

Ascend with Bonnie

INNER HEALING & DELIVERANCE

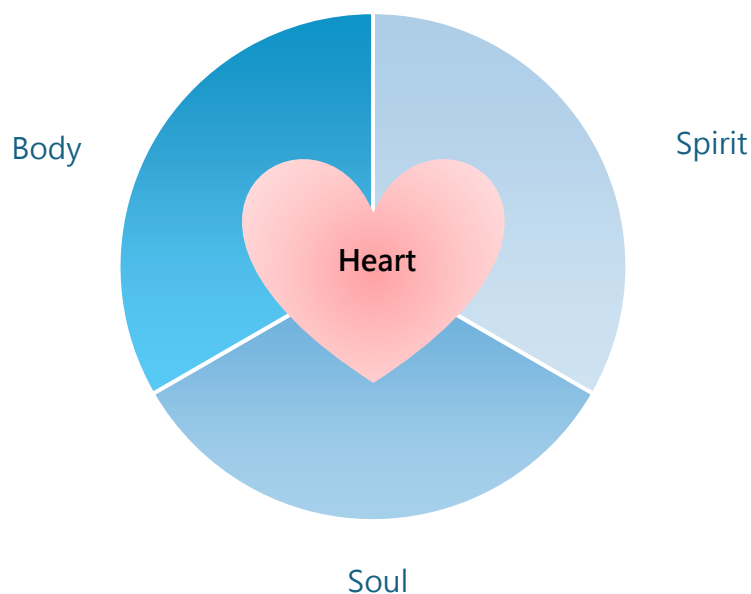


ERASE

5-STEP METHOD

UNDERSTANDING THE IMPACT OF TRAUMA ON OUR INNER BEING

God created each of us to have three parts: spirit, soul, and body, and the heart is the important part that connects all of them.



Paul mentioned that the spirit, soul, and body are to be completely sanctified:

1 Thessalonians 5:23 (NASB1995)

Now may the God of peace Himself sanctify you entirely; and may **your spirit and soul and body be preserved (5083. *téreó*) complete (3648. *holokléros*), without blame** at the coming of our Lord Jesus Christ.

Apart from being blameless, the original text of this Scripture also means that the spirit, soul, and body should be "**guarded and protected**" (5083. *téreó*) and "**each part should be intact, free from internal fracture or external blemish**" (3648. *holokléros*) which speaks of **wholeness of our being**.

This is because whenever a heartbreaking event or trauma occurs, our heart, spirit, and soul can shatter like a mirror.

Psalms 119:20 (NKJV)

My **soul breaks** with longing for Your judgments at all times.



→ The original Hebrew word for "**break**" (or crush) (1638.garas) refers to the **action of grounding, chewing, or crushing until it is reduced to fragments or dissolved.**
→ **The soul can be broken and crushed to fragments, or even dust.**



Proverbs 15:4 (NKJV)

A wholesome tongue is a tree of life,
But perverseness in it **breaks the spirit.**

→ The original Hebrew word for "**break**" (7667.sheber) refers to the **fracture happens when God's good order is violated**, whether physical, emotional, social or national.
→ **The spirit can be broken from hurtful or abusive words.**



Psalms 34:18 (NKJV)

The Lord is near to those who have a **broken heart**,
And saves such as are crushed in spirit.

Psalms 51:17 (NKJV)

The sacrifices of God are a **broken spirit**,
A **broken** and a contrite **heart**—
These, O God, You will not despise.

→ The original Hebrew word for "**broken**" (7665.shabar) refers to **something like smashing or breaking pottery.**
→ **The heart and spirit can both be broken and shattered to fragments, and this matters to God.**



Proverbs 15:13 (NKJV)

A merry heart makes a cheerful countenance, but by sorrow of the heart the **spirit is broken.**

→ **When a person suffers from sorrow for a long time, their spirit will be wounded and broken.**

In other words, besides the physical body, our heart, spirit, and soul can also be wounded.

The enemies love to wound us because they enjoy hunting on people's souls.

The enemies are like lions seeking someone to devour.



Ezekiel 13:18, 20 (NKJV)

18 and say, 'Thus says the Lord God: "Woe to the women who sew magic charms on their sleeves and make veils for the heads of people of every height to hunt souls! Will you **hunt the souls of My people**, and keep yourselves alive?"

20 'Therefore thus says the Lord God: "Behold, I am against your magic charms by which you **hunt souls there like birds**. I will tear them from your arms, and let the souls go, **the souls you hunt like birds**."



1 Peter 5:8 (NKJV)

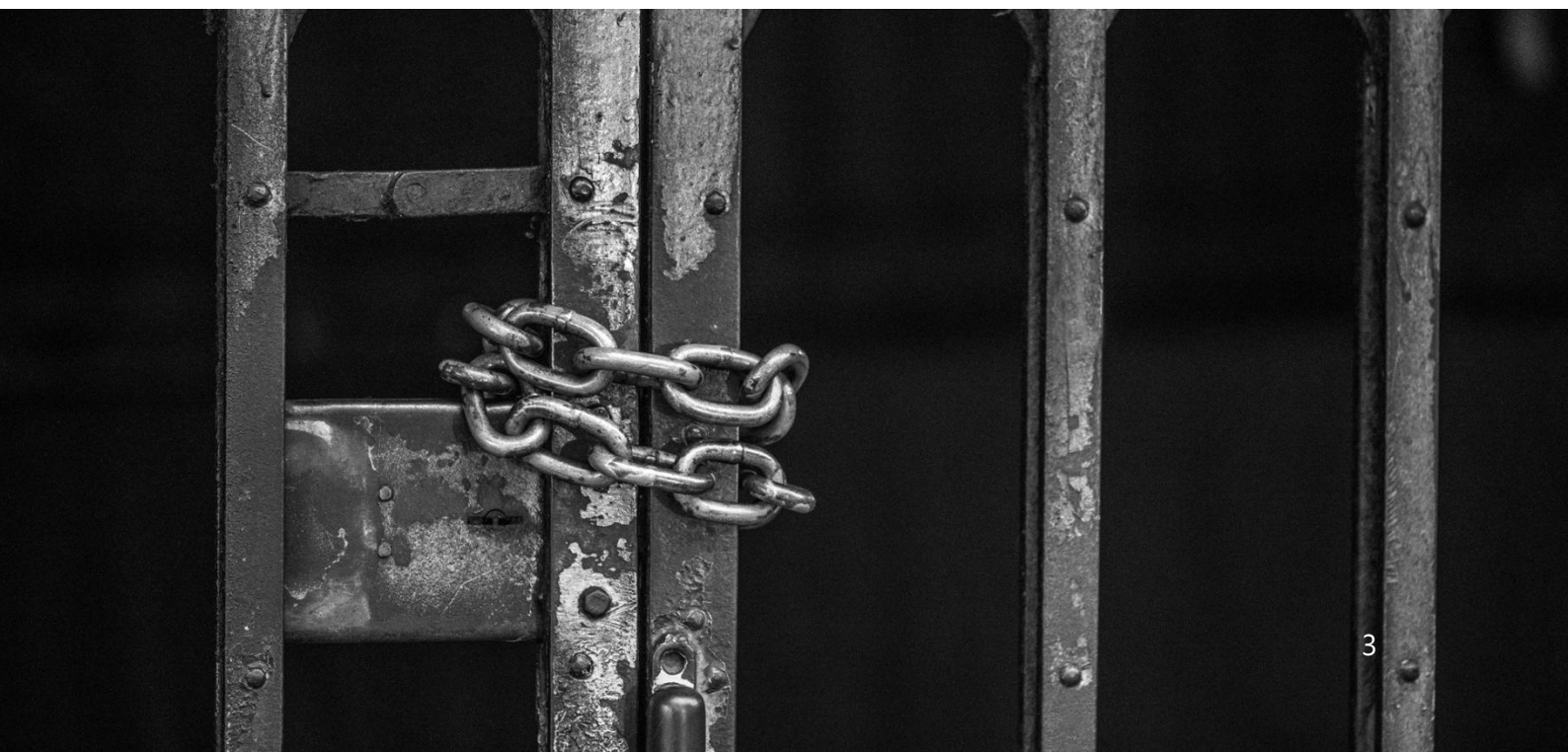
Be sober, be vigilant; because your adversary **the devil walks about like a roaring lion, seeking whom he may devour**.

Enemies not only prey on souls, but they also imprison them.

Psalms 142:7 (NKJV)

Bring my soul out of prison, that I may praise Your name;

The righteous shall surround me, for You shall deal bountifully with me."





Even still alive, the soul can be imprisoned in Hades; this doesn't only apply after death.

Jesus is the only way to redeem our souls, to bring liberty to the captives, and the opening of the prison to those who are bound (Isaiah 61:1)!

Psalms 16:10 (NKJV)

For You will not leave my soul in Sheol, nor will You allow Your Holy One to see corruption.

Psalms 116:4 (NKJV)

Then I called upon the name of the Lord: "O Lord, I implore You, **deliver my soul!**"

Psalms 86:13 (NKJV)

For great is Your mercy toward me, and **You have delivered my soul from the depths of Sheol.**

Isaiah 38:17 (NKJV)

Indeed it was for my own peace that I had great bitterness;

But **You have lovingly delivered my soul from the pit of corruption,**

For You have cast all my sins behind Your back.

Job 33:28 (NKJV)

He will redeem his soul from going down to the Pit,

And his life shall see the light.

Job 33:30 (NKJV)

To bring back his soul from the Pit,

That he may be enlightened with the light of life.

Jesus can heal the brokenhearted (Psalm 147:3) and redeem, heal, cleanse, and restore our souls. (1 Peter 1:9, Psalm 23:3, Psalm 41:4, 1 Peter 1:22)

To let this truth become reality is to engage with Jesus in inner healing and deliverance. The following "ERASE: The 5-step method" will help you work with Jesus to heal from past hurts and traumas, and deal with the fragments of your heart and soul.



ERASE: THE 5-STEP METHOD

PREPARATION

Each individual event creates different fragments of your inner self. You can first ask the Holy Spirit to tell you which events you should do, starting with the most important one. Write down the events the Holy Spirit reminds you of on paper/in a notebook, and then deal with each event in turn.

Each individual event deserves to be addressed separately. Let the Father's love transform you from within and you will encounter a freer and more authentic version of yourself!

Throughout the process, you can invite the Father, Jesus, and the Holy Spirit to accompany and help you.

STEP ONE**E (EXPRESS) : EXPRESS YOUR EMOTIONS**

The first step is to recall the place and time of the event, and to **express as much as possible all the emotions and thoughts you felt while recalling it, and to give them to your Heavenly Father**. You should tell Him each and every one of them, showing Him that these emotions existed.

This step of acknowledgement could be painful but very crucial. **You are hurting and imprisoning yourself if you continue to hold on to those emotions. Without properly addressing and expressing your emotions (i.e. pretending you don't have such emotion) is like covering your wound with make-up concealer.** The wound will not be healed over time but only be worsen as you applied the wrong agent on it. So take your time and express your emotions. You may find a quiet place to begin with this step. Allow your tears to flow if you want to cry.

As you start identifying your feelings and thoughts, hand them over to Father God. You need to call them out one by one and give all of them to Him.

Examples:

Father God, now I let go all **my feelings** of Example: fear / anxiety / worry / anger / hatred / being abandoned / being hated / Others to you.

Father God, I let go all **my thoughts** of Example: no one's going to like me / no one's going to help me / I am worthless / I am a mistake / Others to you.

You may refer to **Appendix 1: Name Your Emotions** to help you address and call them out.



STEP TWO**R (REPENT) : REPENT FOR FALSE VALUES & BELIEFS**

Second step is to repent. This repentance does not mean you are sorry for what happened, but to repent the fact that you have believed in the lies from the darkness, or holding onto these harmful emotions and thoughts that do not align with God's truth.

Lies and thoughts that do not align with God's truth are like open doors, granting evil spirits permission to enter your life and cause harm. Repentance is about recognizing the truth, reclaiming authority, and taking back permission in order to proceed with the cleansing and closing of doors.

You can invite the Holy Spirit to show you the matters to repent and you speak it out.

Examples:

I repent for accepting Example: fear / anxiety / worry / anger / hatred / unforgiveness / other.

I repent for believing in the lies Example: I am no body / abandoned / being hated / worthless / other.

I repent for putting my value / identity on Example: what others say about me / my performance / other, but not who You say I am.

I repent for believing in what I thought in my head as the fact, when (the person's name) didn't literally act or say _____. I repent for judging (the person's name).



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STEP THREE

A (Authority) : Exercise Your Authority

You can invite the Holy Spirit to help you identify and discern evil spirits.

Then exercise authority to cast the evil spirits out and shatter the lies.

If the evil spirit still remains, you can ask the Holy Spirit whether there are still any open doors that you need to repent. Once you deal with it, you can command it to leave in Jesus's name.

When you are casting out the demons, it is normal to have burp, yawns, or even vomiting.
At the end of this phase, you might feel lighter as if some pressure has lifted.

Examples:

In Jesus's name, I command Example: spirit of fear / spirit of anxiety / spirit of unforgiveness / other
to get out from me and flee to where Jesus is to hear your judgement.

In Jesus's name, I shatter all lies, including (list the lies you identified in previous step).

You may refer to **"Appendix 2: Watch Out For Thieves!"** for the list of names of commonly seen evil spirits.



STEP FOUR

S (Soak) : Soak in the Perfect Love Of God & Get Healed!

After the previous steps, this step is like **the final heart-operation stage that let you experience the supernatural healing by the love of God.**

You may invite the Holy Spirit to bring you back to the memory again and ask Jesus, “where were You?”

Close your eyes and take a deep breath. Wait on the Lord to tell you (or show you).

You may pay attention to any feelings and visions appear in your head. You don't have to rush, just take your time to wait on God.

During the process, you can talk to Jesus and ask him questions until you feel at peace in your heart.

Then, **release forgiveness.** Forgiveness is a choice and a decision.

Declare this with me: Now I choose to forgive (person's name) .

Trauma can shatter the heart and soul, allowing them to be stolen by enemies into the kingdom of darkness. Therefore, we must **reclaim the fragments of our heart and soul.**

After releasing forgiveness, now pray with me:

Our Father in Heaven, I come before you in the mighty name of Jesus Christ, for I have been invited to approach your throne of grace to receive mercy and grace to help in time of need (Hebrews 4:16).

Thank you for the deliverance and healing you have done for me today. I enter your gates with thanksgiving and your courts with praise (Psalm 100:4). I praise you for your power and great glory.

In the name of Jesus, I command all the fragments of my heart and soul in any dimension to be released and returned.

Jesus, I ask You to send angels to help me retrieve these fragments of my heart and soul. (Please wait a moment to allow time for the angels to act.)

As the fragments are returning, I apply the blood of Jesus, living water and the light of Jesus on them, to cleanse all defilement, to wipe away all painful memories and scars, and to restore all happy memories.

I ask the Holy Spirit to integrate these fragments in my heart and soul with your anointing oil, so that I can be made complete in Christ (Colossians 2:10). I anoint the wounds of my heart with the healing balm of Gilead (Jeremiah 8:22). Jesus, I ask You to heal my brokenheart and hurts.

In the name of Jesus, I also destroy and erase all copies, duplicates, replicas, records, histories, books, servers, hard drives, cloud drives, data, and memories of my heart and soul fragments in the kingdom of darkness, so that no species can use my painful past to threaten me. In the name of Jesus, I speak the Holy fire to consume them.

I further close all doors, known and unknown, visible and invisible, declaring them completely closed in the name of Jesus. I apply this entire confession to all timelines, age, realm, and dimension, past, present, and future, to infinity. Amen.

STEP FIVE

E (Establish Time) : Set Up Time For Renewal

Although the lies have been shattered, the evil spirits have been casted out, and the fragments of the soul and heart have been recovered, the existing thoughts and feelings have been stored in the body's cells, and the memory cells in the brain still exist physically.

To create a transformation from within, you need to establish a time daily to meditate and proclaim the Word of God, such that you can rebuild healthy memory cells in the brain. When you do this intentionally for 63 days, the memory cells in your brain will have significant changes! If 63 days sound long, let's begin with 7 days first! As you are persistent to meditate on the Truth, the old traits and memories will no longer affect you!

This step is like applying a protective coating on your heart and inner being, so that you can be strong enough to stand and endure in times of shaking.

Such protective layer also helps you fight well even in times of battle in the future.

It's time to change! Let's begin renewing our mind! Especially for those facing fear and worry, remember that fear is merely a False Evidence About Reality. It's time to take up the Sword - the Word of God - and proclaim what the TRUE reality is!



APPENDIX 1

NAME YOUR EMOTIONS

You may use the chart below to help you identify and name out the emotions. Follow the lead of the Holy Spirit. ****This list is only a reference and is not inclusive of all emotions.***

Abandoned	Hurt	Rush
Accused	Ignored	Sad
Angry	Inferior	Self-blaming
Annoyed	Insecure	Self-hatred
Anxious	Isolated	Self-loathing
Ashamed	Judged	Self-pity
Betrayed	Lonely	Self-unforgiveness
Bitterness	Looked down	Shameful
Bullied	Manipulated	Silenced
Commented	Misunderstood	Stressed
Controlled	Murderous	Suffocated
Criticized	Nervous	Suicidal
Depressed	Not being cherished	Suppressed
Digusted	Not being enough	Threatened
Disappointed	Not being forgiven	Tired
Discouraged	Not being loved	Ugly
Disrespected	Not being valued	Unforgiveness
Embarrassed	Not enough	Unimportant
Fear	Oppressed	Unwanted
Frustrated	Out of control	Worry
Gaslighted	Overwhelmed	Worthless
Guilty	Painful	
Harrassed	Powerless	
Hatred	Provoked	
Helpless	Rage	
Hopeless	Regret	

Appendix 2

Watch Out For Thieves!

Here is a list of names of demons that are commonly seen. You can follow the ERASE method to do self-deliverance. And most importantly, follow the lead of the Holy Spirit.

****This list is only a reference and is not inclusive of all forces of darkness.***

Evil Spirits	How they operate
Fear-related Spirit of fear Spirit of worry Spirit of anxiety	Fear is not just an emotion. It is a demonic spirit. 2 Timothy 1:7 (NKJV) For God has not given us a spirit of fear, but of power and of love and of a sound mind. Spirit of fear can be expanded to all kinds of fear, such as: - fear of man (afraid others not happy, afraid not being accepted/welcome, trying to please others) - fear of missing out FOMO (afraid opportunity gone if not catch every chance) - fear of not enough (afraid if not have more, then will ____) - fear of not performing (afraid if not hold up to performance, then will ____) - fear of failure / trying new things Spirit of worry usually appear as thought in your head: If _____, then will _____ Like running a (bad) scenario in your head, then stir up emotions of panic, strife, stress. Spirit of anxiety usually appears as the stress /oppression over the chest or tummy area. In serious cases it may cause difficulty in breathing, increase heartbeat, or sweating, or flare up itchy skin. In prolonged cases it may cause elevated cortisol (cortisol belly), constipation, indigestion, skin problems.
Anger-related Spirit of anger Spirit of rage	While anger can be the sign for unresolved causes deep down and one's protective mechanism, evil spirits of anger and rage work together to cause division and destruction to the person and those around him/her. Ephesians 4:31 (NASB1995) Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. "Wrath" in some translations is "rage" (2372. <i>Thumos</i>) which means explosive passion from within (as if breathing hard), getting heated up, fierceness, outburst of anger. "Anger" (3709. <i>Orgé</i>) means have an ongoing opposition and it is not a sudden outburst, related to punishment and vengeance. Imagine the body as a volcano, spirit of anger is the one that sit inside the body that causes feeling of opposition towards something or someone. When someone /something triggers, the person "erupt". Spirit of rage manifests as screaming, yelling, breaking things, or physical aggression.

Evil Spirits	How they operate
	Hatred is not just an emotion but an evil spirit. Spirit of hatred spread evil thoughts in one's mind to stir up strife. Proverbs 10:12 (NKJV) Hatred stirs up strife, but love covers all sins. That's why John said when one practices hatred, that person is in the darkness as he/she partners with hatred. Spirit of hatred can blind one's eyes. 1 John 2:9, 11 (NASB1995) 9 The one who says he is in the Light and yet hates his brother is in the darkness until now. 11 But the one who hates his brother is in the darkness and walks in the darkness, and does not know where he is going because the darkness has blinded his eyes.
Hatred-related	
Spirit of hatred	Hatred works with violence, revenge and murder to escalate one's mind to curse others within his/her heart, or to plot evil.
Spirit of violence	Spirit of violence manifests as the urge or desire to break or hit things.
Spirit of revenge	Spirit of revenge speaks ideas and encourages to verbally or physically inflict hurt on someone who had ever hurt /wrong you. Once the damage is done, it speaks further in the mind as "he/she deserves it", "see if he/she dares to do this to me again".
Spirit of murder	Taking revenge is against Truth as God wants us to forgive (Matthew 5:23-24, Matthew 6:15, Matthew 18:35, Mark 11:26, Luke 6:37), love one another (John 13:34-35, John 15:12, John 15:17, Romans 12:10, Romans 13:8, Ephesians 4:2, 1 Thessalonians 4:9, 1 Peter 1:22, 1 Peter 3:8, 1 Peter 4:8, 1 John 3:23, 1 John 4:7, 1 John 4:12, 2 John 1:5), love our enemies (Matthew 5:44) and let God Himself avenge for us (Romans 12:19). Let God be the judge. We are not the judge. Spirit of murder can feel like having intense hatred towards someone wishing that person to die, the desire to curse a person for calamity and death. Works with violence and revenge to plot evil against others. Anger could be the open door to murder (Matthew 5:21-22).
Unforgiveness-related	
Spirit of unforgiveness	Spirit of unforgiveness speaks not to forgive a person. No matter how hard one try, unless this spirit is dealt with, there will always be a sense of unforgiveness and unwilling to forgive inside. Spirit of bitterness works with spirit of unforgiveness to bring the spring of death to cause rotting and death to a person's physical body. Lamentations 3:15 (NKJV) He has filled me with bitterness, He has made me drink wormwood.
Spirit of bitterness	Revelation 8:11 (NKJV) The name of the star is Wormwood. A third of the waters became wormwood, and many men died from the water, because it was made bitter.
Spirit of resentment	Unforgiveness and bitterness are the primary cause behind cancer (from Dr. MK Strydom's book "The Bible from a medical perspective, Medicine from a biblical perspective"). Spirit of resentment repeats what a person ever hurt/wronged over you, so that to spring up anger, frustration and bitterness, and to hold unforgiveness in place.

Evil Spirits	How they operate
Death-related Spirit of depression Spirit of suicide Spirit of self-harm Spirit of death	Spirit of depression brings feeling of depression, like a deep sadness and heaviness from within or on the shoulder, out of no reason. Spirit of suicide speaks ideas and thoughts of harming and killing oneself, for example as voice to a person to jump out of the window, jump out of the road and let car crash you, etc. Spirit of self-harm encourages hurting oneself to inflict pain and bleeding, such as pulling off eye lashes, bruising by hitting on objects, cutting self with knife or cutter. Death is an entity that contains sentence (Job 28:22, Isaiah 28:15, Isaiah 38:18) and it contains snares and cords (Psalm 18:5, Psalm 116:3, Proverbs 14:27). Spirit of death promotes thoughts of death, can manifest in a subtle way such as whispering in your mind "I am going to die soon", or hoping to die earlier, cursing others to die earlier, loving dark objects of skulls and symbols and cartoons related to death, always feeling fear about death and accidents, imagine being killed and feel terrified. Spirit of terror can make up terrifying scenarios that may occur, thereby inducing extreme fear, horror, and intense panic about these possible horrors.
Speaking-related Spirit of filthy language Spirit of gossip Spirit of malice Spirit of slandering Lying Spirit	Life and death are in the power of our tongues (Proverbs 18:21). We must control our tongues to not speak any idle word. Matthew 12:36 (NKJV) But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. Devil loves to use our tongue to exercise his evil agenda on earth. James 3:6 (NKJV) And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell. Spirit of filthy language urge someone to curse or swear, like adding the F- word in every sentence. Our mouth is designed to bless, not to curse. Ephesians 4:29 (NKJV) Let no corrupt word proceed out of your mouth, but what is good for necessary [a]edification, that it may impart grace to the hearers. Spirit of gossip encourages a person to gossip or participate in gossip. Spirit of malice loves to make a person to curse others. Lying spirit, spirit of slandering and spirit of malice works together to encourages a person to lie and falsely accuse another to spread division (Proverbs 16:28, 1 Corinthians 5:8).

Evil Spirits	How they operate
Unloving spirit Spirit of condemnation Spirit of self-hatred Spirit of self-doubt Spirit of self-denial Spirit of demotivation Spirit of discouragement Spirit of belittling	Unloving (Strong's 794. astorgos) appeared in Romans 1:31 and 2 Timothy 3:3 means without natural affection. Unloving spirit blocks one to receive or give love, and causes a LOT of mindsets in a person to reject themselves, such as self-rejection, self-hatred, self-sabotage, self-unforgiveness, self-resentment, self-bitterness, condemnation, victimization, and makes one feel unworthy, unclean, do not measure up... just dislike being who they are. Spirit of condemnation speaks accusation in the mind like "it is all my fault for ____", "if I have done ____, this would not be ____", to couple up shame and guilt. It also makes a person feel defeated and condemned (inward), or want to find someone to blame /condemn (outward). If a person has this evil spirit, what he/she receives from others might also be twisted and hence make everything they hears sounds like condemnation. Spirit of self-hatred speaks everything that causes you to dislike about yourself, or subtly guide you to do things to punish yourself, such as using work to numb yourself or busyness to let your body suffer. Spirit of self-doubt and self-denial blocks one from hearing God's voice. They love to speak like "Am I really hearing God's voice? Probably not.", "Did God really speak to me just now? It must not be true", or when God speaks to you how much He loves you, your immediate thought in the head is "There is nothing special about what God said just now. He speaks the same to everyone else". It is like an internal conversation in your head that causes you to doubt and deny and reject what just happened. Spirit of demotivation puts off any motivation and desire for one to pursue his/her desire or dreams. It comes like an oppressive force over one's body making them stagnant, thus the person only wants to do nothing as if can't move forward. Spirit of discouragement speaks like "no one will ever like what you do/create, just quit", "look at what you're doing, you're just so unqualified". Spirit of belittling speaks like "I can never be as good as ____", "others are always better than me", "no matter how hard I try, I will just fail / not good enough", etc.
Identity-related Spirit of orphan Spirit of abandonment Spirit of unworthiness	Spirit of orphan speaks thoughts to make one to think he/she is his/her own provider, protector, healer... everything apart from the Father. It could be like "I need to do this myself, so I can get ____", "no one will stand up for me", "I am nobody", "I am nobody's child", "I am a lone ranger", "I got no helper", "No one will help me", "no one will supply me". Spirit of abandonment induces the sense of being left behind, left out and abandoned. The anxiety you felt when someone delay in replying messages, or leaving first after dinner, could be deeper feelings of abandonment. Spirit of abandonment repeat what other spoke to you before (usually from hurt) "I never want you anymore", "No one in this world will want you", or speak as thoughts in your head "People around me just come and go", "People besides me just leave one by one". Spirit of unworthiness induces the sense of not being worthy and all that you do is unworthy.

Evil Spirits		How they operate	
Beauty-related Spirit of false beauty Superficial spirit		Superficial spirit promotes to focus on the appearance of a person and neglecting the character and inner qualities, how a person looks is more important than the talents and characters inside. This spirit values a person based on his/her looks – clothing, bags, accessories, makeup, body shape, and possessions. Spirit of false beauty also define beauty based on outward looks rather than what’s inside, but further defines beauty in certain ways and induce thoughts like “if I’m not slim/fat enough, I won’t be beautiful”, or while you’re walking on the street a false image of yourself came to mind “I look so fat/skinny and not attractive at all”, also suggests a couple shall look in a certain way to be called ‘beautiful’ (Man to be taller than the woman. Man to look masculine and big, while woman look girly, feminine and small). If someone have the desire to seduce others using his/her appearance or have the urge to manipulate and make others to look like oneself, the person may also be under the influence of Jezebel. Bible said outward appearance is deceitful and true beauty shines from within. Proverbs 31:30 (NASB1995) <i>Charm is deceitful and beauty is passing</i>, But a woman who fears the Lord, she shall be praised.	
Relationship-related Spirit of dishonour Spirit of division		Spirit of dishonour loves children to dishonour their parents by verbal and action. This goes straight against the command by God that children are to honour parents (Deuteronomy 5:16, Exodus 20:12, Proverbs 23:22, Ephesians 6:2). Spirit of dishonour also loves to push one to disrespect authority, like your boss or one who is more senior than you at work, and practise dishonour in business, such as lead with no integrity, breach of contract, fail to meet contractual obligations, etc. Spirit of division loves stir up strife and arguments in relationships to divide people.	
Evil Spirits			
Money-related Spirit of greed Spirit of poverty Spirit of lack	Sex-related Spirit of lust Spirit of adultery Spirit of sexual immorality Spirit of fornication Spirit of masturbation Spirit of pornography Spirit of incest Spirit of sexual perversion Spirit of homosexuality Spirit of sodomy Spirit of bestiality *If you want to deal with trauma related to intimate relationships, please refer to another file	Addiction-related Spirit of addiction Spirit of gluttony *Addiction is related to the lack of love and trauma which shall be dealt with first.	