A large herd of pigs was feeding on the nearby hillside. The demons begged Jesus, "Send us among the pigs; allow us to go into them." He gave them permission, and the evil spirits came out and went into the pigs. The herd, about two thousand in number, rushed down the steep bank into the lake and were drowned. Mark 5:2-6,9-13 (Luke 8)

5. Just then a man in their synagogue who was possessed by an evil spirit cried out, "What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are--the Holy One of God!" "Be quiet!" said Jesus sternly. "Come out of him!" The evil spirit shook the man violently and came out of him with a shriek. Mark 1:23-26 (Luke 4)

6. Jesus was driving out a demon that was mute. When the demon left, the man who had been mute spoke, and the crowd was amazed. Luke 11:14



*Children can have demons.*

7. When they came to the crowd, a man approached Jesus and knelt before him. "Lord, have mercy on my son," he said. "He has seizures and is suffering greatly. He often falls into the fire or into the water." Jesus rebuked the demon, and it came out of the boy, and he was healed from that moment. Matthew 17:14-15,18  
(Mark 9)

8. A Canaanite woman from that vicinity came to him (Jesus), crying out, "Lord, Son of David, have mercy on me! My daughter is suffering terribly from demon-possession." He replied, "It is not right to take the children's bread and toss it to their dogs." "Yes, Lord," she said, "but even the dogs eat the crumbs that fall from their master's table." Then Jesus answered, "Woman, you have great faith! Your request is granted." And her daughter was healed from that very hour. Matthew 15:22,26-28  
(Mark 7)

*Jesus gave the authority to drive out demons to his twelve disciples, then to the seventy-two that He sent out, and then to all believers. So part of the ministry of being a believer is to cast out demons.*

9. He (Jesus) called his twelve disciples to him and gave them authority to drive out evil spirits and to heal every disease and sickness. Matthew 10:1

10. When Jesus had called the twelve together, he gave them power and authority to drive out all demons and to cure diseases, and he sent them out to preach the kingdom of God and to heal the sick. Luke 9:1-2

11. The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name." He replied, "I saw Satan fall like lightning from heaven. I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven." Luke 10:17-20

12. And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands, and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well." Mark 16:17-18

13. I tell you the truth, anyone who has faith in me (Jesus) will do what I have been doing. He will do even greater things than these, because I am going to the Father. John 14:12

*The early Christians cast out demons.*

14. Philip went down to a city in Samaria and proclaimed the Christ there. When the crowds heard Philip and saw the miraculous signs he did, they all paid close attention to what he said. With shrieks, evil spirits came out of many, and many paralytics and cripples were healed. So there was great joy in that city. Acts 8:5-8

15. Once when we were going to the place of prayer, we were met by a slave girl who had a spirit by which she predicted the future. She earned a great deal of money for her owners by fortune-telling. This girl followed Paul and the rest of us, shouting, "These men are servants of the Most High God, who are telling you the way to be saved." She kept this up for many days. Finally Paul became so troubled that he turned around and said to the spirit, "In the name of Jesus Christ I command you to come out of her!" At that moment the spirit left her. Acts 16:16-18

16. As a result, people brought the sick into the streets and laid them on beds and mats so that at least Peter's shadow might fall on some of them as he passed by. Crowds gathered also from the towns around Jerusalem, bringing their sick and those tormented by evil spirits, and all of them were healed. Acts 5:15-16

*Demonic spirits try to return after they are cast out.*

17. When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. Then it says, "I will return to the house I left." When it arrives, it finds the house unoccupied, swept clean and put in order. Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that man is worse than the first. That is how it will be with this wicked generation. Matthew 12:43-45 (Luke 11 :24-26)

## AUTHORITY

1. The thief comes only to steal and kill and destroy; I (Jesus) have come that they may have life, and have it to the full. John 10:10
2. The reason the Son of God appeared was to destroy the devil's work. I John 3:8b
3. Then Jesus came to them (the disciples) and said, "All authority in heaven and on earth has been given to me." Matthew 28:18
4. As He (Jesus) is, so also are we in this world. I John 4:17b
5. I (Jesus) have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven. Luke 10:19-20
6. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparable great power for us who believe. That power is like the working of his mighty strength which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms. Ephesians 1:18-20
7. Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:11-12
8. And in Him you have been made complete (given fullness), and He is the head over all rule and authority. Colossians 2:10
9. For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. II Corinthians 10:3-5

## **CURSES**

1. **Witchcraft:** No Ammonite or Moabite or any of his descendants may enter the assembly of the Lord, even down to the tenth generation. For they did not come to meet you with bread and water on your way when you came out of Egypt, and they hired Balaam son of Bear from Pethor in Aram Naharaim to pronounce a curse on you. However, the Lord your God would not listen to Balaam but turned the curse into a blessing for you, because the Lord your God loves you. Deuteronomy 23:3-5
2. **Trusting in Man:** Cursed is the one who trusts in man, who depends on flesh for his strength and whose heart turns away from the Lord. He will be like a bush in the wastelands; he will not see prosperity when it comes. He will dwell in the parched places of the desert, in a salt land where no one lives. Jeremiah 17:5-8
3. **Stealing & Perjury:** The Lord Almighty declares, "I will send it (the flying scroll) out, and it will enter the house of the thief and the house of him who swears falsely by my name. I will remain in his house and destroy it, both its timbers and its stones." Zechariah 5:4
4. **Evil for Good:** If a man pays back evil for good, evil will never leave his house. Proverbs 17:13
5. **Stinginess:** Will a man rob God? Yet you rob me. But you ask, "How do we rob you?" In tithes and offerings. You are under a curse--the whole nation of you--because you are robbing me. Malachi 3:8-9
6. **Disobedience:** However, if you do not obey the Lord your God and do not carefully follow all his commands and decrees I am giving you today, all these curses will come upon you and overtake you. Deuteronomy 28:15 *See verses 16-68 for a list of the curses.*
7. **Un-forgiveness:** For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins. Matthew 6:14-15
8. **Illegitimate Birth:** No one born of a forbidden marriage (one of illegitimate birth) nor any of his descendants may enter the assembly of the Lord, even down to the tenth generation. Deuteronomy 23:2

9. Idolatry: I am the Lord your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before (besides) me. You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them, for I, the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments. Deuteronomy 5:6-10 Exodus 20:2-6

10. Spoken Words: You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks. The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him. But I tell you that men will have to give account on the day of judgment for every careless word they have spoken. For by your words you will be acquitted, and by your words you will be condemned. Matthew 12:34-37

11. Curses from Mount Ebal: (a) Makes an idol and sets it up in secret. (b) Dishonors his father or his mother. (c) Moves his neighbor's boundary stone. (d) Leads the blind astray. (e) Withholds justice from the alien, the fatherless or the widow. (f) Sleeps with his father's wife. (g) Has sexual relations with any animal. (h) Sleeps with his sister. (i) Sleeps with his mother-in-law. (j) Kills his neighbor secretly. (k) Accepts a bribe to kill an innocent person. (l) Does not carry out the words of the law. Deuteronomy 27:15-26

12. Cursing Abraham & His Descendants: (a) I (*God*) will bless those who bless you (*Abram*), and whoever curses you I will curse; and all peoples on earth will be blessed through you." Genesis 12:3 Genesis 27:29 (b) May those who bless you (*the Israelites*) be blessed and those who curse you be cursed! Numbers 24:9b

*People that are in witchcraft deliberately put curses on their children and descendants. Parents and teachers can speak negative words (curses) over children, not realizing the effect the words have in the children's lives. We can speak curses over ourselves. You may want to read the Words topic.*

*Time can also be cursed. A person or family can have great difficulty with finances or illnesses, etc. during a specific month or day of the year or a specific season of the year. Even a few hours each week can have a time curse so that, for example, it is very difficult to get to church on Sunday.*

*Places can be cursed. You may want to read the Sin Defiles topic.*

*A sect of Buddhist monks in Vietnam spent years cursing the American soldiers in the Vietnam war. These curses need to be broken off all Vietnam veterans.*

*Prayer for Vietnam veterans: Father, in the name of Jesus, I break the curses that were spoken by the Buddhist monks in Vietnam over \_\_\_\_\_, a Vietnam veteran. These curses are broken in the name of Jesus and this veteran will no longer be affected in any way by these curses. These curses included restlessness with no peace, anger, repeated or chronic sickness, unnatural or untimely death (especially from suicide), confusion, mental torment or emotional breakdown. He/she will no longer be prone to wander about, have financial problems, miscarriages or female problems, marriage or family problems or be accident prone. All symptoms of Post-Traumatic Stress Disorder must leave. We have been given authority to overcome all the power of the enemy. Therefore, these curses are broken and can cause no further problems in this persons life. In Jesus' name. Amen.*

*Some indications that there is a curse present would be a lot of sickness or accidents. There may be mental or emotional problems or marital problems including divorce. There may be financial problems or problems having children; and there may be suicides or other untimely deaths.*

*Prayer: Father, I repent of all sins in my life, and wherever possible, in my ancestor's lives, that have resulted in a curse; such as any attachment to slavery or any kind of persecution, murder, mistreatment or abuse of any groups or individuals. I break any attachments to family superstitions, ungodly beliefs or wives tales. I loose myself from the curses that came as a result of all disobedience and rebellion to the Word of God. I ask for Your forgiveness and cleansing through the blood of the Lord Jesus Christ. In the name of Jesus, I take authority over and break every curse upon my life that has affected me in any way. I ask for forgiveness for the sin of all idolatries attached to the (put your ancestry here) and break all related curses. I break all curses that have come upon me as a result of my ancestors dedication of their descendants, or that have come upon me as the result of a blood covenant contract or blood sacrifice, including abortion. I break the power of all seals of silence and all vows of secrecy. I break all curses that have come upon me as a result of drinking bodily fluids in satanic rituals. Jesus took our curses so that we could be blessed with life more abundantly. I order all spirits that came as the result of a curse to leave me now in the name of Jesus. Thank you Lord for setting me free. In Jesus' name. Amen.*

## **WEAPONS**

The Word of God (Used by Jesus when He was tempted by Satan)

1. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work. II Timothy 3:16-17
2. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. Ephesians 6:14-17
3. Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.  
II Timothy 2:15
4. I have hidden your word in my heart that I might not sin against you.  
Psalm 119:11
5. For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Hebrews 4:12
6. My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. Proverbs 4:20-22

The Name of Jesus

7. Therefore God exalted him (Jesus) to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. Philippians 2:9-11
8. The name of the Lord is a strong tower; the righteous run to it and are safe.  
Proverbs 18:10
9. Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved. Acts 4:12

10. And these signs will accompany those who believe: In my name they will drive out demons. Mark 16:17a

### Prayer (& Fasting)

11. He (Jesus) replied, "This kind (of demon) can come out only by prayer (and fasting). Mark 9:29

12. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. James 5:16

13. If you believe, you will receive whatever you ask for in prayer. Matthew 21:22

14. Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Isaiah 58:6

### Angels

15. Are not all angels ministering spirits sent to serve those who will inherit salvation? Hebrews 1:14

### Blood of Jesus

16. They overcame him (Satan) by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death. Revelation 12:11

17. To Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. Hebrews 12:24

### Agreement

18. I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. Matthew 18:18-19

### Faith

19. Fight the good fight of the faith. I Timothy 6:12a

20. Everything is possible for him who believes. Mark 9:23b



21. I (Jesus) tell you the truth, if anyone says to this mountain, "Go, throw yourself into the sea," and does not doubt in his heart but believes that what he says will happen, it will be done for him. Mark 11:23

22. For everyone born of God overcomes the world, this is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only he who believes that Jesus is the Son of God. I John 5:4-5

#### Praise & Worship

23. Whenever the spirit from God came upon Saul, David would take his harp and play. Then relief would come to Saul; he would feel better, and the evil spirit would leave him. I Samuel 16:23

24. May the praise of God be in their (the saints') mouths and a double-edged sword in their hands, to inflict vengeance on the nations and punishment on the peoples, to bind their kings with fetters, their nobles with shackles of iron, to carry out the sentence written against them. This is the glory of all his saints. Praise the Lord. Psalm 149:6-9

25. From the lips of children and infants you have ordained praise because of your enemies, to silence the foe and the avenger. Psalm 8:2

26. I will praise you, O Lord, with all my heart; I will tell of all your wonders. I will be glad and rejoice in you; I will sing praise to your name, O Most High. My enemies turn back; they stumble and perish before you. Psalm 9:1-3

#### Love

27. Hatred stirs up dissension, but love covers over all wrongs. Proverbs 10-12

28. It (love) always protects, always trusts, always hopes, always perseveres. Love never fails. I Corinthians 13:7-8a

*Prayer: Father, I realize that all Christians, including me, are in a war with the enemy. They are trying to kill, steal and destroy in any way that they can. Jesus has provided me with weapons to fight with because of what He did when He came and died on the cross. Teach me how to use the weapons that have been provided so that I can have victory. Let me know when the enemy is attacking me so that I can fight back. Thank You, Jesus so much for what You did for me. Thank You for helping me. In Jesus' name. Amen.*

## SPIRITUAL GROWTH

*As Christians, we are God's children.*

1. Yet to all who received him (Jesus), to those who believed in his name, he gave the right to become children of God--children born not of natural descent, nor of human decision or a husband's will, but born of God. John 1:12-13
2. How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. I John 3:1
3. For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God. I Peter 1:23
4. If you belong to Christ, then you are Abraham's seed, and heirs according to the promise. What I am saying is that as long as the heir is a child, he is not different from a slave, although he owns the whole estate. Galatians 3:29-4:1

*In the natural, the son of a King does not operate as a ruler. He must grow up so he can operate in his inheritance. When we are born again, we come into God's kingdom as spiritual babies, no matter how old we are in the natural. Then we are expected to grow spiritually; but God wants us to grow spiritually, so He will help us do it.*

5. Brothers, I could not address you as spiritual but as worldly--mere infants in Christ. I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere men? I Corinthians 3:1-3
6. Brothers, stop thinking like children. In regard to evil be infants, but in your thinking be adults. I Corinthians 14:20
7. Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good. I Peter 2:2-3
8. The Lord will fulfill his purpose for me; your love, O Lord, endures forever--do not abandon the works of your hands. Psalm 138:8

9. In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil. Hebrews 5:12-14

*God has plans for our lives, we just need to cooperate with Him in the work that He is doing in us.*

10. It was he (Jesus) who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, to prepare God's people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work. Ephesians 4:11-16

11. Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. Philippians 1:6

12. May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful and he will do it. I Thessalonians 5:23-24

13. For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

14. I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. John 14:12

*If we are supposed to have as our goal to do the things that Jesus did and even greater things, then we have some growing to do. Spiritual growth is a continuous process. We will never reach the end of all the possibilities.*

## PERSECUTION AND SUFFERING

*There are many scriptures indicating that Christians will be persecuted by the world and even other Christians in various ways. We must do God's will in spite of opposition. We must trust God to get us through our trials and not rely on our own abilities.*

1. In this world you will have trouble (tribulation), But take heart! I have overcome the world. John 16:33b

2. In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted. II Timothy 3:12

3. The Lord is near to the brokenhearted, and saves those who are crushed in spirit. Many are the afflictions of the righteous; but the Lord delivers him out of them all. Psalm 34:18-19

4. If the world hates you, keep in mind that it hated me first. If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you. Remember the words I spoke to you: "No servant is greater than his master." If they persecuted me, they will persecute you also. John 15:18-20a

*We are to rejoice in our sufferings because there are spiritual advantages.*

5. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you. Matthew 5:10-12

6. I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. Romans 8:18

7. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. I Peter 5:8-10

8. We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life. Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. II Corinthians 1:8-9

9. Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything. James 1:2-4

10. Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us. Romans 5:1-5

11. Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you. I Peter 4:12-14

12. However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name. I Peter 4:16

13. There should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. I Corinthians 12:25-26

14. In this (salvation) you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith--of greater worth than gold, which perishes even though refined by fire--may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. I Peter 1:6-7

15. I (Paul) want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death. Philippians 3:10

16. Brothers, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord. As you know, we consider blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. James 5:10-11

17. But if you suffer for doing good and you endure it, this is commendable before God. To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. I Peter 2:20b-21

*In Luke 4:1-13, Jesus was tempted by the devil, and resisted each temptation by quoting the Bible. He went through a lot of rejection and opposition in His ministry. Are we able to pass tests of being tempted by the devil?*

18. He (Jesus) was despised and rejected by men, a man of sorrows, and familiar with suffering. Isaiah 53:3a

19. Although he (Jesus) was a son, he learned obedience from what he suffered and, once made perfect, he became the source of eternal salvation for all who obey him and was designated by God to be high priest in the order of Melchizedek. Hebrews 5:8-10

20. In bringing many sons to glory, it was fitting that God, for whom and through whom everything exists, should make the author of their salvation perfect through suffering. Hebrews 2:10

*God comforts us in our trials.*

21. Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows. If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. II Corinthians 1:3-5

22. I have great confidence in you; I take great pride in you. I am greatly encouraged; in all our troubles my joy knows no bounds. For when we came into Macedonia, this body of ours had no rest, but we were harassed at every turn-- conflicts on the outside, fears within. But God, who comforts the downcast, comforted us by the coming of Titus. II Corinthians 7:4-6a

*If everything is going well, we tend to forget that we need the Lord and drift away from Him.*

23. When the Lord your God brings you into the land he swore to your fathers, to Abraham, Isaac and Jacob, to give you--a land with large, flourishing cities you did not build, houses filled with all kinds of good things you did not provide, wells you did not dig, and vineyards and olive groves you did not plant--then when you eat and are satisfied, be careful that you do not forget the Lord, who brought you out of Egypt, out of the land of slavery. Deuteronomy 6:10-12

*When gold or silver is placed in the fire, the impurities show up, just as sin in our lives does.*

24. Behold, I have refined you, but not as silver; I have tested you in the furnace of affliction. Isaiah 48:10

25. Every man's work shall be made manifest: for the day shall declare it, because it shall be revealed by fire, and the fire shall try every man's work of what sort it is. I Corinthians 3:13

26. But he knows the way that I take; when he has tested me, I will come forth as gold. Job 23:10

*We may suffer because we are a Christian, but we do not want to suffer because of sin in our lives or in the lives of our family. That is the purpose of this book.*

27. For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord. Romans 6:23

*No matter what we experience, God somehow works in it for our good.*

28. And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

*Prayer: Father, help me to trust You in my testings and trials. Help me to know that you are with me in them, and that You will use them and have used them to bring glory to Yourself and greater maturity to me. Show me what negative things have happened because of sin in my life and what I need to do about it. Please heal me of any emotional or physical damage that has resulted. I thank You for Your love, protection and healing in all that has happened to me. In Jesus' name. Amen.*

## BELIEFS

*Ungodly Beliefs are beliefs, decisions, agreements, attitudes, vows and judgments that do not agree with God's word, His nature or His character.*

*Ungodly beliefs are formed from our negative experiences in relating to our family and others, particularly non-Christians. If negative words have been spoken over us by family members or teachers, we tend to believe them. When we believe something that is not true, we do not know that it is not true, and we act as if it is true.*

*Godly Beliefs are beliefs, decisions, agreements, attitudes, vows and judgments that do agree with God's word, His nature and His character.*

*All Godly beliefs agree with the word of God because that is how we know the truth.*

1. Sanctify them by the truth; your word is truth. John 17:17
2. His divine power has granted to us everything pertaining to life and godliness through the true knowledge of Him. II Peter 1:3
3. Because from the beginning God chose you to be saved through the sanctifying work of the Spirit and through belief in the truth. II Thessalonians 2:13
4. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. Ephesians 6:14
5. Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." John 8:31b-32
6. For the law was given through Moses; grace and truth came through Jesus Christ. John 1:17
7. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. Philippians 4:8



*Lets look at some of the great truths of the bible.*

8. For he hath said, I will never leave thee, nor forsake thee. Hebrews 13:5

9. Greater is he that is in you, than he that is in the world. I John 4:4

10. I am come that they might have life, and that they might have it more abundantly. John 10:10b

11. No, in all these things we are more than conquerors through him who loved us. Romans 8:37

12. Wherein he hath made us accepted in the beloved. Ephesians 1:6

*It is very important that we really believe what the Word says, replacing our ungodly beliefs or worldly beliefs with Godly beliefs.*

13. For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. II Corinthians 10:3-5

14. Do not conform any longer to the pattern of this world; but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will. Romans 12:2-3

15. For as he thinks in his heart, so is he. Proverbs 23:7

16. Has not God made foolish the wisdom of the world? 1 Corinthians 1:20b

17. So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. Ephesians 4:17

18. Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth. II Timothy 2:15

19. For the foolishness of God is wiser than man's wisdom, and the weakness of God is stronger than man's strength. I Corinthians 1:25

20. Now, the Spirit speaks expressly, that in the latter times some shall depart from the faith giving heed to seducing spirits and doctrines of devils. I Timothy 4:1

21. You belong to your father, the devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. John 8:44

*Prayer: Father, I choose to submit to the process of being transformed by the renewing of my mind. Please, make me aware of any lies that I believe, any wrong thinking or blind spots. I break any curses that have come upon me because of what others have spoken over me or that I have thought or spoken over myself. I thank You that You desire to set me free from all negative ways that I view myself, others and You, God. Please continue to renew my mind and help me to change my ungodly beliefs into Godly beliefs. I declare that I am redeemed and forgiven, my body is the temple of the Holy Spirit, and I walk in victory. Thank you, Lord. In Jesus' name. Amen.*

## WHO WE ARE

*It is very important that we know who we are as Christians. Otherwise, we will approach life believing lies and feeling bad about ourselves, and make decisions based upon those lies. Read these scriptures out loud to yourself, and put your name in appropriate places to emphasize that the scripture is referring to you.*

*We are God's sons and daughters, and therefore heirs.*

1 . For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs--heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. Romans 8:15-17

2. He (Jesus) came to that which was his own, but his own did not receive him. Yet to all who received him, to those who believed in his name, he gave the right to become children of God--children born not of natural decent, nor of human decision or a husband's will, but born of God. John 1:11-13

3. You are all sons of God through faith in Christ Jesus, for all of you who were baptized into Christ have clothed yourselves with Christ. There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus. If you belong to Christ, then you are Abraham's seed, and heirs according to the promise. Galatians 3:26-29

4. In love he (God) predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will. Ephesians 1:4b-5

*Who else are we?*

5. As God's fellow workers we urge you not to receive God's grace in vain. II Corinthians 6:1

6. Don't you now that you yourselves are God's temple and that God's Spirit lives in you? I Corinthians 3:16

7. You are the salt of the earth. You are the light of the world. A city on a hill cannot be hidden. Matthew 5:13a,14

8. I (Jesus) no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. John 15:15

9. To all in Rome who are loved by God and called to be saints. Romans 1:7a

10. But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth. Acts 1:8

11. Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. II Corinthians 5:17-21

12. Now you are the body of Christ, and each one of you is a part of it. I Corinthians 12:27

13. I Paul, an apostle of Christ Jesus by the will of God, To the saints in Ephesus, the faithful in Christ Jesus. Ephesians 1:1

14. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10

15. I (Jesus) am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. John 15:5

*How are we special?*

16. But our citizenship is in heaven. Philippians 3:20a

17. You are not your own; you were bought at a price. Therefore honor God with your body. I Corinthians 19b-20

18. Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ. Romans 5:1

19. Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. Philippians 1:6
20. Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. Romans 8:1-2
21. Wherein he hath made us accepted in the beloved. Ephesians 1:6
22. For through him (Jesus) we both (Jews and Gentiles) have access to the Father by one Spirit. Ephesians 2:18
23. For he (God) has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption (through his blood), the forgiveness of sins. Colossians 1:13-14
24. But he who unites himself with the Lord is one with him in spirit. I Corinthians 6:17
25. In him and through faith in him we may approach God with freedom and confidence. Ephesians 3:12
26. I can do everything through him who gives me strength (who empowers me). Philippians 4:13
27. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. Colossians 3:2-3
28. Now it is God who makes both us and you stand firm (established) in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come. II Corinthians 1:21-22
29. And you have been given fullness (made complete) in Christ, who is the head over every power and authority. Colossians 2:10
30. Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade--kept in heaven for you, who through faith are shielded by God's power. I Peter 1:3-5a

31. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:16

32. Then God said, "Let us make man in our image, in our likeness." Genesis 1:26a

33. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. Ephesians 2:6

34. If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all--how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who is he that condemns? Christ Jesus, who died--more than that, who was raised to life--is at the right hand of God and is also interceding for us. Romans 8:31 b-34 | Peter 1 :3-4a

35. You did not choose me, but I chose you and appointed you to go and bear fruit--fruit that will last. John 15:16a

36. God has given us eternal life, and this life is in his Son. He who has the Son has life; he who does not have the Son of God does not have life. I John 5:11a-12

37. To those who have been called, who are loved by God the Father and kept by Jesus Christ. Jude 1b

38. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, or any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:35-39

39. We know that anyone born of God does not (deliberately and knowingly) continue to sin; the one who was born of God (Jesus) keeps him safe, and the evil one cannot harm him. I John 5:18

40. To him who overcomes, I will give the right to sit with me on my throne, just as I overcame and sat down with my Father on his throne. Revelation 3:21

41. For he hath said, I will never leave thee, nor forsake thee. Hebrews 13:5

42. To the church of God in Corinth, to those sanctified in Christ Jesus and called to be holy. I Corinthians 1:2a

43. For God did not give us a spirit of timidity (fear), but a spirit of power, of love. and of self-discipline II Timothy 1:7

44. His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. II Peter 1:3-4

45. And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

*Prayer: Father, I know that what Your word says is the truth. Help me to know that what Your word says about me is the truth. Thank You. In Jesus' name, amen.*

*To be Spoken over Anyone Who Is Unsure of Who They Are in the Lord: You are one of God's own children and He loves you so very much. God called you into being in His timing and set you in the right place. Your life is not a mistake. You are a treasure just because you exist and not for what you can do. Jesus died on the cross for you. God has prepared a destiny for you and He invites you to grow into the full life that He has planned for you.*

*Prayer from Another: Father, I ask You to wrap Your arms around \_\_\_\_\_ and pour your love all over them. Give them gifts of trust and rest and peace. Destroy all the lies that they have believed and bring to the cross every destructive attitude, habit and expectation that resulted. Breathe a fresh breath of life into their spirit and help them be whole in the way they see themselves. Help them forgive all who wounded them, and I ask that You would forgive them for their negative responses to what happened. Melt any hardness of their heart and draw them to the destiny that You have waiting for them. Place a shield of protection around them to protect them from the attacks of the enemy. I bless \_\_\_\_\_ and pray this in the name of Jesus. Amen.*

## CONFESSIONS

*These are some examples of the way you can take God's word and declare it. This is a way to get the truth in your heart, so that you will more readily act upon it in your daily life. This is how faith comes. (Romans 10:17) These confessions are the truth because they are what the Bible says. Read them out loud.*

- 1. Jesus is seated at the right hand of God interceding for me. Romans 8:34*
- 2. I am blessed in the city and blessed in the country and my children are blessed. Deuteronomy 28:3-4*
- 3. There is now no condemnation for me because I am in Christ Jesus and through Christ Jesus the law of the Spirit of life has set me free from the law of sin and death. Romans 8:1-2*
- 4. Nothing is able to separate me from the love of God that is in Christ Jesus. Romans 8:39*
- 5. Jesus will never leave me or forsake me. Hebrews 13:5*
- 6. I am blessed when I come in and blessed when I go out; everything that I put my hand to is blessed. Deuteronomy 28:6,8*
- 7. I can do all things through him who gives me strength. Philippians 4:13*
- 8. I am a part of the body of Christ. I Corinthians 12:27*
- 9. I am a child of God and therefore an heir of God and a joint-heir with Christ. Romans 8:16-17*
- 10. I am raised up with Christ and seated with him in the heavenly realms. Ephesians 2:6*
- 11. My body is God's temple and God's Spirit lives in me. I Corinthians 3:16*
- 12. I am the salt of the earth and the light of the world. Matthew 5:13a,14a*
- 13. I belong to Christ so I am Abraham's seed and an heir according to the promise. Galatians 3:29*



14. *I am accepted in the beloved. Ephesians 1:6*
15. *Even though I walk through the valley of the shadow of death, I will fear no evil, for the Lord is with me and His rod and staff comfort me. Psalm 23:4*
16. *I am created in Christ Jesus to do good works, prepared by God for me to do. Ephesians 2:10*
17. *Jesus was pierced for my transgressions, he was crushed for my iniquities; the punishment that brought me peace was upon him, and by his wounds I am healed. Isaiah 53:5*
18. *I am made in the image and likeness of God. Genesis 1:26*
19. *Jesus chose me and appointed me to go and bear lasting fruit. John 15:16*
20. *I will seek first God's kingdom and His righteousness, and all the other things that I need will be given to me as well. Matthew 6:33*
21. *In all things God works for my good. Romans 8:28*
22. *God has not given me a spirit of timidity (fear), but a spirit of power, of love and of self-discipline (a sound mind). II Timothy 1:7*
23. *I will submit to God and resist the devil and he will flee from me. James 4:7*
24. *The Lord has plans for me, plans to prosper me and not harm me, plans to give me hope and a future. Jeremiah 29:11*
25. *Sin does not have dominion over me because I am not under the law, but under grace. Romans 6:14*
26. *Jesus himself bore my sins in his body on the tree, so that I might die to sins and live for righteousness; by his wounds I have been healed. I Peter 2:24*
27. *I am a new creature in Christ; old things have passed away, behold all things have become new. II Corinthians 5:17*
28. *God will supply all my needs according to his glorious riches in Christ Jesus. Philippians 4:19*

29. *As Jesus is, so am I in this world. I John 4:17*

30. *I have been made the righteousness of God in Christ Jesus. II Corinthians 5:21*

31. *I will not conform any longer to the pattern of this world, but I will be transformed by the renewing of my mind. Romans 12:2*

32. *I will do the same works that Jesus did, and even greater works, because He has gone to His father. John 14:12*

33. *These signs shall follow me: in the name of Jesus I cast out devils, I speak with new tongues, if I drink any deadly thing, it will not hurt me and I lay hands on the sick and they recover. Mark 16:17-18*

34. *If I have faith as a grain of mustard seed, nothing shall be impossible for me. Matthew 17:20*

35. *Whatever I bind on earth will be bound in heaven, and whatever I loose on earth will be loosed in heaven. Matthew 18:18*

36. *The Lord is my shepherd, I shall not be in want. Psalm 23:1*

37. *God has blessed me with all spiritual blessings in heavenly places in Christ. Ephesians 1:3*

38. *My struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12*

39. *I am God's temple and God's Spirit lives in me. I Corinthians 3:16*

40. *If I confess my sin, Jesus is faithful and just to forgive me of my sin and cleanse me from all unrighteousness. I John 1:9*

41. *Greater is He that is in me than he that is in the world. I John 4:4*

42. *The Lord is my refuge and fortress, my God, in Him will I trust. Psalm 91:2*

43. *It is the Lord who gives me the ability to produce wealth. Deuteronomy 8:18*

44. *I am strengthened with power through His Spirit in my inner being. Ephesians 3:16*
45. *I overcome by the blood of the Lamb and the word of my testimony. Revelation 12:11*
46. *I have been given the authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm me. Luke 10:19*
47. *Christ has redeemed me from the curse of the law, being made a curse for me; for it is written, cursed is everyone that hangs on a tree: that the blessing of Abraham might come on me through Jesus Christ. Galatians 3:13-14*
48. *The Spirit himself testifies with my spirit that I am a child of God. Romans 8:16*
49. *Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord forever. Psalm 23:6*
50. *I am the head and not the tail. Deuteronomy 28:13*
51. *In him and through faith in him I may approach God with freedom and confidence. Ephesians 3:12*
52. *My citizenship is in heaven. Philippians 3:20*
53. *I have died, and my life is now hidden with Christ in God. Colossians 3:3*
54. *I am an heir of God and co-heir with Christ. Romans 8:17*
55. *I have been saved by grace through faith--a gift of God. Ephesians 2:8*
56. *I am confident that He who began a good work in me will carry it on to completion until the day of Christ Jesus. Philippians 1:6*
57. *Just like Christ, I have been raised from the dead to live a new life. Romans 6:4*
58. *Christ is in me, the hope of glory. Colossians 2:27*

59. *For to me, to live is Christ, and to die is gain. Philippians 1:21*
60. *I set my mind on things above, not on earthly things. Colossians 3:2*
61. *I take up the shield of faith and extinguish all the flaming arrows of the evil one. Ephesians 6:16*
62. *I am no longer a slave to sin. Romans 6:6*
63. *I have a high priest who is able to sympathize with my weaknesses. Hebrews 4:15*
64. *The Father has rescued me from the dominion of darkness and brought me into the kingdom of the Son he loves, in whom I have redemption, the forgiveness of sins. Colossians 1:13-14*
65. *I live by faith and not by sight. II Corinthians 5:7*
66. *I am not longer a slave, but a son, and if a son then an heir. Galatians 4:7*
67. *As for me and my house, we will serve the Lord. Joshua 24:15*
68. *The joy of the Lord is my strength. Nehemiah 8:10*
69. *I am kept in perfect peace because I trust in God. Isaiah 26:3*
70. *The Lord is forgiving and good, abounding in love to all who call to Him. Psalm 86:5*
71. *I may approach the throne of grace with confidence, so that I may receive mercy and find grace to help me in my time of need. Hebrews 4:16*
72. *The Father has qualified me to share in the inheritance of the saints in the kingdom of light. Colossians 1:12*
73. *I am in Christ, and Christ is in me. John 14:20*
74. *Out of my innermost being flows streams of living water. John 7:38*
75. *I have entered into His rest. Hebrews 4:3*

## HEALTH AND HEALING

*Jesus provided healing for us by dying on the cross, taking our diseases.*

1. Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. Isaiah 53:4-5

2. He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed. I Peter 2:24

3. Praise the Lord, O my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. Psalm 103:2-5

4. Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you, and none will miscarry or be barren in your land, I will give you a full life span. Exodus 23:25-26

5. He sent forth his word and healed them; he rescued them from the grave. Psalm 107:20

6. Heal me, O Lord, and I will be healed; save me and I will be saved, for you are the one I praise. Jeremiah 17:14

7. But for you who revere my name, the sun of righteousness will rise with healing in its wings. And you will go out and leap like calves released from the stall. Malachi 4:2

8. Surely he (God) will save you from the fowler's snare and from the deadly pestilence. Psalm 91:3

*Jesus healed the sick.*

9. Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people. Matthew 4:23

10. And the people all tried to touch him (Jesus), because power was coming from him and healing them all. Luke 6:19

11. Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness. Matthew 9:35

*Jesus' disciples healed the sick. Here Jesus is speaking to the seventy-two that he sent out.*

12. When you enter a town and are welcomed, eat what is set before you. Heal the sick who are there and tell them, "The kingdom of God is near you." Luke 10:8-9

13. Philip went down to a city in Samaria and proclaimed the Christ there. When the crowds heard Philip and saw the miraculous signs he did, they all paid close attention to what he said. With shrieks, evil spirits came out of many, and many paralytics and cripples were healed. So there was great joy in that city. Acts 8:5-8

14. As a result, people brought the sick into the streets and laid them on beds and mats so that at least Peter's shadow might fall on some of them as he passed by. Crowds gathered also from the towns around Jerusalem, bringing their sick and those tormented by evil spirits, and all of them were healed. Acts 5:15-16

*We as Christians have been given the authority to pray for and heal the sick. But, sin probably needs to be confessed first because sin can cause illness.*

15. Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous men is powerful and effective. James 5:14-16

16. Which is easier: to say, "Your sins are forgiven," or to say "Get up and walk?" But that you may know that the Son of Man has authority on earth to forgive sins, He (Jesus) said to the paralyzed man, "I tell you, get up, take your mat and go home." Luke 5:23-24

17. However, if you do not obey the Lord your God and do not carefully follow all his commands and decrees I am giving you today, all these curses will come upon you and overtake you. Deuteronomy 28:15

18. Later Jesus found him (the man at the pool of Bethesda) at the temple and said to him, "See, you are well again. Stop sinning or something worse may happen to you." John 5:14

19. If you listen carefully to the voice of the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you. Exodus 15:26

20. Fear the Lord and turn away from evil. It will be healing to your body and refreshment to your bones. Proverbs 3:7b-8

21. See, I am setting before you today a blessing and a curse--the blessing if you obey the commands of the Lord your God that I am giving you today; the curse if you disobey the commands of the Lord your God and turn from the way that I command you today by following other gods, which you have not known. Deuteronomy 11:26-28

22. And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well. Mark 16:17-18

23. My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. Proverbs 4:20-22

24. For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Romans 6:23

*In Deuteronomy 28, all the diseases are listed as curses. There is a cause for every disease because there is a cause for every curse.*

25. Like a fluttering sparrow or a darting swallow, an undeserved curse does not come to rest. Proverbs 26:2

*If a disease is caused by sin, repenting for the sin should be done first, before praying for healing. The medical profession estimates that 80% of all disease has its origin in the soul, which is the mind, will and emotions.*

26. Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers. III John 2

*Demonic spirits can cause illness.*

27. When evening came, many who were demon-possessed were brought to him (Jesus), and he drove out the spirits with a word and healed all the sick. This was to fulfill what was spoken through the prophet Isaiah: (Isaiah 53) “He took up our infirmities and carried our diseases.” Matthew 8:16-17

28. How God anointed Jesus of Nazareth with the Holy Ghost and power: who went about doing good, and healing all that were oppressed of the devil; for God was with Him. Acts 10:38

29. Even while the boy was coming, the demon threw him to the ground in a convulsion. But Jesus rebuked the evil spirit, healed the boy and gave him back to his father. Luke 9:42

30. When they came to the crowd, a man approached Jesus and knelt before him. “Lord, have mercy on my son,” he said. “He has seizures and is suffering greatly. He often falls into the fire or into the water.” Jesus rebuked the demon, and it came out of the boy, and he was healed from that moment. Matthew 17:14-15,18 (Mark 9)

31. On a Sabbath Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. When Jesus saw her, he called her forward and said to her, “Woman, you are set free from your infirmity.” Then he put his hands on her, and immediately she straightened up and praised God. Luke 13:10-13

32. Jesus was driving out a demon that was mute. When the demon left, the man who had been mute spoke, and the crowd was amazed. Luke 11:14

33. So Satan went out from the presence of the Lord and afflicted Job with painful sores from the soles of his feet to the top of his head. Job 2:7



34. In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26-27

35. Submit yourselves, then, to God. Resist the devil, and he will flee from you. James 4:7

*How do we submit to God? By obeying His commands to love and forgive others and to repent for our own sinful actions.*

*One category of disease is associated with fear, anxiety and stress, which weakens the immune system. The Bible says many times not to fear no matter what is happening.*

36. God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. Psalm 46:1-3

37. The Lord is my light and my salvation--whom shall I fear? The Lord is the stronghold of my life--of whom shall I be afraid? Psalm 27:1

38. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:34

39. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

*It has actually been shown scientifically that praying in tongues builds up your immune system significantly.*

40. But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit. Jude 20

*Some of the diseases associated with fear, anxiety and stress are high blood pressure, heart attacks, strokes, aneurysms, irritable bowel syndrome, nausea, malabsorption, impotence, eczema, diabetes (type 2), asthma and insomnia.*

*If we do not feel that we are loved, we will have fear, anxiety and stress.*

41. There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. I John 4:27

42. And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him. I John 4:16

43. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. I John 4:9

44. The Lord will keep you from all harm--he will watch over your life; the Lord will watch over your coming and going both now and forevermore. Psalm 121:7-8

45. Give thanks to the Lord, for he is good; his love endures forever. Psalm 118:1

*If you have fear and do not feel loved, I would suggest reading the scriptures in the Love of God topic out loud. God's love is perfect, and perfect love drives out fear.*

*Most cancer and arthritis, including osteoarthritis is associated with long-term bitterness and resentment.*

*Depression is generally associated with lack of nurturing with the resulting lack of self esteem, self rejection, self hatred and guilt.*

*Autoimmune diseases are another important category of disease. In an autoimmune disease the immune system, especially the white blood cells attack the body, instead of attacking bacteria, viruses, etc. It can be the result of self-hatred, self-rejection, guilt or lack of self-esteem. If these beliefs go on long enough, the immune system starts to agree that the body is bad and attacks it. Usually there have been many negative words about the worth of the person or extreme rejection, maybe by a father or other male figure.*

*An autoimmune disease can take many forms. If the white blood cells attack the lining of the colon, the person gets Chrohn's disease; if the pancreatic function is attacked the person gets diabetes (type 1); and if the connective tissue of the organs is attacked, the person gets lupus. If the brain is attacked, the person gets Alzheimer's; if the cartilage of the skeleton is attacked, the person gets rheumatoid arthritis; and if the skin is attacked, the person gets psoriasis.*

*Prayer: Father, I thank you for showing me what my part is in my healing, including any sins that I need to repent of, and including any fears or other negative emotions or beliefs. I command all the electrical and magnetic frequencies in my body to be in normal harmony and balance. I command my body to produce normal hormone levels, including normal histamine, serotonin, dopamine, norepinephrine and adrenalin. I ask for wisdom about what to eat and drink to get proper nutrients in my body. I command the pH balance of my body to be normal. I curse any harmful organisms or microorganisms in my body. I now command my \_\_\_\_\_ to be healed, in Jesus' name. Amen.*

*Because so many of our emotional and physical problems have been inherited, it is necessary to address the generational causes. The medical community knows that diseases tend to go down family lines from parent to child, sometimes skipping a generation. The following is a prayer to remove the effects of the diseases and infirmities that are in our generational line so that they will not affect us.*

*Prayer: Father, I come against and break the power of the generational infirmities and diseases from both sides of my family line for all generations back. I specifically bind and break the power of the following diseases that I am aware of:\_\_\_\_\_. I also come against any diseases or infirmities that I am not aware of that are in my family line and bind and break their power off me, and my family too if that is possible. I choose to forgive and release my ancestors and not hold them accountable for the way these diseases and infirmities have come down to me and affected my life. Please forgive me for any way that I have allowed these diseases and infirmities to come upon me. I also come against and cancel any words spoken by me or any members of my family, doctors or any body else that have reinforced and promoted these diseases and infirmities. I also come against the evil spirits that have accompanied these diseases and infirmities down my family line, and I order them to leave me. I specifically order all demonic spirits promoting (any particular problems) to leave me right now. I break the power of these diseases and infirmities that have come into my life and the accompanying evil spirits, and I ask for healing and restoration of any damage that they have done to my body, soul or spirit. Please reveal to me any way that I have by sin, reinforced the power of the evil spirits against me. I also ask that the DNA that I inherited from my ancestors, the DNA corrupted by sin and disease be replaced by the pure and undefiled DNA of Jesus Christ as I am now in His kingdom and in His family. Jesus took our curses, our sins and our diseases, and I now receive the freedom from them that He purchased for me. I claim good health for my body, soul and spirit today in the name of Jesus. Amen.*

## OCCULT PRACTICES

*Occult practices are strictly forbidden; All occult involvement wounds our personal spirit. This is a list of occult practices.*

1. When you enter the land the Lord your God is giving you, do not learn to imitate the detestable ways of the nations there. Let no one be found among you who sacrifices his son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells, or who is a medium or spiritualist or who consults the dead. Anyone who does these things is detestable to the Lord, and because of these detestable practices the Lord your God will drive out those nations before you. You must be blameless before the Lord your God. The nations you will dispossess listen to those who practice sorcery or divination. But as for you, the Lord your God has not permitted you to do so. Deuteronomy 18:9-14

*In biblical days hypnotism was called "casting a spell" and a hypnotist was called a "charmer." We must not surrender our will to anyone other than the Lord Jesus Christ. Doors may be opened by others that should not be opened.*

*Divination is the practice of peering into the future or the unknown. It is satan's copy of the gifts of knowledge and prophecy. The sin behind divination is fear and lack of trust in the Lord. As Christians we may seek the Lord's will or His guidance, but the Lord, in His wisdom, may not want us to know some things. Jesus told His disciples, I have much more to say to you, more than you can now bear. John 16:12*

2. Do not practice divination or sorcery. Leviticus 19:26b

*Sorcery is a form of magic or witchcraft that uses spirits and powers to manipulate nature and cause things to happen. Its methods are evil for selfish purposes. Satanic cults use sorcery against people and the church to cause problems.*

3. Now for some time a man named Simon had practiced sorcery in the city and amazed all the people of Samaria. He boasted that he was someone great, and all the people, both high and low, gave him their attention and exclaimed, "This man is the divine power known as the Great Power." They followed him because he had amazed them for a long time with his magic. Acts 8:9-11

4. "So I will come near to you for judgment. I will be quick to testify against sorcerers, adulterers and perjurers, against those who defraud laborers of their wages, who oppress the widows and the fatherless, and deprive aliens of justice, but do not fear me," says the Lord Almighty. Malachi 3:5

5. Aaron threw his staff down in front of Pharaoh and his officials, and it became a snake. Pharaoh then summoned wise men and sorcerers, and the Egyptian magicians also did the same things by their secret arts: Each one threw down his staff and it became a snake. But Aaron's staff swallowed up their staffs. Exodus 7:10b-12

6. Moses and Aaron did just as the Lord had commanded. He raised his staff in the presence of Pharaoh and his officials and struck the water of the Nile, and all the water was changed into blood. ... But the Egyptian magicians did the same things by their secret arts. Exodus 7:20, 22a

7. Then the Lord said to Moses, "Tell Aaron, 'Stretch out your hand with your staff over the streams and canals and ponds, and make frogs come up on the land of Egypt.'" So Aaron stretched out his hand over the waters of Egypt, and the frogs came up and covered the land. But the magicians did the same things by their secret arts; they also made frogs come up on the land of Egypt. Exodus 8:5-7

8. When Aaron stretched out his hand with the staff and struck the dust of the ground, gnats came upon men and animals. All the dust throughout the land of Egypt became gnats. But when the magicians tried to produce gnats by their secret arts, they could not. And the gnats were on men and animals. The magicians said to Pharaoh, "This is the finger of God." Exodus 8:17b-19a

9. But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts (sorcerers), the idolaters and all liars--their place will be in the fiery lake of burning sulfur. This is the second death. Revelation 21:8

*Prayer is not magic or sorcery. It is possible to claim God's promises with such a wrong heart that we try to force God to do what we want. But if it is something that the Bible says is ours, then we need to find and remove any hindrances to receiving our requests. God loves us and He wants to give us the good gifts that we are requesting.*

*Astrology is also the sin of divination which tries to peer into the future.*

10. Keep on, then, with your magic spells and with your many sorceries, which you have labored at since childhood. Perhaps you will succeed, perhaps you will cause terror. All the counsel you have received has only worn you out! Let your astrologers come forward, those stargazers who make predictions month by month, let them save you from what is coming upon you. Isaiah 47:12-13

*Mediums or spiritualists try to confer with the spirits of departed persons to gain knowledge about the future or to cause things to happen. This is also called necromancy.*

11. A man or woman who is a medium or spiritualist (wizard) among you must be put to death. You are to stone them; their blood will be on their own heads. Leviticus 20:27

12. I will set my face against the person who turns to mediums and spiritualists to prostitute himself by following them, and I will cut him off from his people. Leviticus 20:6

13. Do not turn to mediums or seek out spiritualists, for you will be defiled by them. I am the Lord your God. Leviticus 19:31

14. When men tell you to consult mediums and spiritualists, who whisper (peep) and mutter, should not a people inquire of their God? Why consult the dead on behalf of the living? Isaiah 8:19

*Most people believe that mediums actually consult demons familiar with the people that have died, so they are able to deceive the persons that are inquiring. However, when Saul went to a medium in Endor to inquire of Samuel about what he should do, maybe Samuel actually appeared.*

15. The king (Saul) said to her, "Don't be afraid. What do you see?" The woman said, "I see a spirit coming up out of the ground." "What does he look like?" he asked. "An old man wearing a robe is coming up," she said. Then Saul knew it was Samuel, and he bowed down and prostrated himself with his face to the ground. Samuel said to Saul, "Why have you disturbed me by bringing me up?" I Samuel 28:13-15

## SPIRIT TRAVEL

*There are many instances in the Scriptures of people being either physically transported or spiritually transported. Here are some examples.*

*Enoch was taken to heaven.*

1. Enoch walked with God; then he was no more, because God took him away.  
Genesis 5:24

2. By faith Enoch was taken from this life, so that he did not experience death; he could not be found, because God has taken him away. For before he was taken, he was commended as one who pleased God. Hebrews 11:5

*Moses visited heaven and saw the pattern of the temple and all the instruments of the temple so that he could describe it to the last detail and it could be built.*

3. Make this tabernacle and all its furnishings exactly like the pattern I will show you.  
Exodus 25:9

4. Our forefathers had the tabernacle of the Testimony with them in the desert. It had been made as God directed Moses, according to the pattern he had seen.  
Acts 7:44

*Elijah had a reputation that he appears and disappears, traveling in the spirit.*

5. I (Obadiah) don't know where the Spirit of the Lord may carry you when I leave you. If I go and tell Ahab and he doesn't find you, he will kill me. Yet I your servant have worshiped the Lord since my youth. I Kings 18:12

*Elijah was carried into heaven in a whirlwind as a chariot of fire separated Elijah and Elisha.*

6. As they (Elijah and Elisha) were walking along and talking together, suddenly a chariot of fire and horses of fire appeared and separated the two of them, and Elijah went up to heaven in a whirlwind. II Kings 2:11

Ezekiel was carried by the Spirit to the Kebar River.

7. The Spirit then lifted me up and took me away, and I went in bitterness and in the anger of my spirit, with the strong hand of the Lord upon me. I came to the exiles who lived at Tel Abib near the Kebar River. And there, where they were living, I sat among them for seven days--overwhelmed. Ezekiel 3:14-15

*Ezekiel was in Babylon and he was picked up by a Being of Fire and taken to Jerusalem.*

8. In the sixth year, in the sixth month on the fifth day, while I was sitting in my house and the elders of Judah were sitting before me, the hand of the Sovereign Lord came upon me there. I looked, and I saw a figure like that of a man. From what appeared to be his waist down he was like fire, and from there up his appearance was as bright as glowing metal. He stretched out what looked like a hand and took me by the hair of my head. The Spirit lifted me up between earth and heaven and in visions of God he took me to Jerusalem, to the entrance to the north gate of the inner court, where the idol that provokes to jealousy stood. Ezekiel 8:1-3

*Ezekiel was carried in the Spirit to the Valley of Dry Bones.*

9. The hand of the Lord was upon me, and he bought me out by the Spirit of the Lord and set me in the middle of a valley; it was full of bones. Ezekiel 37:1

10. In the twenty-fifth year of our exile, at the beginning of the year, on the tenth of the month, in the fourteenth year after the fall of the city--on that very day the hand of the Lord was upon me and he took me there. In visions of God he took me to the land of Israel and set me on a very high mountain, on whose south side were some buildings that looked like a city. He took me there, and I saw a man whose appearance was like bronze; he was standing in the gateway with a linen cord and a measuring rod in his hand. Ezekiel 40:1-3

*Ezekiel was then given a tour of the temple in the following chapters.*

*After Philip explained to the Ethiopian eunuch about Jesus, the eunuch stopped the chariot so that he could be baptized.*

11. And he gave orders to stop the chariot. Then both Philip and the eunuch went down into the water and Philip baptized him. When they came up out of the water, the Spirit of the Lord suddenly took Philip away, and the eunuch did not see him again, but went on his way rejoicing. Acts 8:38-39



*Paul tells of being taken to heaven.*

12. I know a man in Christ who fourteen years ago was caught up to the third heaven, Whether it was in the body or out of the body I do not know--God knows. And I know that this man--whether in the body or apart from the body I do not know, but God knows--was caught up to paradise. He heard inexpressible things, things that man is not permitted to tell. II Corinthians 12:2-4

*John was taken into heaven and saw many things that were going to happen.*

13. After this I (John) looked, and there before me was a door standing open in heaven. And the voice I had first heard speaking to me like a trumpet said, "Come up here, and I will show you What must take place after this." At once I was in the Spirit, and there before me was a throne in heaven with someone sitting on it. Revelation 4:1-2

14. One of the seven angels who had the seven bowls full of the seven last plagues came and said to me, "Come, I will show you the bride, the wife of the Lamb." And he carried me away in the Spirit to a mountain great and high, and showed me the Holy City, Jerusalem, coming down out of heaven from God. Revelation 21:9-10

*Spirit travel is still happening to people today. Perhaps it will happen to you, but remember that it is the Holy Spirit who decides to take you somewhere.*

## DISSOCIATION

*If a person, usually a child, goes through a very difficult experience, their soul can split in different ways. The soul is the mind, will and emotions. In a milder experience the emotions split off and form another entity which takes the bad feelings associated with the experience. In a more traumatic event the mind and emotions split off and form another entity which takes the bad feelings and the memory of the event, and the person does not remember what happened. These pieces or entities are called alters, altered states, child parts or soul fragments. This alter usually has a name and is trying to help the person in the persons various life experiences, especially in events similar to the original event that caused them to be formed. They may be boys or girls. This alter is not a demon, but there are demons connected to this alter associated with the original event, including the spirit of mind control. This alter also stays the same age as the original person was when the event occurred.*

*Here are some of the ways an alter is formed:*

- (a) Excessive punishment.*
- (b) Accidents.*
- (c) Physical pain or sickness, especially if it lasts for awhile.*
- (d) Molestation or rape.*
- (e) Having adult responsibility as children.*
- (f) Watching someone die.*
- (g) Being an emotional support for a parent.*
- (h) Not having enough to eat.*
- (i) Trauma of war.*
- (j) Rejection.*
- (k) Physical, emotional or sexual abuse.*

*The alter makes it possible for the person to go on with life. Events causing the above types of alters to be formed are usually not purposely inflicted to cause them to be formed, but happen as a result of life's experiences. People usually have many of these types of alters. The number increases with the severity and duration of trauma in their lives, especially as children.*

*In a very traumatic event the emotions, mind and will, the complete soul splits and forms a totally new person that lives in the original person's body; even having a different blood type or need for glasses. This happens so that the person can survive. It is called MPD (multiple personality disorder) or DID (dissociative identity disorder). About one out of every one hundred people has DID.*

*These are scriptures that seem to talk about dissociation.*

1 . If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should *not* think he will receive anything from the Lord; he is a double-minded man, unstable in all he does. James 1:5-8

2. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. Psalm 51:6

3 . From now on I will tell you of new things, of hidden things unknown to you. They are created now, and not long ago; you have not heard of them before today. So you cannot say, "Yes, I knew of them." Isaiah 48:6b-7

*Here are some prayers to pray for people that are fragmented. It is also important to break ties to people who were involved in the trauma and forgive them.*

4. May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful and he will do it. I Thessalonians 5:23-24

5 . (I pray) that you may be perfectly united in mind and thought. I Corinthians 1:10b

*No matter how much trauma and abuse you have suffered, it is the Lord's will to heal and restore. He will even give you double what you have lost.*

6. "Return to the stronghold, you prisoners of hope. Even today I declare that I will restore double to you." Zechariah 9:12

7. Instead of their shame my people will receive a double portion, and instead of disgrace they will rejoice in their inheritance; and so they will inherit a double portion in their land, and everlasting joy will be theirs. Isaiah 61:7

8. "So I will restore to you the years that the swarming locust has eaten, the crawling locust, the consuming locust, and the chewing locust, My great army which I sent among you." Joel 2:25

## HOW TO DEAL WITH ALTERS

*Separate the alters from the demons that a person has by saying, "I separate the alters from the demons with a wall of the blood of Jesus." Ask any angels that are there to oversee this. Then say, "I bind and break the power of the spirits of mind control attached to the alters for dissociation."*

*Tell the person receiving ministry and their alters (who are listening) that we know that the alters love the person and have been helping the person as best they can. However, the alters have demons associated with them because the person did not cast their cares on Jesus as they were supposed to when they were in a difficult situation. Therefore, we are going to ask the alters to leave and be with Jesus. After they leave, we will order the demons associated with the alters to leave and they will have to go since they were there because they were with the alters.*

*Have the person receiving ministry pray the following prayer to release the alters.*

*Prayer: Heavenly Father, in the name of Jesus, I ask for forgiveness for the sin of creating alters. There have been times in my life when I suffered for the lack of knowledge, but I now realize that these alters are trying to do Your job in my life. I repent for the sin of not casting my cares on You. I speak to all alters that I have created, and I say: "Thank you for the job that you have done. You were there when I needed you. I release you from me and from your function. I will be all right when you leave because Jesus will take good care of me and He will also take good care of you. I want you to leave so we can get rid of the demons." I ask the Holy Spirit to come and fill all places where the alters are. I forgive, release, and bless anyone who has caused me to create alters, and I ask for forgiveness for the sin of carrying any un-forgiveness or judgment toward these people. In Jesus' name. Amen.*

*Although it is not necessary, it might be advantageous, especially to the person being ministered to, to have the alters speak to their mind so that they realize that this is real, and they really do have alters.*

*Say that you would like to speak to some of the alters and get some information. Ask for one of the alters to speak to the mind of the person being ministered to and say what their name is. Tell the alters that "You did a good job. We just want to talk to you. Do not be afraid. Would you like \_\_\_\_\_ to know how you helped them? Are the demons on the other side of the wall of the blood of Jesus?"*

*You might pray, "Lord, if there are any alters there reveal it to \_\_\_\_\_.  
Holy Spirit, please push up any alters if they are hiding."*

*When the alters speak to the person's mind, thank them for speaking. Ask questions like: "What is your name? How old was \_\_\_\_\_ when you were formed? What happened that caused you to be formed? What did you do for \_\_\_\_\_ ? Do you still help \_\_\_\_\_ now? Are there other alters there that you know of?" Also ask, "Who is the core alter? Are you the core alter---the comforter, the delegator, the secretary, the one in charge?" Wait for an answer to each question to get some information.*

*Ask if they know about Jesus; some of them may not be saved. Are they willing to go be with Jesus? Tell them that they will not have to deal with the demons anymore. Tell them that \_\_\_\_\_ will not have to deal with the demons anymore either, since after the alters leave, we will order the demons to leave. If they are afraid that \_\_\_\_\_ will not be all right if they leave, reassure them that Jesus will take care of \_\_\_\_\_. Remind them that \_\_\_\_\_ has asked them to leave. If the alters still do not want to leave, ask Jesus to come and show Himself to the alters so they will not be afraid to leave with Him. If the alters are still afraid to leave, reassure them and ask the person to reassure them as well. Tell them that we want all alters that did not speak to leave with Jesus also, so that we can order the demons to leave that are associated with them. Tell them that it is very important that all the alters leave so that we can get rid of the demons.*

*When the alters say that they are willing to go and be with Jesus, have the person pray the following prayer.*

*Prayer: Heavenly Father, in the name of Jesus Christ, I state that these alters, spoken and unspoken, will release all their rights to me, to my mind, to my flesh to my personality, to my spirit, to my emotions and to my bloodline. I ask You, Lord Jesus, to come and take these alters away with You to a place where there is no fear, abuse, or rejection, and I ask them to leave with You now. Thank You, In Jesus' name. Amen.*

*Then ask Jesus to come and take the alters with Him or send a representative to do it. Tell the alters that are leaving that they can say good by or wave good by to the person. Sometimes the person sees or hears the alters leave.*

*This ministry will need to be done several times if all the alters do not leave. They seem to believe that the person still needs them to be there.*

## CAPTIVITY

*The devil takes advantage of times of trauma and great suffering in our lives because our souls get shattered. He can capture a part of our soul and take it captive to his kingdom. In this captivity we feel terror, confusion, sickness, pain; we feel everything that is happening to this part of our soul that is in captivity. We can be saved and filled with the Holy Spirit and still have parts of our soul in captivity. Jesus came to set us free.*

1. The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favor. Luke 4:18-19

*Jesus was reading from the following scripture in Isaiah and he said that this scripture was now fulfilled in him.*

2. The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor. Isaiah 61:1-2a

3. Save me from all those who pursue me, and deliver me. Lest he tear my soul like a lion, Dragging me away, while there is none to deliver. Psalms 7:1b-2

4. I, the Lord, have called you in righteousness; I will take hold of your hand. I will keep you and will make you to be a covenant for the people and a light for the Gentiles, to open eyes that are blind, to free captives from prison and to release from the dungeon those who sit in darkness. Isaiah 42:6-7

5. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4

6. Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Isaiah 58:6

7. But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you *may* declare the praises of him who called you out of darkness into his wonderful light. 1 Peter 2:9

*The imprisoned soul may see, hear and feel everything that is happening in the place of entrapment.*

8. I am overwhelmed with troubles and my life draws near to death. I am counted among those who go down to the pit; I am like one without strength. I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care. You have put me in the lowest pit, in the darkest depths. Your wrath lies heavily on me; you have overwhelmed me with all your waves. You have taken from me my closest friends and have made me repulsive to them. I am confined and cannot escape. Psalm 88:3-8

*Fragmented souls of people can end up in these places because they rebelled against God.*

9. Some sat in darkness and the deepest gloom, prisoners suffering in iron chains, for they had rebelled against the words of God and despised the counsel of the Most High. So he subjected them to bitter labor; they stumbled, and there was no one to help. Then they cried to the Lord in their trouble, and he saved them from their distress. He brought them out of darkness and the deepest gloom and broke away their chains. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men, for he breaks down gates of bronze and cuts through bars of iron. Psalm 107:10-16

10. But you, O God, will bring down the wicked into the pit of corruption; bloodthirsty and deceitful men will not live out half their days. But as for me, I trust in you. Psalm 55:23

*Un-forgiveness can place a person in torment.*

11. In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed. This is how my heavenly Father will treat each of you unless you forgive your brother from your heart. Matthew 18:34-35

*King David was held captive in spiritual prisons.*

12. Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. Set me free from my prison, that I may praise your name. Psalm 142:6-7a

13. Save me, O God, for the waters have come up to my neck. I sink in the miry depths, where there is no foothold. I have come into the deep waters; the floods engulf me. Psalm 69:1-2

*Participation in occult ceremonies may open doors to captivity. Having illness, pain, depression, terror, confusion or being trapped in lack, alcoholism, sexual perversion or drug addiction may mean that a part of a person's soul is held captive by the enemy. Having phobias may mean entrapment as well.*

*The Lord rescues us from our place of entrapment, heals and puts our fragmented soul back together.*

14. I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Psalm 40:1-3a

*In the spirit it is possible to go down into the dark places of entrapment, into dungeons and places of defilement and rescue the soul fragments. They may be in cages or chained or in pits, but the cage doors are generally not locked and the shackles are easily removed. There may be demons guarding or tormenting the soul fragments so an angel or two, or maybe Jesus goes with me. When we get back out of the regions or tunnels, I usually see a large meadow with water beside it, and Jesus standing there, ready to minister and heal the soul fragment and put the soul back together, just like in Psalm 23.*

15. The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake. Psalm 23:1-3

16. He (the Lord) reached down from on high and took hold of me; he drew me out of deep waters. He rescued me from my powerful enemy, from my foes, who were too strong for me. They confronted me in the day of my disaster, but the Lord was my support. He brought me out into a spacious place; he rescued me because he delighted in me. II Samuel 22:17-20

*Prayer: Father, I ask that you teach me how to rescue soul fragments from their places of confinement. Show me where I have soul fragments trapped and guide me in rescuing them. Provide me with what I need for the journey that I may be set free and healed; and help me rescue others also. In Jesus' name. Amen.*



## TRUTH AND LIES

*Satan and his demons use deception to influence us. Satan is called the father of lies. He places lies in our mind, hoping that we will believe them.*

1. He (Satan) was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. John 8:44b

2. The god of this age (Satan) has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God. II Corinthians 4:4

3. In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted, while evil men and impostors will go from bad to worse, deceiving and being deceived. II Timothy 3:12-13

*The Holy Spirit is called the Spirit of truth. He wants us to know the truth and wants to reveal the truth to us. He is the only One that can reveal truth in our innermost being.*

4. And I (Jesus) will ask the Father, and he will give you another Counselor to be with you forever--the Spirit of truth. John 14:16-17a

5. But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. John 16:13

6. To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." John 8:31-32

7. In fact, for this reason I (Jesus) was born, and for this I came into the world, to testify to the truth. Everyone on the side of truth listens to me. John 18:37b

8. Sanctify them by the truth; your word is truth. John 17:17

9. Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth. II Timothy 2:15

*We are told in the Bible to renew our minds, which means to believe the truth. That truth is found in what the Bible says.*

10. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will. Romans 12:2

11. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. Ephesians 1:17-19a

12. For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and may please him in every way; bearing fruit in every good work, growing in the knowledge of God. Colossians 1:9-10

13. So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Ephesians 4:17-18

*The Israelites would not enter the Promised Land because they were believing lies that the giants were too strong, the cities were too well fortified, and they would die if they went in to take the land. Their unbelief was belief in a distorted view of reality. After living in slavery for generations in Egypt, they had many deeply held false beliefs about God and themselves that were not removed by all the miracles that they saw on their way to the Promised Land.*

14. But you were unwilling to go up; you rebelled against the command of the Lord your God. You grumbled in your tents and said, "The Lord hates us; so he brought us out of Egypt to deliver us into the hands of the Amorites to destroy us. Where can we go? Our brothers have made us lose heart. They say, 'The people are stronger and taller than we are; the cities are large, with walls up to the sky. We even saw the Anakites there.'" Deuteronomy 1:26-28

15. So we see that they were not able to enter, because of their unbelief.  
Hebrews 3:19

*Belief in the wrong things can cause disaster. Adam and Eve believed the lies of the enemy and had to leave the garden, and they lived in a perfect world without sin. They had never sinned. They were not forced in any way to disobey God, but they chose to because they believed lies. Being deceived is enough to cause a person to sin.*

16: I (Jesus) tell you the truth, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? John 3:11-12

17. "Unless you people see miraculous signs and wonders," Jesus told him, "you will never believe." John 4:48

18. I (Jesus) tell you the truth, he who believes has everlasting life. John 6:47

19. "Indeed, I am against those who prophesy false dreams," declares the Lord. "They tell them and lead my people astray with their reckless lies." Jeremiah 23:32a

20. At that time if anyone says to you, "Look, here is the Christ!" or, "There he is!" do not believe it. For false Christs and false prophets will appear and perform great signs and miracles to deceive even the elect--if that were possible. Matthew 24:23-24

*Deception is very wide spread and includes all the ways that our perceptions or interpretations of reality are distorted or incomplete. It is possible to believe something about an event cognitively and at the same time believe something else emotionally about the same event that are totally contradictory. Some of this deception comes from our culture where our ideas of sexual behavior, money and success can be very different from Biblical truth. Children usually pick up their parent's values and ways of viewing themselves, others, God and their priorities. Children observe what is happening around them and to them, and try to make sense of the world, but their interpretation may be wrong. Children can get a distorted view of themselves very easily by negative words spoken to them. This will color their whole lives if the truth is not revealed. Fortunately, God wants to heal us and help us know the truth.*

*Christians can be deceived because of their background just like anyone else. In some churches there is an implied belief that Christians should not need to struggle with sin or have emotional problems. If they do, they must have some moral defect, are not trying hard enough, are not praying enough or are not reading the Bible enough. That viewpoint has caused great frustration and discouragement. Should the only difference between Christians and non-Christians be that Christians are going to heaven? The divorce rate is the same.*

*Each of us has a deeply held set of internalized beliefs that cause us to distort how we see the world, what we feel, how we make sense of happenings and how we respond to situations. Without the Holy Spirit, we are helpless to change those beliefs and are trapped into responding as if they were true.*

21. Leave them (the Pharisees); they are blind guides. If a blind man leads a blind man, both will fall into a pit. Matthew 15:14

22. My people are destroyed from lack of knowledge. ... A people without understanding will come to ruin! Hosea 4:6a, 14b

23. Therefore my people will go into exile for lack of understanding. Isaiah 5:13a

24. The sinful mind (mind set on the flesh) is hostile to God. It does not submit to God's law, nor can it do so. Romans 8:7

*An emotionally-based experientially-caused lie cannot be replaced with truth using logic. Truth is more than information. Deeply embedded lies can only be replaced with truth that comes by revelation of the Holy Spirit. We must see things from God's perspective to know who we truly are, who God is, and how life works. We are living out the implications of the lies that we believe.*

*Obedience is an act of faith and trust in God He knows what is best. He brings circumstances into our lives that reveal feelings and hidden lies, if we will notice them. Facing the fact that we are believing lies is distasteful. We believe that we already know what WE need to know for the most part, especially if we have been in church and have read the Bible. But it is necessary for us to cooperate with the Holy Spirit if we are to find the hidden lies that we believe and replace them with the truth. Finding the truth requires determination.*

25. If you are willing and obedient, you will eat the best from the land. Isaiah 1:19

## KNOW THE TRUTH

1. To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." John 8:31-32

*There are many possible lies that we believe about ourselves that are based on our past experiences, and we may not even be aware that we believe them. Here are some possibilities.*

*I am worthless because of what I've done.  
I cannot resist sin and temptation well.  
I do not get any credit for what I do.  
I will always feel like I do not belong anywhere.  
I will always be (shy, insecure, fearful, etc.)  
I am valuable because of what I do.  
Nothing I do ever works out.  
I am just a burden to everyone.  
I should have never been born.  
I will always be alone.  
I am unattractive.  
When things go wrong, it is my fault.  
None of my dreams will ever come true.  
Things in my life will never get any better.  
I feel like I am stupid or an idiot.  
I am unable to receive love from anyone.*

*Here are some possible lies that we can believe about other people.*

*It is very important that I please everyone.  
Others believe that I am a burden to them.  
If someone hurts me, I need to withdraw from them.  
My value is based on others' opinion of me.  
I need to push people away because I know that they will hurt me.  
I am all alone, nobody cares about me.  
Authority figures will always use me and mistreat me.  
I need to wear a mask so people will not reject me.*

*Here are some possible lies that we can believe about God.*

*God can't forgive me because of what I've done.  
Not even God can help me get out of this mess.  
I cannot relax because God would disapprove.  
I cannot trust God because He has let me down in the past.  
God only values me for what I can do.  
God loves other people more than me.  
God has forsaken me.*

*A person that has been sexually violated may believe these lies.*

*What happened was all my fault.  
I am dirty because of what happened.  
I am worthless and unimportant.  
Things are never going to get any better.  
If I tell someone, they will come back and hurt me.  
There is no one to protect me.  
I will always be damaged because of what has happened.  
No one will ever be able to love me.  
I should have stopped them.*

*If we have been raped or molested, we may feel guilt or shame when it was not our fault. However, if we have done wrong and feel guilt or shame, that is a valid feeling. In that case we need to repent and ask for forgiveness.*

*Each of the above lies are associated with negative emotions. These emotions affect our lives because we feel them, and we probably do not know why we feel the way we do. These feelings may pop up at unusual times and in unusual circumstances. We may have at least a vaguely bad feeling all the time and believe that it is normal. We may have certain bad feelings, like anger or fear, all the time and not understand why, even when things seem to be going pretty well, and there seems to be no logical reason to have them.*

*When we really believe lies that are so buried that we are not aware of them, these lies distort our view of the world and affect our emotions anyway. Look at some of the lies above and think about what emotions would probably be associated with them.*

## INNER HEALING

*There is another ministry technique called inner healing. Inner healing takes away the pain of difficult and traumatic situations from the past in a persons life where the person has believed a lie. Because everyone has experienced difficult situations that have left wounds that are not physical and beliefs that are not true, inner healing is needed for everyone, just as much as the other types of ministry. Also, where there is emotional pain, there is a strong temptation to manage it by sinful behavior. If we, by sheer force of will, keep ourselves from sinning, our Christianity is no different from all the other religions in the world that require extreme human effort to be holy. In this case we would be victorious in our behavior, but our emotions would be unchanged and the struggle would still be there.*

*If I tell you that you are believing lies and that the lies are influencing your reactions to life and affecting your perceptions, would you believe me? If you have gone to a traditional counselor to try to fix a problem in your life, they might have presented you with facts that will help you to some extent. However, facts from the Word of God or a counselor will not change the emotions coming from our past life experiences or change what we truly believe. Only the Holy Spirit can do that. When we are saved, especially if we did not come from a Christian family, we can grow in our Christian walk very fast for a while. Then the growth slows and seems to almost stop after years have passed. That is because the deeply embedded lies are still there, influencing our behavior, and we are not even aware of them. What we believe at a conscious level can be totally contrary to what we believe at a subconscious level. It is difficult and takes a long time and a lot of effort to change our deep-seated beliefs by reading and confessing the Word, and this can be done, but inner healing is so much faster. There is a constant struggle between the truth we see in the Bible and how we feel emotionally. Lies from our past can cause us to react to a present situation totally inappropriately, with inappropriate emotions or actions.*

*When our emotional pain from the past is stirred up by something that happens to us in the present, we have a choice as to how to deal with it. Sinful actions are often a way of managing our emotional pain. (1) We can become angry with those around us because we blame them for causing the pain. (2) We know as Christians that we need to be loving and kind to others, so we turn the pain inward and suppress it. The force behind most addictions is the attempt to dull the emotional pain. (3) We can try to override the pain by doing something that will give us bodily pleasure like food, sex, entertainment, spending.*

*(4) We can repent and ask for forgiveness over and over again for how we feel and the resulting inappropriate actions that we take, to no avail. (5) We can realize that the emotional pain that we feel is caused by something negative and painful that happened to us in the past, where we believed a lie as a result of what happened to us. The most effective and quickest way to deal with such a lie is to use the procedure on page 147 to learn what the truth really is. Our present pain cannot be resolved without addressing what happened in the past, and our past pain cannot be resolved by only addressing the present situation*

*Because we learned the lie from our past emotional experience, we must learn the truth by a new emotional experience, but the Holy Spirit must do it. The Holy Spirit places truth directly into the memory experience. Many times it is the lies from our past emotionally charged memories that keep us from really believing and applying the truth that we read in the Bible. What we feel at any given moment indicates what we truly believe at an experiential level. Each time that a lie is replaced with the truth, we find more peace and discover who we truly are in Christ. Inner healing does not change the past memories, but it replaces the lies in those memories with the truth. Once the lies are replaced, we can look back on the memories and there is no emotional pain caused by the lies.*

*When a person, especially a child, experiences a bad situation that seems to contradict what the Bible says, the person believes that What they learned in the situation is the truth, and they believe it at an emotional level because they have lived it. (An example would be if the person as a child experienced a very bad incident with a dog and as a result was still afraid of dogs.) When people are saved, the good news of the Bible is always met with a measure of unbelief because of their past. They base their beliefs and lives on what they have experienced, because what the Bible says does not seem to be true, and even seems too good to be true. We cannot change our core beliefs by simply choosing to believe the truth of the Word using great determination because a deep lie cannot be dealt with logically.*

*To erase the false belief in their hearts and replace it with the truth requires revelation from the Lord and that is what inner healing does. We ask the Lord to take the person back to an event in the person's past that He wants to deal with. We determine the lie that was believed because of the event and then ask the Lord to enter and somehow bring truth and healing. A person can use this technique on themselves when an emotion comes up that is puzzling and inappropriate to the situation, but having someone to help is advantageous.*



*Believing the truth is very important. It changes the way a person perceives a past situation, and then changes the emotions caused by a present similar situation. However, it is very important that the person receiving ministry be willing to go through the process and be willing to face any emotional pain or condemnation, and the lies that they believe. If they are not willing, then healing will not take place.*

*When a person, especially a child, is mistreated, and they have no way to escape the situation or remedy it, they generally deny it or repress it. It is easier for the child to believe that they are bad or have done something wrong instead of believing the parent is bad, because that would mean that their whole world is fearful and they are not protected.*

*It is understandable that when a person is mistreated in some way, the feelings of anger, hate or revenge would be present. If these emotions are not dealt with fairly soon, they will turn inward and become bitterness and resentment, which is sin. These emotions are not rooted in lies, but in the truth. They must be confessed as sin and repented of and given to the Lord. Otherwise, these emotions will interfere with the inner healing. The person must be willing to forgive and let these emotions go, and a lot of times they are not willing. Lies will not be removed from a past emotionally-charged event as long as anger and un-forgiveness about the cause of the event are present.*

*Other possible truth-based emotions are sadness, loss and disappointment. If these are emotions based upon truth, they should be dealt with after the lie-based emotions. If these truth-based emotions are not really deep and painful, focus on the emotion and then ask Jesus to take them.*

*Emotions like shame, helplessness, abandonment and guilt are generally related to lies from the persons past. If the person experiences a lot of guilt and shame in the memory, and the Lord does not replace these negative emotions with truth, it may be that the guilt and shame are correct emotions and the person needs to repent and receive forgiveness experientially for whatever they did that caused the emotions. Then they will truly feel forgiven. A person can do wrong and then repent over and over but never feel forgiven, even though they know from the Bible that they are forgiven. If the person feels guilty but they are actually innocent, the Holy Spirit will let them know that they are innocent. False guilt cannot be removed by confessing sins that they did not commit.*

*Procedure: Although inner healing can be done by an individual, without another person's help, it is probably best to have another person there to direct the ministry, so I will give instructions accordingly.*

*a) Ask the Lord to take the person back to some incident in their past where they learned a lie because of what happened. The memory may be quite painful. The person is not to decide what memory is to be dealt with, the Holy Spirit does.*

*b) When a memory comes up, ask the person to explain briefly what happened. Take a few notes during the ministry to give to the person afterward. In this memory, does the person need to forgive anyone? Does the person need to repent of any anger, judgment, inner vows, disobedience, word curses or any other sin from this memory?*

*c) Find out what lie was learned from this event. To do this, ask the person what lie seems most true emotionally because of what happened, even though they may know mentally and Biblically that it is not true.*

*d) Ask the Lord if this is the memory to be dealt with or if there is another memory in the person's past where they essentially learned the same lie. See if another memory comes up. If not, go to f).*

*e) If there is another memory, there may be more memories. Briefly record each one and check them for un-forgiveness and other sins. Then ask the Lord to take the person to the memory that He wants to deal with. When this memory is healed, all the other memories that came up will also be healed.*

*f) Have the person go back to the memory and experience it as clearly as possible visually and on an emotional level.*

*g) When the person indicates that they have done that, ask the Lord Jesus to enter the memory and do what He needs to do to let the person know what the truth is emotionally. The person may see Jesus do something or hear Him say something. Neither of these events may happen, but something will be communicated that will bring truth. Especially do not rush this part of the ministry.*

*h) Have the person go back to the memory or memories and see if the pain and belief in the lie is still there. It should not be. If the memory has been healed and the lie has been replaced with the truth, the peace of God should be there.*

## ADDICTION

*Alcohol, drugs and even food can become an idol in a persons life. An idol is anything more important than God. The addiction can become all consuming.*

1. I am the Lord your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before (besides) me. You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them, for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments. Deuteronomy 5:6-10 Exodus 20:2-4

*The Bible specifically condemns alcoholism and gluttony, which are addictive.*

2. Who has Woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine. Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper. Your eyes will see strange sights and your mind imagine confusing things. You will be like one sleeping on the high seas, lying on top of the rigging. "They hit me," you will say, "but I'm not hurt! They beat me, but I don't feel it! When will I wake up so I can find another drink?" Proverbs 23:29-35

3. But now I (Paul) am writing you that you must not associate with anyone who calls himself a brother but is sexually immoral or greedy, an idolater or a slanderer, a drunkard or a swindler. With such a man do not even eat. I Corinthians 5:11

4. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. Ephesians 5:18

5. Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags. Proverbs 23:20-21

6. Wine is a mocker and beer a brawler; whoever is led astray by them is not wise. Proverbs 20:1

*The following are prayers for various physical, emotional and psychological conditions, mainly associated with addiction. Do not neglect the other topics in this study if you have addiction issues because they will also help you in your quest for freedom. (Some of these issues may also be dealt with medically.)*

**General Introductory Prayer:** *Lord, I repent for having the idol of drugs/ alcohol/food etc. in my life. I ask for forgiveness and cleansing for not having You as the Lord of my life, and I now choose You as my Lord as well as my Savior. Please help me as I battle the addictions that have consumed me, and guide me as to what I must do to be free.*

**Prayer #1:** *If you became addicted to drugs or alcohol out of rebellion to parents or other authority figures because you wanted to run your own life, say: Lord, I repent and ask for forgiveness for the sin of rebellion. I choose to submit to those in authority over me, including pastors, bosses or parents, and listen to their wisdom and advice. I choose to obey any authority figure unless obeying would be against the Word of God.*

**Prayer #2:** *If you feel depressed and never feel happy or joyful, even when positive events occur, or if you desire stimulating drugs such as cocaine, morphine, heroin or amphetamines just to feel normal, say: I command that any unnatural conditions in my body, soul, or spirit that came about through inheritance or that are the result of drug or alcohol abuse or toxins be healed. I command my body to produce normal hormone levels, especially dopamine, serotonin and norepinephrine. I ask that the joy of the Lord fill me now.*

**Prayer #3:** *If you felt a strong emotional shift at puberty or menopause, say: I command my hormones to be in balance, along with normal electrical and magnetic activity in my body, especially in my brain.*

**Prayer #4:** *If you feel a strong need to calm down because you are so hyper, if you are taking prescription tranquilizers, if you are addicted to drugs or alcohol, if you have had insomnia or panic attacks, or if you have been diagnosed with ADHD, pay particular attention to the "Fear" topic. Say: Lord, I repent for having fear and not trusting You. I command that any unnatural conditions in my body, soul, or spirit that came about through inheritance or that are the result of drug or alcohol abuse or toxins be healed. I command that the abnormal release of adrenalin stop and that any areas of overactive brain activity return to normal and have normal hormone levels, including normal histamine levels. I ask that the peace of God that passes all understanding come on me now (John 14:27).*

**Prayer #5:** *If you have strong guilt and condemnation for doing what you did to get money for drugs, or whatever you did to get drugs, or if you feel condemned for using drugs, say: I repent and ask for forgiveness for all the lies and the people I betrayed to get and use drugs. Please forgive me and cleanse me, Lord, and take away the guilt and shame. The Bible says that there is no condemnation to those that are in Christ Jesus (Romans 8:1), and I claim that now. Help me to know that You have forgiven me, so that the enemy cannot use guilt and condemnation to pull me back into using drugs again.*

**Prayer #6:** *If you have been badly mistreated, especially when you were a child, and have never felt safe all your life, pay particular attention to the "Fear," "Forgiveness," "Bitter-Root Judgment" and "Who We Are" topics, and come against trauma. Say: I command that my oversupply of adrenalin return to normal levels. I command that any areas of overactive brain activity return to normal, and that I have normal hormone levels, including normal histamine levels. I ask that the peace of God that passes all understanding come on me now (John 14:27).*

**Spiritual Bonds:** *Especially if you have been addicted to drugs, you will need to break the connections that you have had with all former drug dealers and "friends" with whom you did drugs. You will also need to break ties to pain clinics, physicians and former places where you did drugs, and the needles and other drug paraphernalia that you used. Go through this prayer as many times as necessary, using your authority, and say this for each person/place individually. Try to identify each person and place specifically, putting the name in the blank. Say: In the name of Jesus, I break all spiritual, emotional and psychological ties or bonds between me and \_\_\_\_\_ or between \_\_\_\_\_ and me. This relationship that I had will no longer influence or affect me, and it will no longer have the power to draw me back into using drugs. I bind any demons associated with drug use and order them to leave.*

**Negative Words:** *Father, bring to my mind the negative words that have been spoken over me, especially associated with drug addiction, and also the negative words that I have spoken about myself. (For each instance that the Lord brings up, say that you renounce and break the power of the words and cancel their effect on your life. Be specific, saying what the words were.) I refuse to believe that these negative words are the truth. I say that what the Bible says about me is the truth. I also break the power of any negative words spoken that I am not aware of, specifically including any curses. I also order any demons associated with any of these negative words to leave. In Jesus' name. Amen.*

## **CONTACT INFORMATION**

Annette Dotson Curtis (teacher)

E-mail [abbafathersheart3@gmail.com](mailto:abbafathersheart3@gmail.com)

Phone 1 (865) 748-5110

Website [www.abbafathersheart.org](http://www.abbafathersheart.org)

This book is also available in a Spanish version.