



**DELIVERANCE & DISCIPLESHIP**  
**Spiritual House Cleansing - SESSION**  
**Practical Biblical Warfare to Walk in Freedom**

by

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## Acknowledgements

This guide is a compilation of wisdom from those who have gone before us, pioneering the path to freedom from demonic strongholds. It draws from some of the most effective approaches in spiritual warfare, combining biblical truth, legal authority, and the power of Christ.

A significant foundation of this guide is the **truth approach**, championed by **Neil Anderson** in *Steps to Freedom in Christ*, which emphasizes declaring biblical truths and renouncing lies. In addition, we incorporate the **legal approach**, which focuses on breaking the enemy's legal rights and agreements, as taught by **Marcus Warner** of *Deeper Walk*. We have also included **authority statements** from **Karl Payne** and a **power approach** rooted in Scripture.

Beyond these core influences, we have studied the works of notable spiritual warfare leaders, including Mark Bubeck, Ken Fish, Jake Kail, Sam Storms, Charles Kraft, Francis McNutt, among others and compared this through the lens of scripture. Through extensive study and application in hundreds of cases, we have refined this guide based on real-world ministry experience.

However, it is important to note that **this is not a one-size-fits-all formula**. Spiritual warfare is not about rigid methods but about fully relying on **God and the power of the Holy Spirit through the authority of Jesus Christ**. We have found that true freedom often comes when we step outside our comfort zones and depend entirely on Him.

## The Reality of Demonic Strongholds

A demonic stronghold is a pattern of thinking or behavior which is rooted in the lies of the enemy instead of God's truth. Many people who are genuine Christians are in bondage to things like fear, anxiety, resentment, anger, un-forgiveness, addictions because of habitual sin patterns and lies they believe about who they are. When a person consistently believes these lies, they are agreeing with the enemy and allowing him to distort their true identity in Christ. Marcus Warner describes it this way:

*"If a wicked spirit tempts me to believe his lie rather than God's truth, and I do, it is as if I am shaking hands with him saying, 'You are right, God is wrong. I'll look at it your way.' It is the same with attitudes and actions. If I agree to do things the enemy's way, I am entering into an agreement with him that gives him greater access to my life." (DW, pg 81)*

When we enter into agreements with the enemy, we can give him permission to establish a hold on us in specific areas. Imagine shaking hands with someone and when you try to pull your hand away, their grip tightens and they won't let go. That is how it is with the enemy. He will hold on as long as he is permitted. It's important to mention that there are instances when a person may be innocent of sin, yet still affected by a demonic stronghold. They didn't make any agreements, but a stronghold exists because of things such as generational curses or traumatic experiences. No matter how the enemy has been given access to establish a stronghold, his permission must be canceled, thus breaking any hold he may have on us. This can be done by following the "4 C's" of spiritual warfare.

## **The 4 "C's" of Spiritual Warfare**

During this session, we will use an approach which implements the 4 "C's". They are as follows:

**C-onfess:** You confess that you've sinned or believed lies and entered into an agreement with the enemy.

**C-ancel:** Sever your agreement and ask Jesus to cancel the permission any demon has as stronghold

As a part of canceling the permission of the enemy, we will ask the Holy Spirit to reveal to you the lies you have believed. After this, we'll guide you as you replace the lies with truths from God's word. Occasionally, we've seen people struggle to hear from the Holy Spirit, as if there were something hindering their ability to do so. If this happens, in order that you may hear clearly, we will bind the demonic in the name of the Lord Jesus Christ and command them to reveal any permissions they may have which need to be canceled.

**C-ommand:** In the name of Jesus, claiming the authority of Jesus Christ as his disciple, you command the demons to leave and take all of their works and effects with them.

**C-ommit:** Commit this area of your life to the Lordship of Christ and ask the Holy Spirit to fill all places which have been vacated by the enemy.

# THE ROLE OF THE HOLY SPIRIT

What is your understanding of how someone receives the Holy Spirit and how He operates in the lives of those who trust and follow Jesus?

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How have you experienced the Holy Spirit's presence and power in your own life?

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What church are you an active member of? \_\_\_\_\_

Who are you in a discipling relationship with? \_\_\_\_\_

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*\*Consider taking time to pray for a rich indwelling and turning up of the Holy Spirit.*

## HOW TO USE THIS GUIDE

***This booklet is designed for the participant to read through in its entirety prior to the prayer session. Prior to the prayer session, you should pray through all of the sections and answer the questions as thoroughly as possible. Pray and ask the Holy Spirit to guide your process. You should not say the renouncements aloud or attempt to command the demonic out yourself prior to the session. You do not need to tell the stories behind your answers. The directions for each section are in a box. You may need paper to journal your responses for some sections.***

*During your session, the sections in **green** will be spoken by the leader of the session.*

*The words in **red** will be spoken by you as the participant.*

*Scriptures are in **blue** and should be read aloud.*

*Titles of each section and instructions are in **black**.*

# MAIN SESSION

## SCRIPTURE

Read Ephesians: 6:10-17:

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. 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.

OPTIONAL: Play worship music in the background on low volume as this may aid in spiritual warfare.

## The Good News

I Believe the Good News, that Jesus, the king:

1. Preexisted as God the Son.
2. Was sent by the Father.
3. Took on human flesh in fulfillment of God's promises to King David.
4. Died for my sins in accordance with the scriptures.
5. Was buried.
6. Was raised on the third day in accordance with the scriptures.
7. Appeared to many witnesses.
8. Is enthroned at the right hand of God as the ruling Christ.
9. Has sent the Holy Spirit to his people, which I am one of, to affect his rule.
10. Will come again as the final judge to rule.

I respond by faith, which is to trust and follow Jesus as my saving King. I give him my allegiance in all things and I declare that Jesus is my Lord!

**STATEMENTS OF FAITH** - Have the participant read/affirm the following statements:

- I am a baptized believer in Jesus Christ who invites the Holy Spirit to help me.
- I commit to complete transparency and confession of my sins and actions.
- I believe that God wants me to be free and that I stand as a victor in the spiritual battle because of Lord Jesus Christ.
- I commit to discipleship after this session with \_\_\_\_\_.

## Prayer

Father in heaven, we thank You that You are a loving Father who takes delight in Your children when we come to You for help and deliverance. You are the one true and powerful almighty God. We thank You especially for sending Your Son, Jesus of Nazareth, to live among us in the flesh—fully God and fully human—and to die on the cross for the complete forgiveness of our sins. He was buried and was raised on the third day according to the Scriptures. He now sits at the right-hand side of You, Father, and intercedes for us. Father, we thank You also for the Holy Spirit of God that lives within us as baptized believers in Christ. We now ask that the Holy Spirit's fire would be turned up in us as we seek deliverance from demonic attachments. We state that we want nothing to do with Satan and his demons and renounce them and their influence. Our desire is that there would be freedom for (participant's name) and we claim the blood of Christ over all of us. We ask now that You send Your holy angels, both warrior angels for protection and deliverance and ministering angels for healing. We ask that You also protect our families and loved ones by putting a hedge of protection around them right now. We call on the Holy Spirit to guide every step of this session and each person in this room. We thank You for the victory You will give us in the mighty name of Jesus our Lord, amen.

**STATEMENT OF AUTHORITY** [everyone in the room reads together]

"I have the authority over every demon or curse in this room as Jesus gave me the authority in Luke 10 to use His name and cast you out as Jesus defeated you at the cross and gave me that authority. Amen."



## DECLARATIONS OF TRUTH

- **Victory:** To all the powers of darkness, we declare our victory through our head, the Lord Jesus Christ. We declare that the Lord Jesus Christ has smashed the authority of Satan at the cross of Calvary, where He made an open spectacle of your master. **Colossians 2:13–15 NASB 1995–** states: When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross. When He had disarmed the rulers and authorities, He made a public display of them, having triumphed over them through Him.
- **Authority:** We declare our authority over the powers of darkness through the Lord Jesus Christ. In **Luke 10:18–20**, Jesus told those who follow Him: And He said to them, “I was watching Satan fall from heaven like lightning. Behold I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing will injure you. Nevertheless do not rejoice in this, that the spirits are subject to you, but rejoice that your names are recorded in heaven.” We are aware that our joy is in the fact that our names are recorded in heaven. But we also understand that Jesus Christ has delegated authority to us over all the power of the enemy, subjecting the spirits to us through Him.
- **Protection:** From the same **Luke 10** passage, we declare our protection from the powers of darkness through our head, the Lord Jesus Christ. Jesus said, “and nothing will injure you.” We declare this to be true through our Lord Jesus Christ and we stand upon this truth.
- **Position:** We declare our position over the powers of darkness in Jesus Christ. Jesus Christ is our head, and we make up His body. **Ephesians 1:18–23 says:** I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe. These are in accordance with the working of the strength of His might which He brought about in Christ, when He raised Him from the dead, and seated Him at His right hand in the heavenly places, far above all rule and authority and power and dominion, and every name that is named, not only in this age, but also in the one to come. And He put all things in subjection under His feet and gave Him as head over all things to the church, which is His body, the fullness of Him who fills all in all.  
Jesus Christ reigns over all authority, and He is our head. God has put all authority in this age and the one to come under His feet. As Christians, we are members of His body, seated positionally in the heavens with Him now. Whether we represent the soles of His feet or the hair on the top of His head, we are still positionally above anything placed underneath His feet.

# LAYING DOWN THE GROUND RULES IN THE SPIRITUAL REALM

**The following ground rules are addressed to the demonic.**

- As Christians, we have the authority! All demons will submit whether you like it or not as you understand the delegated authority of disciples of Jesus Christ.
- In the name of the Lord Jesus Christ, we **bind** the strong man. You will not be allowed to interfere in this process in any way. There will be no outside reinforcement of any kind from other strongmen, principalities or your master.
- In the name of the Lord Jesus Christ, there will be no duplicating or changing of authority and rank. You are not allowed to hide. We **bind** you by the authority structure you now have. You are not permitted to hold on to your demon family and must turn loose when commanded to come out.
- The Holy Spirit of God is going before us and is within us. We stand as a majority, and we stand together against you. (Participant's name) does not want anything to do with you. You are an unwanted intruder who is going to have to leave upon command .
- In the name of the Lord Jesus Christ, when you are commanded to leave, you and all your associates will be sent to the feet of Jesus, and all works and effects will be canceled. You will not be free to reestablish a hold on (participant's name) or on anyone else in the room.
- In the name of the Lord Jesus Christ (participant's name) is to have complete and full control of their body and mind and no harm is to come to them, nor anyone else present.
- Lastly, in the name of the Lord Jesus Christ, we ask the Holy Spirit of God to enforce all the ground rules and to severely punish any demons who attempt to step outside of the ground rules. Your authority is smashed!

(Payne, 2020, p. 130 ground rules modified by Eagle/Robinson)

## **PARTICIPANT, PLEASE NOTE WHAT TO EXPECT**

During this process, you may hear a voice, see pictures/images, have thoughts, impressions or ideas that pop into your mind. Please allow us to filter these by repeating them to us just as you hear or see them. Share them even if they seem foolish (thoughts like “you are making this up”, etc.) or if they are negative and directed towards the facilitator.

## ROOM 1 (THE FOYER) FAMILIAL SPIRITS & CURSES

Father God, Please **bring to my mind** any generational or familial spirits connected to my family through sins or curses that have affected me and my life.

*Please list the sinful issues, as well as physical or mental infirmities that you are aware of in your family lineage. Examples: idolatry, false religions, addictions, adultery, hatred, anger, abuse, bigotry, depression and sickness such as cancer, mental illness, etc.*

### Confess & Cancel

- Father God and Lord Jesus, if there are any demonic spirits who have anything to do with me—body, soul, or spirit, because of familial sin or the occult, I declare I want nothing to do with them.
- Likewise, if I have been cursed, I return that curse back to where it came from and ask that You cancel all the curses upon me. I forgive those who have placed a curse on me and ask that You bless them. I ask this in the name of Jesus Christ, amen.
- Father God, I **confess** that my family blood line before me has sinned against You and although this was out of my control, I declare that I want nothing to do with the effects on me. I ask You, God, to cleanse me from (everything listed):

### Expose Lies, Embrace Truth

**Holy Spirit**, we ask that you reveal the associated lies that (participant's name) has believed in the areas of **familial spirits and curses**. (*Facilitator and Intercessor write the lies*).

**Possible Demonic Interference:** If the participant struggles to hear from the Holy Spirit (as if there is something hindering their ability to do so), the demonic can be addressed directly as follows: **In the name of the Lord Jesus Christ, we bind any demonic spirits present attempting to hinder** (participant's name) **from hearing the Holy Spirit's voice and command you to reveal any permissions you have to remain.**

After the lies have been written down, ask the participant to renounce these lies by praying the following:

Father God, I **confess** I have believed the lies of the enemy that said (*state the specific lies*). I ask that You forgive me for believing them and I now choose to believe the truth (*state the truths in God's word that oppose the lies*). Thank You for Your forgiveness.

Father, I ask that You now **cancel** any permissions the enemy has against me because of vows or agreements which were made in these areas. I ask this in the name of Jesus Christ, amen.

### **Command**

In the name of the Lord Jesus Christ, we **command all generational spirits** to leave (participant's name) with all of their works and effects and go to the feet of Jesus.

### **Commit: Filling Prayer**

Father God, I ask that you grant me a clean slate moving forward for myself and my children. Holy Spirit, I ask You to come and fully fill each area just vacated and that Your power would reign and control this area of my life. May I only hear Your voice and Your truth. Amen.

## ROOM 2 (THE LIVING ROOM) THE OCCULT, FALSE BELIEFS, & STRONGHOLDS

Father God, I ask that You **bring to my mind** all false religious beliefs and strongholds, including the occult, that I have knowingly or unknowingly believed, or acted upon. Please also **bring to my mind** any ways in which I may have been cursed or tricked by false religious practices, even if I was a bystander.

**Circle Any boxes that you have participated in or been exposed to in any way.**

FALSE RELIGIONS		IDOLATRY	FALSE BELIEFS	OCCULT & ORGANIZATIONS			DIVINATION		OCCULT GAMES
Ancestor worship	Kabbalah	Anti-Christian tv shows/ movies/music	Anti-Semitism	Animal/human sacrifice	Geographical spirits	Sorcerer, sorceress	Alchemy	Psychic readings	The Answer Man
Angel worship, idol worship	Krishna	Celebrity worship	Apostasy	Antichrist spirit	Hearing voices/nagging thoughts	Sorcery	Astrology	Reiki	Baby Blue
Animism & folk religions	Metaphysics	Demonic/ horror movies	Atheism	Astral projection	Imaginary friend(s)	Spirit guide	Automatic writing	Rod & pendulum, dowsing	The Bell Witch
Bahá'ism	Mormonism	False religious tattoos	Gang membership & identity	Babylonian spirits	Kali (goddess)	Table or body lifting	Biorhythm	Shiva mind control	Bloody Mary
Zen Buddhism	Mysticism	Graven images	Hedonism	Baphomet (demon)	Levitation	Trolls	Chakras	Silver chords	Charlie Charlie
Chrlsam	Native American/ Indian Religion	Idols –rock stars, actors, actresses	KKK/White supremacy	Blackmagic/ White magic	Order of the Rainbow	Wiccan	Channeling	Tarot cards	Crystals
Christian Science	Nature worship, Mother earth	Lukewarm	Legalism	Blood pacts	Organization vows, secret covenants	Witch, wizard	Clairvoyance	Tea leaf reading	Dark anime
Confucianism	New Age religion	Ungodly/ satanic music	Pantheism	Charms, amulets	Pentagram, hexagram	Witchcraft	Coffee grounds	Telekinesis, telepathy	Dark/violent video games
Counterfeit religious events	Paganism	Other cultic religious practices	Pluralism	Circles, chanting	Poltergeists	Witchdoctor	Crystals, crystal balls	Transcendental meditation	Dungeons & Dragons
Eastern Lightning	Raelians		Reincarnation /karma	Conjuring spirits	Potions, spells, enchantments	Voodoo	E.S.P., mind control		Light as a Feather
Eastern Mysticism	Rastafarianism		Relativism	Contact from aliens	Rosicrucianism		Fortune telling		Magic 8 ball
Eckankar	Religious shrines		Spiritual anarchy	Contracts, covenants, oaths, vows	Saraswathi (goddess)		Horoscopes, signs of zodiac		Ouija boards/ Zozo
Greek mythology	Scientology		Superstitions	Coven gatherings	Satanism		Hypnosis		Pokémon
Hinduism	Shamanism		Unitarianism	Curses, hexes, vexes	Satanic ritual abuse		Kundalini		Red Door/ Yellow Door- paranormal
Humanism	Shintoism		Universalism	DeMolay	Séances, trances		Mediums		Sandman
I Ching divination	Spiritual yoga		Yin Yang	Eastern Star	Secret societies		Mental control of others		Sinking Into the Carpet
Indian religious ceremonies	Syncretism			False worship, incense, sacrifices	Sexual spirits		Mental telepathy		Sweet Tooth
Islam	Taoism			Familiar spirits	Shape shifting		Necromancy, grave sucking		
Jehovah's Witness	Unification Church, Moonies			Ganesha (Hindu god)	Silva mind control		Palm reading		

## **Confess & Cancel the Permission**

Father God, I **confess** that I have either participated in or been exposed to [name the above circled boxes]. Please forgive me for my false beliefs and seeking knowledge, healing, help or entertainment from anything other than You, God. I acknowledge You are the one true God and I renounce all other belief systems as counterfeit and demonic in origin. I want nothing to do with them and I ask that You **cancel** any permission the enemy has gained in my life because of my ignorance, blatant sin, or vows or agreements which were made in these areas. I thank You for your forgiveness and I claim the blood of Jesus over me to wash me clean. In the name of Jesus Christ I pray, amen.

*Check any of the following boxes if there is any chance you have been potentially cursed in any way or if you have been exposed to organizations or rituals that are against the ways of God. This is especially true for those who have been in missionary settings or who come from missionary families.*

☐ **Loosing of Curses and Spells (Use if exposed to witchcraft/sorcery or cursed in anyway)**

Father God, in the name of Jesus Christ, I now rebuke, break and loose myself from all curses. I now ask that You **cancel** any curses or effects placed upon me by witchcraft or sorcery and return them to where they came from. I cover myself in the blood of Jesus and declare myself free of any curse placed upon me or my family. I now forgive those who have tried to harm me. In the name of Jesus Christ I pray, amen.

☐ **Breaking Cult, Fraternal Organization Vows**

Father God, I now **confess** that I have made pacts, vows and covenants with people or organizations and I proclaim that I am only to submit my full allegiance to You. Forgive me for believing that these things could bring me protection, enlightenment, happiness or fulfillment. Father God, I now ask you to **cancel** any permission the enemy has against me in this area. In the name of Jesus Christ I pray, amen.

☐ **History of Free-Masonry in self or family**

- I announce my **allegiance to Jesus Christ** and I **renounce** all other allegiances.
- I **renounce blessings** (such as the promise of power, money, etc.) and **curses** against myself or others as well as **vows and covenants** to the Masonic Lodge, or associated branch and ask you to **cancel** any permission of the enemy.
- I **renounce** all demonic spirits associated with freemasonry.
- Lord Jesus, I ask you to **cancel** the permission the spirits of **death and infirmity** have over me because of vows that I or my ancestors made during rites and rituals.
- I **commit** to destroy and dispose of all objects in my possession connected to Freemasonry.

☐ **Breaking of Word Curses** *(Check if you have been wounded by words from others.)*

Father God, I **confess** that I have been wounded by words from others, slander or false accusations and therefore believed lies. Please forgive me. I now ask that You **cancel** any permission the enemy has gained in my life because of vows or agreements which I made in this area. I now choose to forgive those who hurt me and ask You, Lord Jesus, to bring Your healing power and heal my damaged emotions and memory. In the name of Jesus Christ I pray, amen.

☐ **Breaking Curses From Various People Groups**

Heavenly Father, I ask You to **cancel** any curses placed upon me by other people groups and I ask that You bless those who have cursed me. Furthermore, I **confess** and repent of all the iniquities and sins that I have committed against (name people groups). I ask you Lord to **cancel** the enemy's permission against me, especially regarding spirits connected to anger, bitterness, hatred, unforgiveness, hurt, rejection, revenge, violence, or any other spirits. I pray this in the name of Jesus Christ, amen.

☐ **History of Satanic Ritual Abuse or exposure/proximity to Satanic Worship, New Age, Witchcraft, Sorcery, or Dark Magic**

Father God, I **confess** that I have been exposed to satanic rituals either by choice or by it being thrust upon me. I fully renounce Satan and ask You to forgive me and to cover me with the blood of Jesus. I declare that You are God and there is no other God. I ask that You **cancel** any ground that the enemy has upon me. I thank You and praise Your holy name. In the name of Jesus Christ, I pray, amen.

**I renounce** ever having my name signed over to Satan or knowingly or unknowingly ever signing my name over to Satan. **I declare** that my name is now written in the Lamb's Book of Life (Revelation 3:5, 20:15)

**I renounce** any ceremony in which I have been wed or committed to Satan. **I declare** that I am the bride of Christ (Ephesians 5:32; Revelation 19:7).

**I renounce** any and all covenants such as silence, loyalty, and death that I made with Satan. **I declare** that I am alive in Christ and am under the new covenant of grace (2 Corinthians 3:6).

**I renounce** all satanic assignments for my life, including duties, marriage, and children. **I declare** and commit myself to know and do only the will of God (Matthew 7:21-23).

**I renounce** all spirit guides or demonic spirits assigned to me. **I accept** only the leading of the Holy Spirit (1 John 4:1-6).

**I renounce** ever giving my blood in the service of Satan. **I trust** only the blood of the Lord Jesus Christ to save me (Revelation 1:5).

**I renounce** ever partaking in sacrificial blood (including drinking or eating) for satanic worship. **I acknowledge** only the flesh and blood of the Lord Jesus Christ in Holy Communion (1 Corinthians 10:14-21).

**I renounce** all guardians and satanic parents who were assigned to me. **I declare** that God is my Father, and the Holy Spirit is my guardian by whom I am sealed.

**I renounce** any baptism whereby I have been identified with Satan. **I declare** that I have been baptized into Christ Jesus (1 Corinthians 12:13).

**I renounce** any and all sacrifices that were made on my behalf by which Satan may claim ownership of me. **I declare** that only the sacrifice of Christ has a full hold on me.

**I renounce** any Satanic Ritual Abuse that was done to me with or without my knowledge.

**I renounce** my participation (forced or voluntarily) in any human sacrifices (everything from abortion to murder) to invite in spirits of the kingdom of darkness.

**I renounce** my agreement with any human sacrifice regardless of the reason and even if I was not an active participant.

**I renounce** my agreement with or participation in any animal sacrifices to worship false gods.

**I renounce** using magic (demonic power) for any and all reasons or purposes.

**I renounce** calling upon demons for wisdom and power.

**I renounce** every summoning ritual I participated in and for asking/inviting demons.

**I declare** that I only look to, trust, and follow the true Jesus who is the King of kings and Lord of lords.

**I surrender** my abusers over to be judged by God Almighty. **I forgive** them and ask You, God, to begin the healing process in me according to Your love and healing power.

**I declare** that I belong to Jesus. I accept that I am God's child, and I claim His protection and covering!



# STRONGHOLDS

Father God, I ask that You now **bring to my mind** any areas of sins of the flesh where I have allowed a stronghold to be established. Help me see where I have ignored Your Word of truth. Forgive me for grieving or quenching the Holy Spirit.

*Circle all the boxes that you have struggled with or participated in, either willingly or unwillingly.*

Sexual immorality	Fornication, sex outside of marriage	Adultery, orgies	Pornography	Impurity, sensuality	Debauchery, wild parties, carousing	Sexual dreams, dream spirits	Homosexuality, LGBTQ+	Gender identity
Molestation, pedophilia	Idolatry	Envy, coveting	Greed	Gambling, financial irresponsibility	Bigotry	Critical spirit, fault finding	Judgmentalism	Harmful thoughts against others
Harmful thoughts toward self	Wickedness	Addictions	Alcoholism, drunkenness	Mind-altering drugs	Hatred, hostilities, murder, violence	Strife, discord, quarreling	Ungodly bursts of anger, rage	Slander, gossip
Sarcasm	Abusive speech, dirty language	Jealousy	Lying, deceit, cheating	Disputes, factions, dissention, division	Selfishness	Foolishness, folly	Arrogance	Gluttony, food addiction
Anorexia, bulimia	Depression, melancholy, heaviness	Suicidal thoughts	Homicidal thoughts	Abuse-verbal, physical, mental	Inability to love	Mental torment, hearing voices	Self-harm, self-mutilation (cutting)	Shame, guilt, self-condemnation
Traumatic experiences	Sickness, infirmity	Accusations towards leaders or others	Self-worth, identity problems, codependency	Drivenness, perfectionism	Stealing, theft	Apathy, laziness	Passivity, avoiding responsibility	Marriage difficulty
History of divorce	Control tendencies	Others? List below						

## Confess & Cancel

Father God and Lord Jesus, I **confess** that I have sinned against You and Your Word. I have not been obedient to the faith and have sinned against You by [name the above circled boxes]. I repent of these sins and I ask you to forgive me and strengthen me to walk by faith according to Your Word through the power of Your Holy Spirit. I ask that You now **cancel** the permission that the enemy has against me in these areas. I pray this in the name of Jesus Christ, amen.

*Check the boxes below that pertain to you. You may read only that which applies within each prayer.*

☐ **Judgmentalism**

Father God, I **confess** and repent of all the judgements I have made against other people. I realize this is contrary to what Jesus teaches. I ask You to forgive me and I now ask You to bless all the people I have ever judged. Jesus, I ask you to **cancel** any permission the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Heaviness/Depression**

Father God, I **confess** that I have believed the lies that You do not care for me and that You do not want to give me Your joy. I ask for Your forgiveness for not fully looking to You for my joy. For You are the joy of my salvation. I ask that You **cancel** any permission that the enemy has against me in this area. I thank You that my joy is made complete in Christ. I pray this in the name of Jesus Christ, amen.

☐ **Suicidal Ideation**

Father God, I **confess** that I have entertained suicidal thoughts or have made attempts to take my life. I now renounce the lie that life is hopeless and that I can find peace or freedom by taking my own life. I renounce all spirits associated with suicide. I now ask You to forgive me and I choose to forgive myself and remain alive in Christ. I choose to believe the truth that there is always hope in Christ and I am loved by my heavenly Father. I ask you to **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Resentment/Anger/Bitterness/Rage**

Father God, I **confess** that I have given into anger, resentment, bitterness, strife, quarreling, hatred, rage, and murderous thoughts. I repent of these sins and ask You to forgive me. I choose to live a life of peace and forgiveness in Christ. I thank You for Your forgiveness that allows me to forgive myself. I ask Your Holy Spirit to fill me with love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control. I ask you to **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Homosexuality, LGBTQ+ and Gender Identity confusion or experimentation**

Father God, I choose to believe that You have created all humanity to be either male or female (Genesis 1:27) and commanded us to maintain a distinction between the two genders (Deuteronomy 22:5; Romans 1:24-29). I **confess** that I have engaged in unnatural relations with the same sex. I renounce any identities and labels that derive from the lies of Satan. I ask You to forgive me. I ask You to **cancel** any permission that the enemy has against me in this area. I commit to live either a celibate lifestyle or live according to what Your Word says regarding marriage between a man and woman. I pray this in the name of Jesus Christ, amen.

☐ **Any Sexual Impurity** *(You may need another piece of paper for names. If you cannot remember names, be as specific as you can, describing situation)*

Father God, I renounce ALL sexual spirits and I declare I want nothing to do with them. I now **confess** the following sexual experiences outside the God-given covenant of marriage between a man and woman with the following people:

With [name person(s)] by [name sexual experience whether sex outside marriage, oral sex,, masturbation, lusts, fantasy, cross dressing, fondling, homosexuality, etc]. I ask You to forgive me. I ask that You **cancel** the permission the enemy has against me in this area and that You break and sever all those sinful bonds and soul ties spiritually, physically and emotionally and any associated spirits that are attached to me through those experiences. I now forgive all these people, and I ask that You bless them. I pray this in the name of Jesus Christ, amen.

☐ **Pornography**

Father God, I **confess** that I have looked at sexually suggestive and pornographic material for the purpose of stimulating myself sexually for gratification. Please forgive me and purify me from all unrighteousness. I ask that You **cancel** the permission that the enemy has against me in this area, and I renounce any satanic bonds that have occurred. I repent and commit to destroy any objects or pictures/videos in my possession that I have used for sexual stimulation, and I renounce and turn away from all media that are associated with my sexual sin and recognize it as demonic. I commit myself to the renewing of my mind and to think only pure and noble thoughts. I pray that those who have enticed me come to know Jesus. Thank You for Your cleansing and forgiveness. I pray this in the name of Jesus Christ, amen.

☐ **Marriage Difficulty**

Father God, I **confess** that I have not been the spouse you created me to be and ask for your forgiveness. I believe that the bond of marriage can only be broken by death, adultery, or desertion by an unbelieving spouse. I choose to stay committed to my vows and to remain faithful to my spouse until physical death separates us. I seek to change only myself and accept my spouse as You have accepted me. I ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Divorce History**

Father God, I **confess** I have not been the spouse You have created me to be, and I deeply regret that my prior marriage(s) have failed. I ask You to forgive me. I now ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Substance Abuse/Addiction (including food, Gluttony, and Social Media)**

Father God, I **confess** that I have abused and misused substances [alcohol, drugs – prescription or street drugs, tobacco, food]. I ask that You now forgive me and help equip me to live a life of sobriety. I now ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Eating Disorders, Anorexia, Bulimia**

Father God, I **confess** that I have mistreated my body by bingeing/purging, or starving myself. I ask you to forgive me. I now ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Self-Mutilation, Cutting, Self Harm**

Father God, I **confess** that I have mistreated my body by cutting or self-harm. I ask You to forgive me. I now ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Financial Irresponsibility, Gambling, Idolatry of Money**

Father God, I **confess** that I have been a poor steward of the financial resources that have been entrusted to me by God. I confess that I have not been content with gifts You have provided me in life and have become irrational in my thinking. I ask You to forgive me. I now also commit to avoid any place or website that involves gambling or excessive spending. I now ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Perfectionism/Drivenness/Control/Co-Dependency/Legalism**

Father God, I **confess** that I struggle with perfection and control. I ask You to forgive me for finding my identity in anything other than the saving grace of Christ. I ask that You **cancel** any permission the enemy has against me in these areas. I pray this in the name of Jesus Christ, amen.

☐ **Other: (name stronghold(s) that come to mind not already listed)**

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**I Agree to Commit My Mind, Emotions and Body to God**

Father God, I **confess** and renounce all these uses of my mind and body as an instrument of unrighteousness and I admit to my willful participation. I **commit** to think about whatever is true, noble, right, pure, lovely, admirable, excellent or praiseworthy. I reject the lies of Satan that my body is not clean or that it is dirty or in any way unacceptable to You because of my past sinful or sexual experiences. I also reject the lie that my mind is unworthy in any way. I accept that You will continue to renew it and transform it according to **Romans 12:2**. Lord, I thank You that You have cleansed me, forgiven me and that You love me and accept me just the way I am. I now choose to accept myself and my body as clean in Your eyes. I pray this in the name of Jesus Christ, amen.

## **Expose Lies, Embrace Truth**

**Holy Spirit**, we ask that you reveal the associated lies that (participant's name) has believed in the areas of the **occult, false beliefs and strongholds**. (*Facilitator and Intercessor write the lies*).

**Possible Demonic Interference:** If the participant struggles to hear from the Holy Spirit (as if there is something hindering their ability to do so), the demonic can be addressed directly as follows: In the name of the Lord Jesus Christ, we **bind** any demonic spirits present attempting to hinder (participant's name) from hearing the Holy Spirit's voice and command you to reveal any permissions you have to remain.

*After the lies have been written down, ask the participant to renounce these lies by praying the following:*

Father God, I **confess** I have believed the lies of the enemy that said (*state the specific lies*). I ask that You forgive me for believing them and I now choose to believe the truth (*state the truths in God's word that oppose the lies*).

Thank You for Your forgiveness.

Father, I ask that You now **cancel** any permissions the enemy has against me because of vows or agreements which were made in these areas. I ask this in the name of Jesus Christ, amen.

**Command** In the name of the Lord Jesus Christ, we **command** all spirits associated with the **occult, false beliefs and strongholds** to leave (participant's name) with all of their works and effects and go to the feet of Jesus.

### **Commit: Filling Prayer - Participant Reads**

Holy Spirit, I ask You to come and fully fill each room just vacated and that Your power would reign and control this area of my life. May I only hear Your voice and Your truth. I ask that You fill me with the fruits of the Spirit including love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control. Thank You, Holy Spirit. Amen.

## ROOM 3 (THE BASEMENT)

### DECEPTION, FEAR, ANXIETY, & NIGHTMARES

Father God, please bring to my mind all the ways that the enemy has deceived me. Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there is any hurtful way in me and lead me in the everlasting way (Psalm 139:23-24). I pray this in the name of Jesus Christ, amen.

***Check the following boxes that apply to you now or have been a stronghold in the past. Remember, it never hurts to renounce anything not from God's Word. This room has 4 sections.***

#### SECTION 1: WAYS I HAVE BEEN DECEIVED BY THE WORLD

Dear Father God, I **confess** that I have been deceived by: [say all the items checked below]

- ☐ By thinking having lots of money and stuff will make me happy or respected
- ☐ By thinking eating food, drinking alcohol, or using drugs will make me happy and less stressed, and doing these things with others will make them like me
- ☐ By thinking I am better than others
- ☐ By thinking I am worse than others
- ☐ By thinking I can't ask for help
- ☐ By thinking having a nice body will make people like me
- ☐ By believing that if I present a false image, people will like me
- ☐ By thinking giving in to sexual desires will make me happy without bad consequences
- ☐ By thinking I can do wrong and not face any bad consequences
- ☐ By thinking I need more than Jesus to feel accepted and safe
- ☐ By thinking people who don't believe in Jesus will still go to heaven
- ☐ By thinking sin doesn't exist and morality is just made up by people
- ☐ By thinking Jesus can't meet my needs
- ☐ By thinking Heaven aren't real.
- ☐ By believing that thinking about Jesus or the Bible is a waste of time.
- ☐ By thinking the Bible is just a good book and nothing more
- ☐ By thinking I can do anything to reach my goal, no matter the consequences
- ☐ By thinking I can hang out with bad people and not be influenced by them
- ☐ By thinking I can read, watch, or listen to anything and not be influenced by it
- ☐ By thinking there are no consequences for my sins
- ☐ By not believing in sin as the Bible defines it
- ☐ By thinking I need certain people's approval to be happy

- ☐ By thinking I need to meet certain religious standards for God to accept me
- ☐ By thinking I need to live up to the world's standards to feel good about myself
- ☐ By thinking there are many ways to God and Jesus is just one of them

## SECTION 2: **WAYS I HAVE DECEIVED MYSELF**

Dear Father God, I **confess** that I have deceived myself: *[say all the items checked below]*

- ☐ By hearing God's Word but not doing what it says
- ☐ By saying I have no sin
- ☐ By thinking I am someone I'm not
- ☐ By thinking I am wise in this worldly age
- ☐ By thinking I can be truly religious and not control what I say
- ☐ By thinking God is the source of my problems
- ☐ By thinking I can live successfully without anyone's help
- ☐ By believing that God is not a source of help
- ☐ By thinking that if I am better than everyone
- ☐ By thinking I am worthless and don't deserve help
- ☐ By thinking death is the only way to relieve pain
- ☐ By thinking I cannot every trust anyone
- ☐ By thinking I am more of a burden than a blessing to people
- ☐ By thinking I'm stuck in a cycle with no way out
- ☐ By thinking if I'm sick of myself, everyone else must be too

## SECTION 3: **WAYS I HAVE WRONGFULLY DEFENDED MYSELF**

Dear Father God, I **confess** that I have wrongly defended myself: *[say all the items checked below]*

- ☐ By denying reality
- ☐ By escaping reality through daydreaming, TV, movies, music, games, food, drugs, or alcohol
- ☐ By withdrawing from people to avoid rejection
- ☐ By reverting to less threatening times
- ☐ By taking out frustrations on innocent people or animals
- ☐ By attributing my own faults to others
- ☐ By making excuses for poor behavior
- ☐ By lying to protect myself
- ☐ By presenting a false image
- ☐ By pretending to be a different person, especially at church
- ☐ By thinking I am above others or the rules

- ☐ By thinking not even God can fix me
- ☐ By thinking I don't deserve anything good
- ☐ By hating myself to justify why others hate me
- ☐ By sabotaging jobs, relationships, or health to control outcomes
- ☐ By blaming others instead of accepting responsibility or to avoid consequences

**SECTION 4: WAYS I HAVE BEEN DECEIVED BY ABUSE (FOR SURVIVORS OF ABUSE, OCCULT, PROGRAMMING, & TRAFFICKING)**

Dear Father God, I confess that I have been deceived by abuse: *[say all the items checked below]*

- ☐ By thinking no one will believe me if I tell what happened
- ☐ By thinking people will be horrified by my experiences
- ☐ By thinking an attractive body and sharp mind are life or death matters
- ☐ By thinking that using my body and mind in certain ways makes me valuable and safe
- ☐ By thinking satisfying others' sexual desires will stop them from hurting me
- ☐ By thinking bringing in a lot of money for sexual acts is something to be proud of
- ☐ By thinking gratifying sexual lusts can be used to bargain or manipulate
- ☐ By thinking being good at various sexual acts makes me valuable
- ☐ By thinking there is no Christian God and that life's goal is soul transcendence
- ☐ By thinking breaking an oath is a deadly offense
- ☐ By thinking shedding innocent blood is acceptable and necessary
- ☐ By thinking human sacrifice gives purpose and meaning
- ☐ By thinking I need certain people's approval to stay alive
- ☐ By thinking I need to meet certain standards to advance in the occult
- ☐ By thinking taking on others' demons increases my power and status
- ☐ By thinking my body is just a vehicle and not part of who I am
- ☐ By thinking I can't reach my full potential without the occult
- ☐ By thinking being better than everyone else will make life easier
- ☐ By thinking my life is too advanced for most to understand
- ☐ By thinking I am only here until I can step into my destiny
- ☐ By thinking I am worthless and don't deserve help
- ☐ By thinking death is the only way to relieve pain
- ☐ By thinking sometimes pain is necessary for growth
- ☐ By thinking love requires some pain and fear
- ☐ By thinking my trauma is too overwhelming for others to tolerate
- ☐ By thinking the abuser is justified (Stockholm Syndrome)



Father God, I ask that you **cancel** any permission that the enemy has against me in all these areas of deception. I ask this in the name of Jesus Christ, amen.

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## FEAR & ANXIETY

Father God, I **confess** that I have allowed fear to control my life. I choose to believe that You have not given me a spirit of fear. Forgive me, God, for not fully trusting in You and for being paralyzed by fear. Please **bring to my mind** all the areas where fear has taken me captive.

***Mark each item that you have feared or thought frequently about.***

Lord Jesus, I **confess** that I have allowed the following fears to control my life in the following areas.

### Fear of Death and Harm

- ☐ Fear of death
- ☐ Fear of being hurt
- ☐ Fear of being victimized
- ☐ Fear of pain, illness, or cancer
- ☐ Fear of the death of a loved one

### Fear of Losing Control

- ☐ Fear of losing control of a situation or losing control of myself
- ☐ Fear of going crazy

### Fear of Rejection and Isolation

- ☐ Fear of never loving or being loved
- ☐ Fear of rejection by people
- ☐ Fear of disapproval
- ☐ Fear of abandonment
- ☐ Fear of not being loved by God

### Fear of Supernatural and Spiritual Matters

- ☐ Fear of Satan, demons, or ghosts
- ☐ Fear of losing my salvation
- ☐ Fear of having committed the unpardonable sin

## **Fear of Social Situations and Relationships**

- ☐ Fear of embarrassment
- ☐ Fear of failure
- ☐ Fear of marriage
- ☐ Fear of never getting married
- ☐ Fear of divorce
- ☐ Fear of public speaking
- ☐ Fear of crowds
- ☐ Fear of intimacy
- ☐ Fear of confrontation

## **Fear of Identity and Self-Perception**

- ☐ Fear of being/becoming homosexual
- ☐ Fear of being a hopeless case

## **Fear of Financial and Career Stability**

- ☐ Fear of financial problems
- ☐ Fear of losing my job or never finding a job
- ☐ Fear of the future

## **Fear of Specific Situations and Environments**

- ☐ Fear of enclosed spaces
- ☐ Fear of flying
- ☐ Fear of darkness
- ☐ Fear of germs
- ☐ Fear of heights
- ☐ Fear of change

## **Fear of Animals and Specific Phobias**

- ☐ Fear of insects, spiders, snakes, or animals

## **Fear of Specific Individuals, Places, or Things**

- ☐ Fear of specific individuals, places, or things (list them)

- 
- ☐ Other specific fears that come to mind now: (list them):
-

Father God, please forgive me. I ask that you **cancel** the permission the enemy has against me in this area of fear. I choose to live by faith and acknowledge You as the only legitimate & Holy fear object in my life. I pray this in the name of Jesus Christ, amen.

#### ☐ **Anxiety**

Father God, I **confess** I struggle with anxiety. Your Word says: Do not be anxious about anything, but in every situation, 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). I now ask You to **cancel** any permission that the enemy has against me in this area of anxiety. I pray this in the name of Jesus Christ, amen.

#### ☐ **Nightmares and Bad Dreams**

Father God, I renounce and repent of all judgements operating in me that allow demons to operate in my unconscious and subconscious mind. I renounce all spirits causing terror or fear and I ask you to **cancel** their permission to operate, in the name of Jesus. I do not want any spirits affecting me. I pray this in the name of Jesus Christ, amen.

#### **Expose Lies, Embrace Truth**

**Holy Spirit**, we ask that you reveal the associated lies that (participant's name) has believed in the areas of **deception, fear, anxiety and nightmares**. (*Facilitator and Intercessor write the lies*).

**Possible Demonic Interference:** If the participant struggles to hear from the Holy Spirit (as if there is something hindering their ability to do so), the demonic can be addressed directly as follows: In the name of the Lord Jesus Christ, we bind any demonic spirits present attempting to hinder (participant's name) from hearing the Holy Spirit's voice and command you to reveal any permissions you have to remain.

*After the lies have been written down, ask the participant to renounce these lies by praying the following:* Father God, I **confess** I have believed the lies of the enemy that said (*state the specific lies*). I ask that You forgive me for believing them and I now choose to believe the truth (*state the truths in God's word that oppose the lies*). Thank You for Your forgiveness.

Father, I ask that You now **cancel** any permissions the enemy has against me because of vows or agreements which were made in these areas. I ask this in the name of Jesus Christ, amen.

*\* The participant will now say the command prayers themselves as they claim their authority.*

**Command** In the name of the Lord Jesus Christ, I **command** all spirits associated with **deception, fear, anxiety and nightmares** to leave me with all of their works and effects and go to the feet of Jesus.

**Commit: Filling Prayer - Participant Reads**

Holy Spirit, I ask You to come and fully fill each area just vacated and that Your power would reign and control this area of my life. May I only hear Your voice and Your truth. I now cast all my anxiety upon You because You care for me and love me. Thank You for building me up with Your courage through Christ. I also ask You, Holy Spirit, to fill my mind with peaceful sleep as I meditate on the Lord and His goodness. I ask You to assign heavenly angels to protect me and my mind during sleep. I thank You and I pray this in the name of Jesus Christ, amen.

## ROOM 4 (THE FAMILY ROOM) - UNFORGIVENESS, BITTERNESS & RESENTMENT

Father God, I accept that Jesus has forgiven me fully and because of this I am called to forgive others. I **now ask that You please bring to mind** all the people You want me to forgive, and I simply ask that You would help my heart be willing to forgive them. I pray this in the name of Jesus Christ, amen.

*On a sheet of paper, write the names of those you need to forgive. This may include institutions. Write what they did or failed to do.*

Father God, I now **confess** I have not always loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord Jesus, to help me forgive them. It is my will and desire to forgive them from my heart. I don't know if I can, but I want to.

**I now forgive** [name]\_\_\_\_\_ because he/she/they [action] \_\_\_\_\_.

I ask that You, God, also forgive them and now bless them. I pray this in the name of Jesus Christ, amen.

*After forgiving everyone on your list, read the closing forgiveness prayer.*

Father God, I have chosen not to hold onto resentment any longer. I relinquish my right to seek revenge as You said vengeance is Yours, Lord. I ask that you **cancel** any permission the enemy has against me in the area of unforgiveness..

God, please forgive me for my **misplaced anger towards You** and not having a proper view of Your amazing love for me. I ask You to heal my damaged heart, thoughts, and emotions.

Lastly, God, I now choose to **forgive myself** and accept myself as fully forgiven and clean. In the name of the Lord Jesus Christ, amen.

### **Expose Lies, Embrace Truth**

**Holy Spirit**, we ask that you reveal the associated lies that (participant's name) has believed in the areas of **unforgiveness, bitterness and resentment**. (*Facilitator and Intercessor write the lies*).

**Possible Demonic Interference:** If the participant struggles to hear from the Holy Spirit (as if there is something hindering their ability to do so), the demonic can be addressed directly as follows: **In the name of the Lord Jesus Christ, we bind any demonic spirits present attempting to hinder** (participant's name) **from hearing the Holy Spirit's voice and command you to reveal any permissions you have to remain**.

*After the lies have been written down, ask the participant to renounce these lies by praying the following:*

Father God, **I confess** I have believed the lies of the enemy that said (*state the specific lies*). I ask that You forgive me for believing them and I now choose to believe the truth (*state the truths in God's word that oppose the lies*).

Thank You for Your forgiveness.

Father God, I ask that You **cancel** any permissions the enemy has against me because of vows or agreements which were made in these areas. I ask this in the name of Jesus Christ, amen.

### **Command**

In the name of the Lord Jesus Christ, I **command** all spirits associated with **unforgiveness, bitterness & resentment** to leave me with all of their works and effects and go to the feet of Jesus.

### **Commit: Filling Prayer - Participant Reads**

Holy Spirit, I ask You to come and fully fill each room just vacated and that Your power would reign and control this area of my life. May I only hear Your voice and Your truth. I ask You to help me keep a clean slate and extend forgiveness daily. I pray this in the name of Jesus Christ, amen.

# REINFORCING THE FOUNDATION - THE TRUTH ABOUT GOD, JESUS, THE HOLY SPIRIT & MYSELF

*Participant to read sections in red bold text out loud.*

## **I Embrace The Good News Concerning Jesus**

### **I Believe in God and Jesus Christ, the Messiah**

- **One True and Living God:** I believe there is one true and living God who is the Father, Son, and Holy Spirit. He deserves all honor and praise because He made everything and keeps everything together. (See Exodus 20:2-3; Colossians 1:16-17)
- **Jesus Christ the Savior:** I believe Jesus Christ is the Savior who became human and lived among us. He came to stop the devil and defeated evil rulers. (See John 1:1,14; Colossians 2:15; 1 John 3:8)
- **The Authority of Jesus:** I believe Jesus has all authority in heaven and on earth. He is in charge of everything, and I am complete in Him. I believe Satan and his demons are subject to me in Christ because I am part of Christ's body. Therefore, I submit to God and resist the devil. (See Matthew 28:18; Ephesians 1:19-23; Colossians 2:10; James 4:7)

### **In Christ, I Have Salvation and Forgiveness**

- **God's Love and Salvation:** I believe God showed His love for me by letting Christ die for me while I was still a sinner. He saved me from darkness and brought me into His kingdom, giving me forgiveness. (See Romans 5:8; Colossians 1:13-14)
- **Child of God:** I believe I am now a child of God and seated with Christ in heaven. I was saved by grace through faith, which is a gift and not because of anything I did. (See Ephesians 2:6, 8-9; 1 John 3:1-3)

### **God Grants Me Spiritual Strength and Protection**

- **Strength in the Lord:** I choose to be strong in the Lord. I do not rely on my own strength but use God's power to fight against evil. I put on the full armor of God and stand firm in my faith. (See 2 Corinthians 10:4; Ephesians 6:10-20; Philippians 3:3)
- **Guidance of the Holy Spirit:** By faith, I choose to be filled with the Holy Spirit to be guided into all truth. I walk by the Spirit to avoid sinful desires. (See John 16:13; Galatians 5:16; Ephesians 5:18)

## I am Dependent on Christ

- **My Complete Dependence on Christ:** I believe I can do nothing without Christ, so I depend completely on Him. I stay close to Christ to bear good fruit and glorify God. I reject any false gifts or works of Satan. (See John 15:5,8; 1 Corinthians 12:3)
- **Truth and Freedom in Christ:** I believe the truth will set me free, and Jesus is the truth. Walking in the light is the only way to have true fellowship with God and others. I stand against Satan's lies by following Christ and declaring that the Bible is the true guide for life. (See John 8:32, 8:36, 14:6; 2 Corinthians 10:5; 2 Timothy 3:15-17; 1 John 1:3-7)

## I Choose Transformation and Renewal

- **A Living Sacrifice:** I choose to offer my body to God as a living and holy sacrifice and use my body for good. I renew my mind with God's Word to know His good, acceptable, and perfect will. I put off my old sinful self and become a new creation in Christ. (See Romans 6:13, 12:1-2; 2 Corinthians 5:17; Colossians 3:9-10)

## I Choose Love and Obedience

- **The Greatest Commandments:** I give up selfish goals and choose to love. I follow the greatest commandments: to love God with all my heart, soul, mind, and strength, and to love my neighbor as myself. (See Matthew 22:37-39; 1 Timothy 1:5)

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## I Believe The Truths About God's Nature

### God is Always Present and Interested

- I give up believing the lie that You, Father God, are far away and don't care about me. **I choose to believe the truth** that You, Father God, are always with me, have good plans for me, and have good things for me to do. (Psalm 139:1-18; Jeremiah 29:11; Matthew 28:20; Ephesians 2:10)



## God Knows and Cares About Me

- I give up believing the lie that You, Father God, don't know or care about me. **I choose to believe the truth** that You, Father God, are kind and know everything about me. (Psalm 103:8-14; Hebrews 4:12-13; 1 John 3:1-3)

## God is Accepting and Supportive

- I give up believing the lie that You, Father God, are strict and expect too much from me. **I choose to believe the truth** that You, Father God, accept and support me. (Romans 5:8-11; Romans 15:7)

## God is Warm and Loving

- I give up believing the lie that You, Father God, are cold and don't care about me. **I choose to believe the truth** that You, Father God, are warm and love me. (Isaiah 40:11; Hosea 11:3-4)

## God is Always Here and Eager to Help

- I give up believing the lie that You, Father God, are too busy for me. **I choose to believe the truth** that You, Father God, are always here and want to help me be my best. (Philippians 1:6; Hebrews 13:5)

## God is Patient and Loving, Even in Discipline

- I give up believing the lie that You, Father God, are angry or don't love me. **I choose to believe the truth** that You, Father God, are patient and loving, and discipline me because You care. (Exodus 34:6; Romans 2:4; Hebrews 12:5-11)

## God is Loving and Protective

- I give up believing the lie that You, Father God, are mean or hurtful to me. **I choose to believe the truth** that Satan is mean, but You, Father God, are loving and protective. (Psalm 18:2; Matthew 11:28-30; Ephesians 6:10-18)

## God Created Life for Love, Joy, and Peace

- I give up believing the lie that You, Father God, don't want me to have fun. **I choose to believe the truth** that You, Father God, created life and want me to have love, joy, and peace. (Galatians 5:22-24; Philippians 4:11-13; 1 Timothy 6:6)

## God Gives Freedom and Growth

- I give up believing the lie that You, Father God, control and manipulate me. **I choose to believe the truth** that You, Father God, set me free to make choices and grow in Your love. (Galatians 5:1; Hebrews 4:15-16)

## God Has Forgiveness All My Sins

- I give up believing the lie that You, Father God, have not forgiven me. **I choose to believe the truth** that You, Father God, have forgiven all my sins and won't hold them against me. (Jeremiah 31:31-34; Romans 8:1)

## God is Patient and Forgiving

- I give up believing the lie that You, Father God, reject me when I make mistakes. **I choose to believe the truth** that You, Father God, are patient and forgive me when I mess up. (Proverbs 24:16; 1 John 1:7-2:2)

## God Values Me

I accept the truth that I am the apple of Your eye and I am precious in Your sight! (Deuteronomy 32:9-10; Psalm 17:8; Isaiah 43:4)

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## I Accept Who I am Because of Jesus

## I Declare that I am Accepted because of Jesus

- I have been forgiven and my sins are gone. (Colossians 1:14)
- I belong to God because I was bought with a price. (1 Corinthians 6:19-20)
- I have been made right with God. (Romans 5:1)
- I am God's child. (John 1:12, Ephesians 1:5)
- I am Christ's friend. (John 15:14-15)
- I am united with the Lord and one spirit with Him. (1 Corinthians 6:17)

- I am a member of Christ's body. (1 Corinthians 12:27)
- I am a saint, which means I am holy. (Hebrews 2:11; Hebrews 10:14)
- I can talk directly to God through the Holy Spirit. (Ephesians 2:18)
- I am complete in Christ. (Colossians 2:10)

## I am Secure because of Jesus

- I am no longer condemned. (Romans 8:1-2)
- Everything works out for my good because of God. (Romans 8:28)
- If God is with us, no one can blame or harm us because Jesus is helping us. (Romans 8:31-34)
- Nothing can separate me from God's love. (Romans 8:35-39)
- God has made me strong, chosen, and marked by Him. (2 Corinthians 1:21-22)
- The good work God started in me will be finished. (Philippians 1:6)
- I am a citizen of heaven. (Philippians 3:20)
- I am hidden with Christ in God. (Colossians 3:3)
- I have a spirit of power, love, and self-control, not fear. (2 Timothy 1:7)
- I can find help from God when I need it. (Hebrews 4:16)
- I am born of God, and the evil one cannot harm me. (1 John 5:18)

## I Accept God's Grace

- I am covered by God's grace and mercy. (Exodus 3:14; John 8:24, 28, 58; 1 Corinthians 15:10)
- I am saved by the free gift of grace through my faith in Jesus (Eph 2:8-9)

## I am Significant Because of Jesus

- I am the salt of the earth and the light of the world. (Matthew 5:13-14)
- I am a branch of Jesus, who gives me life. (John 15:1, 5)
- God has chosen me to bear good fruit. (John 15:1-8, 16, Galatians 5:22-23))
- I am a witness of Christ with the power of the Spirit. (Acts 1:8)
- I am a temple of God & the Holy Spirit resides in me. (1 Corinthians 3:16, 6:19))
- I help bring people back to God. (2 Corinthians 5:17-21)
- I work together with God. (2 Corinthians 6:1)
- I am seated with Christ in heaven. (Ephesians 2:6)
- I am God's creation, made to do good things. (Ephesians 2:10)
- I can come to God with freedom and confidence. (Ephesians 3:12)
- I can do everything with Christ's strength. (Philippians 4:13)

## I Accept My Freedom & Identity Because of Jesus

- I am no longer a prisoner and have been set free (Luke 4:16-19)
- The light of Jesus overcomes any and all darkness (John 1:1-5)
- Jesus is above all power, authority, ruler and dominion (Ephesians 1:20-21)
- Jesus rescued me from the darkness and brought me into his kingdom (Colossians 1:12-14)
- The truth in Christ has set me free (John 8:31-32)
- I am healed through my confessions (James 5:16)
- Jesus constantly purifies me of my sin (1 John 1:5-7)
- I am a disciple of Jesus to do his will and obey his teachings (Matthew 28:16-20)
- God's wisdom is revealed through me to heavenly beings (Ephesians 3:20)
- I am part of the body of Christ and he is my master (Ephesians 1:18-23)
- In Jesus, I am complete and placed above spiritual beings (Colossians 2:10)
- Jesus disarmed the enemy and canceled my debt on the cross (Colossians 2:13-15)
- Jesus gave me (a disciple) authority & power to cast out demons and heal the sick using his name (Luke 10:18-19, Mark 16:15-20)
- The enemy can not injure me (Luke 10:18-19, Psalm 91)
- Jesus calls me to do great works for him (John 14:12-14, Ephesians 2:10)
- God gives me battle armor to protect me. (Ephesians 6:10-13)
- God equips me with weapons to defeat the enemy (Ephesians 6:13-18)
- God gives me spiritual weapons to demolish strongholds (2 Corinthians 10:3-5)
- I destroy all obstacles in the way of knowing God (2 Corinthians 10:5)
- When I ask, God draws near to me and the devil flees (James 4:7-10)
- I have victory over the accuser by the blood of the Lamb & the word of my testimony (Revelation 12:10-11)
- I have the same power in me that rose Jesus from the dead (Ephesians 1:18-23)
- God's Word is powerful and helps mold me (Hebrews 4:12-13)
- Jesus came to give me a full life (John 10:10)
- I am part of a royal priesthood (1 Peter 2:9)
- I am being transformed into the image of Jesus (2 Corinthians 3:18)
- Jesus constantly transforms and renews my mind (Romans 12:2)
- God gives me incredible peace and takes away my anxiety (Philippians 4:6-7)
- Anything is possible for one who believes (Mark 9:21-22)
- Where the Spirit of the Lord is, there is freedom! (2 Corinthians 3:17-18)

## ROOM 5 (THE MASTER BEDROOM) - PRIDE & REBELLION

Father God, Your Word says: In his pride the wicked man does not seek him; in all his thoughts there is no room for God (Psalm 10:4). You also tell us that to fear the LORD is to hate evil and that you hate pride and arrogance (Proverbs 8:13). I **confess** that I have been self-focused and prideful. Please bring to my mind all the ways in which I have been prideful. I pray this in the name of Jesus Christ, amen.

**Pray through the list below and mark the boxes that pertain to you to prepare to confess any sins of pride.**

Dear Heavenly Father, I **confess** I have been proud by [say what you checked below].

- ☐ Having a stronger desire to do my will than God's will
- ☐ Leaning too much on my own understanding and experience rather than seeking God's guidance through prayer and His Word
- ☐ Relying on my own strengths and resources instead of depending on the power of the Holy Spirit
- ☐ Being more concerned about controlling others than in developing self-control
- ☐ Being too busy doing "important" and selfish things rather than seeking and doing God's will
- ☐ Tending to think that I have no needs or that God cannot fulfill all my needs
- ☐ Finding it hard to admit when I am wrong
- ☐ Being more concerned about pleasing people than pleasing God
- ☐ Being overly concerned about getting the credit I feel I deserve
- ☐ Thinking I am more humble, spiritual, religious or devoted than others
- ☐ Being driven to obtain recognition by attaining degrees, titles and positions
- ☐ Often feeling that my needs are more important than another person's needs
- ☐ Considering myself better than others because of my academic, artistic, athletic or other abilities and accomplishments
- ☐ Not waiting on God
- ☐ Other ways I have thought more highly of myself than I should

I ask You for forgiveness and I ask that You **cancel** any permission the enemy has against me in this area of pride. I choose to humble myself before You and others. I pray this in the name of Jesus Christ, amen.

## Specific Renouncements

*Read through the following and check any boxes that seem applicable.*

### ☐ **Strong Spirit of Pride**

Father God, I **confess** and repent of the sins of *pride, control, impatience, vanity, judgmentalism, criticism, lying, exaggeration, evasiveness, greed, love of money, ambition, stubbornness, manipulation, ungratefulness, discord, boastfulness, discontentment, disobedience, perfectionism, accusation, jealousy, entitlement, argumentation, frustration, mockery, arrogance, and worldliness*. Please forgive me and I ask you to **cancel** any permission the enemy has against me. I ask You, God, to break any ties to my children. I thank You in and I pray this in the name of Jesus Christ, amen.

### ☐ **Critical/Control/Manipulation of Others**

Father God, I **confess** everything I have ever done to manipulate, dominate and control other people and ask that you forgive me. I ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

### ☐ **Sabotage/Chaos (Consequences of Pride)**

Father God, I **confess** and repent of my sins that have allowed the consequences of pride to affect my life, including; *sabotage, strife, confusion, chaos, discouragement, deception, marriage, work and ministry problems*. God, I ask you to break those curses that are blocking my finances, my marriage or relationships with family, work, friends and church. I ask you God to **cancel** the permission the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

# REBELLION

**Mark any areas in which you have rebelled, either in your heart or by your actions.**

Father God, your Word says that rebellion is like the sin of witchcraft and arrogance is like the evil of idolatry (1 Samuel 15:23). Please bring to mind all the ways that I have rebelled against you, your Word or others that you have placed in authority over me.

**For each way the Spirit of God brings to mind your rebellion, use the following prayer to specifically confess that sin.**

Father God, I confess that I have been rebellious towards

- ☐ Civil government (including traffic laws, tax laws, attitude toward government officials) (Romans 13:1-7; 1 Timothy 2:1-4; 1 Peter 2:13-17)
- ☐ Parents, stepparents, adoptive parents, legal guardians (Ephesians 6:1-3)
- ☐ Teachers, coaches, school officials (Romans 13:1-4)
- ☐ Employers (past and present) (1 Peter 2:18-23)
- ☐ Husband or Wife (Ephesians 5:21; 1 Peter 3:1-4,7) Husbands, ask the Lord if your lack of love is affecting your wife's heart. Wives, ask if a lack of respect is affecting your husband. If so, confess this as a violation of Ephesians 5:22-33.
- ☐ Church leaders (Hebrews 13:7)
- ☐ God (Daniel 9:5,9)
- ☐ Other

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Please forgive me for being rebellious and cancel the permission the enemy has against me in these areas. I choose to be submissive and obedient to Your Word. I pray this in the name of Jesus Christ, amen.

## **Expose Lies, Embrace Truth**

**Holy Spirit**, we ask that you reveal the associated lies that (participant's name) has believed in the areas of **pride and rebellion**. *(Facilitator and Intercessor write the lies).*

**Possible Demonic Interference:** If the participant struggles to hear from the Holy Spirit (as if there is something hindering their ability to do so), the demonic can be addressed directly as follows: **In the name of the Lord Jesus Christ, we bind any demonic spirits present attempting to hinder** (participant's name) **from hearing the Holy Spirit's voice and command you to reveal any permissions you have to remain.**

*After the lies have been written down, ask the participant to renounce these lies by praying the following:*

Father God, I **confess** I have believed the lies of the enemy that said *(state the specific lies)*. I ask that You forgive me for believing them and I now choose to believe the truth *(state the truths in God's word that oppose the lies)*.

Thank You for Your forgiveness.

Father God, I ask that You **cancel** any permissions the enemy has against me because of vows or agreements which were made in these areas. I ask this in the name of Jesus Christ, amen.

## **Command**

In the name of the Lord Jesus Christ, I **command** all spirits associated with **pride, sabotage, chaos & rebellion** to leave me with all of their works and effects and go to the feet of Jesus.

## **Commit: Filling Prayer - Participant Reads**

Holy Spirit, I ask You to come and fully fill each room just vacated and that Your power would reign and control this area of my life. May I only hear Your voice and Your truth. I ask You, Holy Spirit, to give me a heart of humility and to give me a submissive heart built upon Your Word as I seek Your will first and foremost. Help me now see others through the lens of Christ. I pray this in the name of Jesus Christ, amen.



## ROOM 6 (THE KITCHEN) - ABUSE, SHAME, REJECTION, INFIRMITY

Father God, I **confess** that I have believed the lies of the enemy that tell me that I am condemned, not good enough, worthless in many ways and that I have carried shame. I ask that you **bring to my mind** any areas that affected me regarding abuse, shame, rejection or sickness. I pray this in the name of Jesus Christ, amen.

### SPECIFIC RENOUNCEMENTS

*Check any boxes that apply to you or your circumstances.*

☐ **Abuse Done to Me or Abuse I Have Done to Others**

Father God, I **confess** and repent of any abuse that I have done and ask for your forgiveness. I also forgive those who have harmed me. I ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Guilt/Shame/Unworthiness/Embarrassment**

Father God, I **confess** that I have held onto guilt and shame. I agree with Your word which says there is no condemnation for those who are in Christ Jesus. I accept that I am a new creation in Christ and have been washed clean. I ask that You **cancel** any permission the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Heaviness/Loneliness/Hopelessness/Discouragement/Depression**

Father God, I **confess** that I have felt alone and have had a troubled heart. I embrace the truth that You are always with me. *I reject loneliness, hopelessness, insomnia, depression, discouragement, inadequacy, despair, disgust and heaviness.* Forgive me for not fully trusting You. I ask You, God, to **cancel** any permission that the enemy has against me and that You fill me with the joy of Your presence. I pray this in the name of Jesus Christ, amen.

☐ **Adoption Wounds**

Father God, I **confess** that I feel wounded because I am adopted. I repent of judging my biological parents and I ask for your forgiveness. I renounce *rejection, self-rejection, fear of rejection, fear of abandonment, and the feeling of being unlovable.* I forgive my biological parents and ask that You bless them. I ask that You **cancel** the permission the enemy has against me in this area. I accept that I am fearfully and wonderfully made in Your image. I thank You for my adoptive parents and the spiritual family that You have provided for me. I pray this in the name of Jesus Christ, amen.

☐ **Abortion/Partner in Abortion**

Father God, I **confess** that I was not a proper guardian and keeper of the life You entrusted to me, and I confess that I have sinned by being persuaded by the world and lies of the enemy. I ask You and I thank You that You forgive me. I accept your forgiveness. I now forgive myself and accept Your love. I commit the aborted child to You for all eternity. I thank You for taking the child in Your arms. I thank You for Your forgiveness and compassion towards me. I ask that You now **cancel** any permission the enemy has against me. I pray this in the name of Jesus Christ, amen.

☐ **Infirmity (Sickness)**

Father God, You are the great healer. I **confess** that I have not trusted you to heal my body and take care of me. Please forgive me. I renounce infirmity and sicknesses, including: *[Record any medical conditions that may apply to you]*

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I ask You to **cancel** any permission that the enemy may have against me regarding infirmity in any of these areas and that you heal me and bless me. I pray this in the name of Jesus Christ, amen.

☐ **Mental Illness/ Unclear Thinking/Arrested Development**

Father God, I **confess** I have struggled with areas of mental illness. Please free my mind to think clearly and I ask that you heal me from *hearing voices, paranoia, obsessive compulsive disorder, panic attacks, mania, depression, bipolar disorder, schizophrenia, insanity, PTSD, Trauma wounds, Alzheimer's, dementia, autism, multiple personality disorder, dissociative identity disorder, ADHD, dyslexia, madness, hallucinations, hysteria, irrationality, and any other spirit causing arrested development or other mental strongholds* *[write out below]*

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I ask You to **cancel** any permission the enemy has against me in this area. Father, please forgive any of my sins that have affected or damaged my mind in any way. I thank You for Your healing power. I pray this in the name of Jesus Christ, amen.

☐ **Confusion/Mind Control (Trouble concentrating in worship, prayer, reading God's Word**

Father God, I **confess** that I struggle with concentration in worship. I renounce the enemy and any demonic influence or control over my mind which would confuse, cloud or prevent me from having clear thoughts. I renounce confusion, frustration, forgetfulness and incoherence. I ask you to **cancel** the permission the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

### ☐ Death

Father God, I **confess** that I have either been exposed to or preoccupied with death in some way. I now renounce the lie that life is hopeless and that I can find peace or freedom by taking my own life or the life of others. I now renounce the spirit of death and any connected spirits. I ask you to **cancel** any permission that the enemy has against me in this area.

### Expose Lies, Embrace Truth

**Holy Spirit**, we ask that you reveal the associated lies that (participant's name) has believed in the areas of **abuse, shame, rejection and infirmity**. (*Facilitator and Intercessor write the lies*).

**Possible Demonic Interference:** If the participant struggles to hear from the Holy Spirit (as if there is something hindering their ability to do so), the demonic can be addressed directly as follows: **In the name of the Lord Jesus Christ, we bind any demonic spirits present attempting to hinder** (participant's name) **from hearing the Holy Spirit's voice and command you to reveal any permissions you have to remain.**

*After the lies have been written down, ask the participant to renounce these lies by praying the following:*

Father God, I **confess** I have believed the lies of the enemy that said (*state the specific lies*). I ask that You forgive me for believing them and I now choose to believe the truth (*state the truths in God's word that oppose the lies*).

Thank You for Your forgiveness.

Father God, I ask that You **cancel** any permissions the enemy has against me because of vows or agreements which were made in these areas. I ask this in the name of Jesus Christ, amen.

### Command

In the name of the Lord Jesus Christ, I **command** all spirits associated with **abuse, shame, rejection and infirmity** to leave me with all of their works and effects and go to the feet of Jesus.

### Commit: Filling Prayer - Participant Reads

Holy Spirit, I ask You to come and fully fill each room just vacated and that Your power would reign and control this area of my life. May I only hear Your voice and Your truth. I ask You, Holy Spirit, to now begin to restore and heal my damaged body and/or mind. I ask You to restore me to fullness so that I can be an effective and productive disciple of King Jesus. Thank You. I pray this in the name of Jesus Christ, amen.

## REAL PRAYER FOR ABUSE, SHAME & REJECTION - Optional - see appendix 1

**REAL Prayer** (Remember, Explore, Ask Jesus, Listen)

*LEADER: Ask the participant to recall a memory that Jesus wants to heal. Take them through a time of prayer and ask Jesus to heal that memory.*  
(Warner, 2022, p.70)

*Journal notes below (optional)*

## ROOM 7 (THE ATTIC) - MOP UP

Father God, I humble myself before you and confess that I have allowed demonic strongholds to affect my life and my witness. I am asking You in the name of the Lord Jesus Christ to please forgive **ALL of my sin and cancel ALL of the permission** associated with any remaining demonic spirits. I want **ONLY** the **Holy Spirit** controlling every area of my life! I do not want anything to do with demonic spirits. I claim the blood of Jesus and surrender my full allegiance to the Lordship of Jesus Christ in all areas of my life. I thank You Father, for your saving grace and mercy in the name of the Lord Jesus Christ.

### Command

In the name of the Lord Jesus Christ, I **command** all remaining demonic spirits to leave me with all of their works and effects and go to the feet of Jesus.

### Commit: Filling Prayer for the ENTIRE HOUSE

Holy Spirit, I ask You to come and fully fill each room just vacated as well as my entire house. I ask that Your power would reign and control **all areas of my life**. May I only hear Your voice and Your truth as I now live in freedom with peace and joy! Amen.

Your sign now reads **“No vacancy!”**

## ABIDING PRAYER - see appendix 1

*LEADER: A time of abiding with Jesus. Have the participant pick a “place of peace” and paint a picture asking them to help fill in details using all their senses. Invite Jesus into the scene. Spend time abiding and then have Jesus dispose of demons. Let the Holy Spirit lead prayer for inner healing as necessary.*

## CLOSING & SEALING PRAYER

In the name of Jesus Christ, we forbid any backlash, retaliation, retribution, revenge, torment, harassment, or punishment to come against (participant’s name), his/her family, me or our families, or our ministries. We break every strategy of the enemy to come against us under the blood of Jesus. Heavenly Father, We ask you to cover each of us. We will bring all that concerns us under your divine protection. We claim the promises of scripture & **Psalm 91** over all of us. We ask You to assign heavenly angels to protect each of us after this session.

We now ask You, God, to shut any open doors and seal what has been done which cannot be undone. We ask You to cleanse this room and place and bring Your peace over each of us. We ask You to give us good and healthy rest and healing that we may awaken refreshed and renewed to be effective and productive disciples of King Jesus to proclaim the wonders of Your love. We pray this in the wonderful and mighty name of Jesus Christ, amen.

(Kay Elise Tolman, 2016, p. 124, modified by Eagle)

## ON THE ROAD - ASKING OTHERS FOR FORGIVENESS

You have done some amazing work! However, for your healing to be complete, it is important to make proper amends to those you have hurt. This can be done after the session once you have journaled names of those God brings to mind. Jesus said, "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift" (**Matthew 5:23-24**). If you have offended another, you must go to them and ask for their forgiveness and make amends when appropriate. The following are steps to seeking forgiveness and can be discussed with those leading you through the steps. Often it is helpful to seek wisdom and discernment in this area. If it is possible, as far as it depends on you, live at peace with everyone (**Romans 12:18**).

1. Discern that what you did was wrong and why it was wrong biblically.
2. Make sure you have forgiven them for whatever they have done to you.
3. Think through exactly how you will ask them to forgive you. Ask for forgiveness in person if possible.
4. When making amends, be sure to state that what you did was wrong. Own your part. Be specific and admit that you did it.
5. Don't offer any excuses, project blame, or try to defend yourself.
6. Don't have any expectations or expect them to offer forgiveness. Just do your part.
7. Your confession should lead to the direct question: "Will you please forgive me?"
8. Pray about seeking the right place and the right time, but the sooner the better!
9. You should expect further freedom as you do what God requires. Have peace with God knowing that you have done your part. Trust God with the details.

### Prayer for Restoration of Damaged Relationships

Father God, I **confess** and repent of my sins against my neighbors [*spouse, ex-spouse(s), parents, children, relatives, friends, neighbors, or brothers and sisters in Christ*]. Thank You for Your forgiveness. I forgive them for what they have done to me and I choose not to hold it against them in the future. I ask that You bless them and enable them to live with the consequences of my sin against them. I pray that You would heal the wounds from the sins I have inflicted upon them. I ask the same for myself, that I may be set free from the consequences of their sin or that You would give me the grace to live with the consequences without bitterness. I pray that You would heal my wounds and set me free so that I can live in peaceful coexistence with my neighbors and with You. Father God I now ask that You bring to my mind the people I need to seek forgiveness from. I ask you to cancel any permission the enemy has against me in this area. I now command any such spirits to leave my presence. I speak and pray this in the name of Jesus Christ, amen.

## POST-SESSION HOUSE MAINTENANCE

You have just participated in Deliverance & Discipleship – Spiritual House Cleansing. What a huge blessing this will be in your life! You are courageous for taking this leap forward in your spiritual journey. The Christian life is a lifelong journey of daily surrender, dying to ourselves and trusting and following Jesus. We all need three things to walk in freedom: the Word of God, the Spirit of God and the people of God! At the beginning of this process, you committed to discipleship with another person or persons. We encourage you to stay connected daily for at least the first week after this process and then engage in a discipling relationship through groups in the local church. This may include one-on-one relationships, Celebrate Recovery, Discipleship focused Transformational groups, Home groups, etc.

We want to give you important instructions for after the session. We also want to make you aware of what can happen once you've completed the steps. We cannot stress enough how important these activities are to maintain, and even enhance, your freedom.

***First, remove and destroy all objects of false worship. After completion of the session, the participant should go home and read aloud the prayers for home cleansing and destroy occult objects.***

### ☐ **Possession of Occult Objects in Home**

Heavenly Father, I **confess** as sin, my obtaining and possessing objects, art, crafts and jewelry that were made or were originated by anyone who has been or is presently involved in the occult including voodoo, witchcraft or other occult practices or false religions that are forbidden in Your Word. I renounce all involvement, whether knowingly or in ignorance, with the occult and demonic spirits or Satan. If any evil spirits have gained access to my home, my life, my mind or even my family members, I now renounce and resist them. I cover myself with the blood of Jesus. I ask You to forgive me and I ask You to **cancel** any ground that the enemy has against me in this area. I command any such spirits to leave me, my children, my adopted children, my house and property, my pets or animals and all my possessions. I pray this in the name of Jesus Christ, amen.

(Anderson, 2017, p.25 modified by Eagle)



*Then, read this prayer aloud in every room of your home and claim those spaces for God. We also recommend walking and praying over your property perimeter outside.*

#### □ Spiritual Cleansing of Home, Room or Apartment

Dear Heavenly Father, I acknowledge and **confess** that You are the Lord of heaven and earth. In Your sovereign power and love, You have entrusted many things to me. Thank You for this place to live. I claim my home as a place of spiritual safety for me and my family and ask for Your protection from all the attacks of the enemy. I ask you to **cancel** any permission the enemy has against myself, our family or this place. As a child of God, raised up and seated with Christ in the heavenly places, I **command** every evil spirit claiming ground in this place, based on the activities of past or present occupants, including me and my family, to leave and never return. I renounce all demonic assignments directed against this place. I ask You, Heavenly Father, to post Your holy angels around this place to guard it from any and all attempts of the enemy to enter and disturb Your purposes for me and my family. I thank You, Lord, for doing this in the name of the Lord Jesus Christ. Amen. (Anderson, 2017, p. 25 modified by Eagle)

## DAILY RECOMMENDATIONS FOR 40 DAYS

1. CEMENT YOUR IDENTITY IN CHRIST: Repeat the section on **REINFORCING THE FOUNDATION - THE TRUTH ABOUT GOD, JESUS, THE HOLY SPIRIT & MYSELF** (Read during your session)
2. SCRIPTURE PLAN: Read “**40 Verses in 40 Days**” and meditate on one Scripture daily. (see following pages)
3. DAILY MORNING PRAYER: Pray the Daily Prayer and Declaration every morning. (see following pages)
4. DAILY BEDTIME PRAYER: Pray the Bedtime Prayer every night. (see following pages)
5. PRAYER: Commit to a consistent prayer life. We recommend the Lord’s Prayer (Matthew 6:8-14) and putting on the armor of God (Ephesians 6:10-18) at a minimum. (see following pages)
6. WORSHIP: Listen to worship music daily and commit to your local church family.
7. CONFESSION & AMENDS: “Keep your side of the street clean.” Continually ask God to search your heart for any wrong and confess it to God, yourself and others. Make amends promptly.
8. DISCIPLESHIP: Maintain and/or continue in a discipling/confession relationship with another Christian. Be sure it is authentic and transparent and that you are being held accountable to the Christian disciplines: Scripture reading, confession, prayer, fasting, etc.

## ISSUES TO BE AWARE OF POST SESSION

- **ADDICTIONS**: If you struggle with addictions, it is imperative that you get into a recovery program and submit to that process. We recommend *Celebrate Recovery*, a Christ-centered program. The enemy will attack in the area of your addiction and the best plan is to be active in a recovery program. Use the program and people to assist you in remaining clean. If you do slip up, confess quickly and get back on track.
- **PEACE**: Usually people leave the session with a sense of peace; however, some may feel a little empty or uncomfortable with the silence in their mind. We recommend enjoying God's presence and finding easily repeatable Scriptures to fill your mind, such as the "40 Verses in 40 Days."
- **ENEMY UNREST**: The enemy's lies may continue to be heard. Those voices are external, not internal. Yet, they may still be persistent for a little while. If you find you are hearing them, identify them as lies and speak God's truths aloud. The enemy does not like your new freedom but will eventually give up (read **James 4:7**). Talk to those you are in a discipling relationship with and pray with others.
- **RENOUNCEMENT PRAYER TOOL**: If the voices persist, say aloud a renouncement prayer and command the enemy to leave, as you have the Spirit of the living God in you! Speak out loud something similar to the following: **Father God, I renounce the following lies: that** (fill in all the lies you are hearing). **I confess that I have believed them at one point. I acknowledge they are not Your truth and I chose to believe the truth about myself, others and You, God! Your truth is the only thing that matters and so I reject the enemy and his lies. I ask you Lord Jesus to cancel the permission the enemy has against me in this area. In the name of Jesus, I command the enemy who is speaking these lies to leave my presence! I want nothing to do with you or your lies as you are a defeated enemy! I ask You, God, to turn up the power of the Holy Spirit within me. I only want to hear Your voice and Your truth. Thank You for Your love and protection. I pray this in the name of Jesus Christ, amen.**
- **PERSISTENT STRUGGLES**: If you find that you are needing to constantly repeat this over a prolonged period of time, it is possible you may need a second mop-up session or you may possibly need to do more **inner healing** work. There may still be some ground the enemy has, which we need to ask the Holy Spirit to reveal to us so that it can be broken. Do not let the enemy make you feel ashamed or believe the lie that the 1<sup>st</sup> session was a waste. We may just need to do a bit more house cleaning. God wants you to walk in complete freedom in Christ!

## 40 VERSES IN 40 DAYS (POST SESSION)

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1. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. **(2 Corinthians 10:4)**
2. So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. **(James 4:7-8a)**
3. Now may the God of peace make you holy in every way... **(1 Thessalonians 5:23a)**
4. God is our refuge and strength, always ready to help in times of trouble. **(Psalm 46:1)**
  5. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. **(1 Peter 5:8)**
6. Create in me a clean heart, O God. Renew a loyal spirit within me. **(Psalm 51:10)**
7. But the Lord is faithful; he will strengthen you and guard you from the evil one. **(2 Thessalonians 3:3)**
8. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. **(2 Timothy 1:7)**
  9. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. **(Romans 12:2)**
10. For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. **(Ephesians 2:10)**
11. The LORD is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving. **(Psalm 28:7)**
12. For I have chosen you and will not throw you away. Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. **(Isaiah 41:9b-10)**
13. Look, I am sending you out as sheep among wolves. So be as shrewd as snakes and harmless as doves. **(Matthew 10:16)**
14. He renews my strength. He guides me along right paths, bringing honor to his name. **(Psalm 23:3)**
15. But in that coming day no weapon turned against you will succeed. You will silence every voice raised up to accuse you. **(Isaiah 54:17a)**
16. For every child of God defeats this evil world, and we achieve this victory through our faith. **(1 John 5:4)**

17. But you are not like that, for the Holy One has given you his Spirit, and all of you know the truth. **(1 John 2:20)**

18. Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? No, despite all these things, overwhelming victory is ours through Christ, who loved us. **(Romans 8:35,37)**

19. The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life. **(John 10:10)**

20. For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son... **(Colossians 1:13)**

21. Because of Christ and our faith in him, we can now come boldly and confidently into God's presence. **(Ephesians 3:12)**

22. Therefore, angels are only servants—spirits sent to care for people who will inherit salvation. **(Hebrews 1:14)**

23. Since he himself has gone through suffering and testing, he is able to help us when we are being tested. **(Hebrews 2:18)**

24. See, God has come to save me. I will trust in him and not be afraid. The LORD GOD is my strength and my song; he has given me victory. **(Isaiah 12:2)**

25. You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! **(Isaiah 26:3)**

26. Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall. **(Psalm 55:22)**

27. For the angel of the LORD is a guard; he surrounds and defends all who fear him. **(Psalm 34:7)**

28. As for me, since I am poor and needy, let the Lord keep me in his thoughts. You are my helper and my savior. O my God, do not delay. **(Psalm 40:17)**

29. Think about the things of heaven, not the things of earth. **(Colossians 3:2)**

30. For God is working in you, giving you the desire and the power to do what pleases him. **(Philippians 2:13)**

31. But we are not like those who turn away from God to their own destruction. We are the faithful ones, whose souls will be saved. **(Hebrews 10:39)**

32. Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. **(Hebrews 10:23)**

33. For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ. **(2 Corinthians 5:21)**

34. The LORD is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. (**Psalms 23:1-3a**)

35. And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness. (**Colossians 2:6-7**)

36. "The LORD is my helper, so I will have no fear. What can mere people do to me?" (**Hebrews 13:6**)

37. God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. (**James 1:12**)

38. Guard your heart above all else, for it determines the course of your life. (**Proverbs 4:23**)

39. Trust in the LORD with all your heart; do not depend on your own understanding. (**Proverbs 3:5**)

40. Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever. (**Psalms 23:6**)

## DAILY MORNING PRAYER & DECLARATION

Father God, Lord Jesus, I praise You and honor You as my Lord and Savior. You are in control of all things.

I thank You that You are always with me and will never leave me nor forsake me. I **confess** that You are the only all-powerful and only wise God. You are kind and loving in all Your ways. I love You and thank You that I am united with Jesus and spiritually alive in Him. I choose not to love the world or the things in the world, and I crucify the flesh and all its passions. I ask you to **cancel** any permission the enemy has against me.

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

I now take my stand against Satan and **command** him and all his evil spirits to depart from me. I choose to put on the full armor of God so I may be able to stand firm against all the devil's schemes. I submit my body as a living and holy sacrifice to You, and I choose to renew my mind by Your living Word. By doing so, I will be able to prove that Your will is good, acceptable, and perfect for me. In the name of my Lord and Savior, Jesus Christ, I pray. Amen.

(Anderson, 2017, p. 24, modified by Eagle)

## DAILY BEDTIME PRAYER

Thank You, Lord, that You have brought me into Your family and have blessed me with every spiritual blessing in the heavenly places in Christ Jesus. Thank You for this time of renewal and refreshment through sleep. I accept it as one of Your blessings for Your children and I trust You to guard my mind and my body during my sleep. I **confess** my sins before you and renounce any demonic strongholds in my life. I ask you to **cancel** any permissions the enemy has against me. I **command** such spirits to leave my place of sleep and not return in the name of Jesus Christ.

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

(Anderson, 2017, p. 24, modified by Eagle)

## THE LORD'S PRAYER

Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one. Matthew 6:9-13 NLT

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

Matthew 6:9-13 NIV

## PUTTING ON THE ARMOR OF GOD

Lord, I put on Your belt of truth to guard me against deception from within and without. I put on Your breastplate of righteousness to guard my heart and to help me remember that it is none of my own righteousness, but only Jesus' righteousness that allows me to come before You and have a relationship with You. I put on Your shoes of peace —my peace with You through justification; the peace of You, God, through prayer and Your Holy Spirit at work in me and in the world; and the peace that comes from Your near presence that I experience as I spend time with You and that I can take with me, sharing it with those I meet, carrying Your kingdom with me wherever I go. I take up Your shield of faith that extinguishes all the flaming arrows of the evil one. What the enemy intends for destruction cannot destroy me. I welcome You to bring into my life all that will purify and refine me. Prune me, discipline me, mold me and make me more like Jesus. I put on Your helmet of salvation to guard my mind, and to remind me of the confident hope that we have—that You have already won! That You are coming soon! And that I am well able to do what You've called me to do since You have equipped and empowered me by Your Holy Spirit! And I take up Your sword of the Spirit—Your Word, God—that is so powerful against the enemy. Help me use it in greater and more effective ways. Help me obey Your Word because as I do I become more like Jesus and less vulnerable to the enemy's attacks. It teaches me, corrects me, rebukes me, trains me in righteousness, encourages me, comforts me, guides me. Help me share Your Word with others so it can do the same for them.

(Bubeck, 2016, p.216 - modified by Howie)

## APPENDIX 1 - REAL PRAYER & ABIDING PRAYER

### R.E.A.L. Prayer

The **R.E.A.L** prayer exercise is an opportunity for the participant to experience healing from painful memories. When we talk about healing memories, we are talking about helping people connect with Jesus in such a way that *He* heals the pain of the past. The focus in your session is to deal with only ONE memory, with the participant's understanding that in the future they can apply this exercise to any and all memories which need to be healed. The following are the prayers which the participant will pray, taken from Dr. Marcus Warner's book, *A Deeper Walk* (p.70):

Have the participant repeat this prayer as you guide them through it:

**R - Father, help me to REMEMBER / whatever memory You want to heal.**

Give them a moment, and then ask them if they've been shown the memory which needs to be healed. When they have the memory, continue to guide them through the next prayer.

**E - Father, EXPLORE this memory with me. / What do I need to remember about it?**

This often includes the deep emotions involved, physical setting and who is present. Other details may include how old they are, what people are wearing, time of day, etc. Once they have explored the memory, guide them through the next prayer.

**A - Father, I ASK you/ to do whatever you need to do/ to heal this memory.**

Give them some time to focus on what's happening. When you sense the time is right, proceed with the next step.

**L - LISTEN** - Ask the participant to revisit the memory in their mind and see if anything is different. You can ask if anything feels different or if they have any new thoughts. Often the response will be that they feel peace, the Lord's presence and the pain of the memory fading.

Take some time afterwards to guide them through the following prayer:

Lord Jesus, thank You for the miracle You have performed in my life at this moment. I acknowledge that You are the Healer and the one who brings me freedom. Thank You for the ways You show me how much You love me. I pray this in the name of Jesus Christ, amen.



Be sure to remind the participant that R.E.A.L. Prayer is something that they are able to do on their own with any memory that needs to be healed. You can encourage them to journal each time they do this. Journaling these miraculous times with Jesus will provide an account for just how *real* and *intimate* He is! It's wonderful to go back through your own journal and look at the ways He's been faithful!

## ABIDING PRAYER

An abiding prayer in the context of this freedom and deliverance session should be conducted as follows:

- 1) Explain the following to the participant: We are now going to enter into a time of abiding with Jesus. During this time, we'll invite Jesus to join you in your own "place of peace."
- 2) Now ask the participant: Where is a place where you feel most at peace? These places are often called "thin places," where the distance between God and us seems very thin. For some, it's the beach, for others it can be the mountains and for others it can be a familiar room or home. Wherever it may be for you, imagine it now. Do you have this place in mind? Where is it?
- 3) Have the participant close their eyes and describe the details of where they are. You can ask questions like the following:
  - a) What time of day is it?
  - b) What's the weather like?
  - c) What do you see around you?
- 4) Invite Jesus into the setting. You can say something like the following: As you are there in this place which feels safe and gives you a feeling of peace, you see a figure approaching. At first, it's hard to make out who it might be, but as they get closer you realize that it's Jesus. He's come to join you.
- 5) Have the participant describe Jesus as best they can. You can ask questions like the following:
  - a) What is He wearing?
  - b) Can you see His face?
  - c) What does He look like?
- 6) Next, explain that Jesus is now standing right next to them—close enough to touch. Then ask them, Is there anything that Jesus is saying to you at this moment? You may want to write down what they hear so that they are able to reference it later.

- 7) At this point, you have the option to speak truth over them regarding their identity as if Jesus himself were speaking. This might seem strange, but it's simply a way for them to hear the reality of how they're seen by Jesus. You could say something like the following:  
As Jesus is with you, close enough to touch, He reminds you that:
  - a) You're His child who has been washed clean, white as snow.
  - b) He has taken your sin and shame and nailed it to the cross.
  - c) He has set you free from sin and conquered death.
  - d) He is thankful for you and proud of you.
  - e) He has a plan for you. He wants you to join Him in His mission to set the captives free.
- 8) Now say the following: Now is the time to deal with spirits which have been commanded to leave during this session. Jesus asks you, "(Participant's name), what would you like Me to do with all of spirits sent to my feet?" Once the participant answers, continue by describing the way in which Jesus disposes of them. The important thing in this description is to make it clear that these spirits are no longer able to torment the participant any longer. They have been defeated and sent back to where they came from. For example, some people ask that the spirits be thrown into a pit. One way of describing this would be that Jesus causes a pit to open up, one which seems to have no bottom to it. It just keeps going forever. Jesus casts all of the boxes into the pit and then he causes it to disappear completely, like it was never there.
- 9) Say the following to the participant: Now Jesus reaches out, takes a hold of your hand, and tells you how much He loves you. Is there anything you want to tell Him at this moment?
- 10) To conclude this time of prayer, you can say something like this: Jesus looks at you and says that He's so thankful for the time the two of you spent together. As He turns to leave, He reminds you that He is always with you, as He promised He would be. And through the Holy Spirit, He is always accessible. All you have to do is ask. He says that He'll meet you here anytime you like. Just call on His name. And with that, Jesus walks into the distance and you are filled with a peace that passes understanding.
- 11) Finish the session with closing prayer, thanking God for the work that has been accomplished and the freedom and deliverance which now belongs to the participant.

## **APPENDIX 2**

### **Expose Lies, Embrace Truth**

#### **ROOM 1 (THE FOYER) FAMILIAL SPIRITS & CURSES**

Lies: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### **ROOM 2 (THE LIVING ROOM) THE OCCULT, FALSE BELIEFS, & STRONGHOLDS**

Lies: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### **ROOM 3 (THE BASEMENT) DECEPTION, FEAR, ANXIETY, & NIGHTMARES**

Lies: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### **ROOM 4 (THE FAMILY ROOM) - UNFORGIVENESS, BITTERNESS & RESENTMENT**

Lies: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### **ROOM 5 (THE MASTER BEDROOM) PRIDE & REBELLION**

Lies: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### **ROOM 6 (THE KITCHEN) - ABUSE, SHAME, REJECTION, INFIRMITY**

Lies: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**Other online resources which contributed to this knowledge base include:**

<https://www.CARM.org>, [Dictionary.com](https://www.Dictionary.com)