

Inner Healing & Deliverance INVENTORY INTAKE FORM



INTRODUCTION

Please complete each section using simple bullet points—just enough to mark the memory. You do not need to rewrite the whole story. Heaven already holds the full record.

What you write here is **not for me to keep**, and it is **not for you to carry**. These notes become **legal testimony in the courts of heaven**, standing as evidence against every work of darkness. Once surrendered to Jesus, they can never be used against you again.

We step into this process because **Jesus Christ alone is King**, and we choose to align our lives fully with Him. Deliverance begins with humility—bringing every hidden thing into the light of the One whose blood breaks every chain and makes all things new.

REPENTANCE

“Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.” — Acts 3:19

I stand before You, Lord, in full surrender.
I turn from every sin, every agreement with darkness, and every place where I stepped out of alignment with Your Kingdom.

I hold nothing back.

I confess all my sins before You—every action, every thought, every motive. Especially, I confess...

(Write bullet points here.)

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I lay these sins at the feet of Jesus, trusting that His blood wipes them out completely and destroys every legal right the enemy claimed through them.

FORGIVENESS

“If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.” — Matthew 6:14

By a deliberate act of my will, I choose to forgive.
I refuse to let bitterness, offense, or past wounds hold any legal ground in my life.

By a decision of my will, I freely forgive...

(Write bullet points here.)

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List the moments where you were hurt, rejected, frightened, shamed, abandoned, or overwhelmed. Simply list the emotions tied to each memory.

EXAMPLE ENTRY

HURT: Dad leaving the family

AGE: 2 years old

LOCATION: Front yard by the mailbox, Texas

HURT BY: Dad

EMOTIONS: Rejection, heartache, anger, confusion, pain, resentment, abandonment, unworthiness, feeling unloved, sadness

HURT:

AGE:

LOCATION:

HURT BY:

EMOTIONS:

HURT:

AGE:

LOCATION:

HURT BY:

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LOCATION:

HURT BY:

EMOTIONS:

HIDDEN TRAUMAS OR WOUNDS

“Jesus, I invite You to shine Your light on any hidden wounds, buried memories, or unhealed places in my soul—anything I’ve forgotten, minimized, or pushed aside. Reveal whatever needs Your healing touch, and I will list each one below as You bring it to mind.”

(Here the person makes a bullet-point list of anything Jesus highlights.)

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FEELINGS OR EMOTIONS

Please list anything that you may hear or feel when going through this list.

Strong emotions like fear, anger, bitterness, rejection, etc or any physical symptoms. Write any lies you maybe hearing.

(Write bullet points here.)

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I acknowledge that these things are truthful and that bringing them into the light is the first of my steps towards purifying myself back to who Jesus created me to be, I surrender my whole heart and soul and acknowledge that Jesus Christ died for my sins, ascended into heaven and reigns over Heaven and Earth and is my Lord and Savior. I choose His ways and I will do the necessary work to walk out and maintain my deliverance.

Date: _____

Name: _____