

training number two



# RESTORATION

P R A Y E R T R A I N I N G

# RESTORE 2 - PRAYER TRAINING OUTLINE

## A. GOALS OF TRAINING

1. Provide a safe place for wounded hearts to be healed (*Isaiah 61*).
2. Teach tools that will help us: pray for people, break strongholds, replace lies with truth, and close doors that are opened to the enemy.
3. Deepen our relationship with the Godhead: Father, Jesus, and Holy Spirit.

### ***Ephesians 3:19***

*To know this love that surpasses knowledge;  
that you may be filled to the measure of all the fullness of God*

## B. FOUNDATIONAL TRUTHS

1. **Scripture:** *Isaiah 61:1-4* - It's 'why' we do this ministry.
2. **Prayer:** 'Electricity' analogy - We are the 'light switch' that brings heaven to earth.
3. **Shifting Atmospheres:** We are in a war not against people's sins but against the spiritual forces of wickedness.
  - a. ***Ephesians 6:12***  
*Our battle is not against flesh and blood but principalities of darkness*
  - b. Take authority over anything that would try to interfere in what Jesus wants to do in the person you are praying with. Use 'Listening Prayer' as a guide.  
(see *Sample Prayers*)
4. **Forgiveness**
  - a. What it 'is'? What it 'isn't'? Why we need to forgive?
  - b. What happens when we forgive? We are released from the torment of our own prison.
5. **Colored Lenses:** paradigms or mindsets
  - a. **Wounds:** Wounds can cause a person to believe things that are not true. They begin to see things through that lens; and thus, build strategies for living and surviving rather than relying on Father God to protect them, Jesus for relationship, and the Holy Spirit to guide and comfort. They utilize these faulty methods because they see life through faulty lenses.
  - b. **Ways to discern the lenses:**
    1. Holy Spirit speaks directly to you, pointing out that you have ungodly beliefs.
    2. Scripture points to beliefs that are contrary to His promises.
    3. Relationships demonstrate that everyone doesn't think like you.
    4. Paying attention to patterns in your responses to situations.

6. **Five Love Languages:** [www.5lovelanguages.com](http://www.5lovelanguages.com)

- a. When parents do not connect to their child's love language; over time, wounds can develop. The child may not perceive the love a parent is trying to show. This child does not feel loved, even though, he was loved.
- b. **Five Love Languages:**
  - 1. Touch
  - 2. Acts of Service
  - 3. Words of Affirmation
  - 4. Quality Time
  - 5. Gifts
- c. **Harmful Examples:**

When a child's love language is **Touch**, and there is an absence of touch or physical and/or sexual abuse.

**Words of Affirmation:** there is no verbal praise or verbal abuse.

**Quality Time:** parent is present but unavailable or never there.

**Gifts:** poverty poses problem if not even homemade gifts are given.
- d. If abuse happened but **Words of Affirmation** was the child's love language, they can sometimes surprisingly be less affected by the abuse.
- e. [www.5lovelanguages.com](http://www.5lovelanguages.com): Take the test to find out yours, your children, and your spouse's Love Language.

## C. TOOLS

- 1. **Father Ladder and Presenting Jesus**
- 2. **Four Doors**
  - a. Fear
  - b. Hatred - anger/bitterness
  - c. Sexual sins
  - d. Occult

## D. QUESTIONS

## E. TRAINING HANDOUTS

- 1. Outline
- 2. Shifting Atmospheres
- 3. Forgiveness
- 4. Colored Lenses
- 5. Five Love Languages
- 6. Father Ladder
- 7. Father Ladder Guide
- 8. Four Doors
- 9. Closing Four Doors Guide
- 10. Sample Prayers
- 11. Who We are in Christ (Identity)
- 12. Biblical Basis of Inner Healing (Scriptures)
- 13. Resources
- 14. Questionnaire
- 15. Blank Pages (for taking notes)
- 16. Songs: 'Reckless Love' & 'Ever Be'

# SHIFTING ATMOSPHERES

## AUTHORITY

God gave **all authority** to Jesus and Jesus tells us ‘to do’ what He ‘did’.

### AUTHORITY OF JESUS CHRIST

#### ***Ephesians 1:19-22***

- 19** *I also pray that you will understand the incredible greatness of God's power for us who believe Him. This is the same **mighty power***
- 20** *that raised Christ from the dead and seated Him in the place of honor at God's right hand in the heavenly realms.*
- 21** *Now He is far above any ruler or authority or power or leader or anything else — not only in this world but also in the world to come.*
- 22** *God has put all things under the **authority of Christ** and has made Him head over all things for the benefit of the church.*

### AUTHORITY OF THOSE IN CHRIST

***Ephesians 2:6*** *For He raised us from the dead along with Christ and seated us with Him in the heavenly realms because we are united with Christ Jesus.*

***Mat 28:18*** *Jesus came and told His disciples, "I have been given all authority in heaven and on earth.*

***Mat 28:19*** *Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit.*

***Mat 28:20*** *Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."*

***John 14:12*** *"I tell you the truth, anyone who believes in Me will do the same works I have done, and even greater works, because I am going to be with the Father.*

## THE BATTLE

***Ephesians 6:12*** *For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.*

**WHAT IS AN ATMOSPHERE?** It's the ‘overall feel’ and ‘sense’ of a place.

## HOW YOU CAN SHIFT AN ATMOSPHERE BY PARTNERING WITH GOD

“God enjoys partnering with us for the redemption of the earth.... Shifting Atmospheres can be safely accomplished by seeing what the Father is doing, staying under His wings of protection, and releasing His attributes and desires into the atmosphere to dispel the existing powers and rulers there. We are to identify what is being transmitted, see what God wants to do about it, and release His presence. Sometimes He will have us do nothing. Other times, He will tell us to act immediately. Let Him be in charge of any spiritual warfare. It will keep you directly under His authority and in His peace.” [1]

[1] SOZO. *Saved, Healed, Delivered* by Dawna Desilva & Teresa Liebscher, (page, 161)

# FORGIVENESS

## Why is it so hard?

Because God's message is not just told and talked about, **it is lived out**. If we live out this part of the gospel correctly, it will preach the message of Jesus. If we don't, it will distort the picture for the watching world. The reason we cringe at forgiveness is because:

'They don't deserve it.'

'They haven't even asked for it, so why should I give it?'

'They hurt me deeply.'

'They took something from me that I can't get back.'

'They need to pay.'

'They don't deserve to be let off the hook.'

'They continue to hurt me.'

Sometimes, we misunderstand what forgiveness is.

## Forgiveness is not:

A feeling

Trust

Forgetting

Generosity - *no boundaries*

Enabling

Reconciliation

*Reconciliation involves two things - **forgiveness and repentance** (about face - turning in the opposite direction from which you were going). It requires two people behaving new; not just talking about it.*

## Forgiveness is:

Releasing another from the debt they owe you

A full pardon

A decision

An act of your will

A journey

Obedience that brings freedom

## Why forgive?

**Because when we put our faith in Jesus Christ, we are graciously forgiven of all our sins/debts.**

***Ephesians 4:26-27, 32 NIV***

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

***Eph 4:32*** Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.

***1 John 1:8-10 NIV*** If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make Him out to be a liar and His word is not in us.

**Because when you do not, you are saying that what Jesus did on the cross is only for you and not others.**

***John 3:16 NIV*** For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.

***2 Peter 3:9 NIV*** The Lord is not slow in keeping his promise, as some understand slowness. Instead, He is patient with you, not wanting anyone to perish, but everyone to come to repentance.

## Out of Obedience

**Matthew 6:12-15 NIV** *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. For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.*

**James 2:12-13 NIV** *Speak and act as those who are going to be judged by the law that gives freedom, because judgment without mercy will be shown to anyone who has not been merciful. Mercy triumphs over judgment.*

**Matthew 7:1-5 NIV** *“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.*

## Out of Gratefulness

**Colossians 3:12-13 NIV** *Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.*

## Because you are willing to Trust God

**Romans 12:1-2 NIV** *Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will.*

**Romans 12:19 NIV** *Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord.*

**Romans 12: 21 NIV** *Do not be overcome by evil, but overcome evil with good.*

## Because it is powerful. It will do more good than you can imagine. You will be bringing some of heaven to earth.

**Matthew 18:18 NIV** *“Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.*

**2 Corinthians 10:4-5 NIV** *The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

## When you don't, there are consequences.

Just as a good father or mother disciplines their children, God is a Good Father and He does not want you going down the wrong path. The enemy wants you to stay stuck in pain, anger, resentment, hurt and revenge. He comes to steal, kill and destroy your heart (*John 10:10*). When you give it all to Jesus, He can heal your wound and even use it for good. You can do nothing with it. He will hold them accountable. You don't have to. Let God be the judge.

**Matthew 18:21-35 NIV** *Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times. "Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand bags of gold was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. "At this the servant fell on his knees before him. 'Be patient with me,' he begged, 'and I will pay back everything.' The servant's master took pity on him, canceled the debt and let him go. "But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins. He grabbed him and began to choke him. 'Pay back what you owe me!' he demanded. "His fellow servant fell to his knees and begged him, 'Be patient with me, and I will pay it back.' But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were outraged and went and told their master everything that had happened. "Then the master called the servant in. 'You wicked servant,' he said, 'I canceled all that debt of yours because you begged me to. Shouldn't you have had mercy on your fellow servant just as I had on you?' In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed. "**This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.**"*

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

## Asking for forgiveness when you have wronged someone.

**Matthew 5:23-24 NIV** *"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.*

### **Forgiveness** (sample prayer)

Dear Heavenly Father, I thank You for the riches of Your kindness, forbearance, and patience knowing that Your kindness has led me to repentance (*Rom. 2:4*). I confess that I have not extended that same patience and kindness toward others who have offended me, but instead I have harbored bitterness and resentment. I confess that I have misunderstood You and been angry at You, God. I know this is a sin and is disobedient to You. I thank You for Your grace and mercy toward me. I pray that during this time of self-examination, You would bring to my mind those people that I have not forgiven in order that I may do so (*Matt. 18:35*). If I am holding onto unforgiveness toward myself, I pray You would reveal this as well. I ask this in the name of Jesus. Amen.

**I choose to forgive \_\_\_\_\_ for \_\_\_\_\_ in the name of Jesus.**

**I bless them with** (*the opposite of the offense; fruit of spirit, ears to hear, etc.*)

# COLORED LENSES

False truths can sneak past our defenses and fester, especially in the church. **Colored lenses** operate on a much wider scale. Affecting both Christians and non-Christians alike, **colored lenses** tint the way we see life. They result from partnering with a skewed perspective. These are viewpoints developed in childhood, most of them incorrect, which we embrace in order to cope with life's mysteries. When a parent or loved one hurts us, we construct realities to rationalize our hurt. We think that doing so helps us avoid repeated pain in the future.

Often, **colored lenses** are personal "truths" we have constructed through encounters with others. Sometimes conscious, but often **colored lenses** exist at a subconscious level. Like false truths, **colored lenses** can be identified by closely communicating with God, reading His Word, and/or interacting with others.

Because **colored lenses** are so enmeshed with how a person thinks, it can be difficult to realize they even exist. It takes God's promptings, revelation through the Bible, and/or a safe individual to help point out **colored lenses**.

## HERE ARE A FEW EXAMPLES:

### **Victim Mindset**

Nothing is going to work out. Why try?  
Everyone gets blessed but me.  
My life will always be so hard.

### **Sadness/Discouragement**

People exist solely to disappoint me.  
Sometimes, it's just too hard to get out of bed.  
No one understands me.

### **Fear/Self Promotion**

If God is not going to promote me, who will?  
I just don't carry enough of God's favor.  
If I work hard enough, then God will promote me.

## TO IDENTIFY MINDSET'S ROOTS, ASK THE FOLLOWING QUESTIONS:

1. Does this thought align with God's teaching?
2. Is this lifestyle leading me towards or away from God?
3. Ask Jesus where you learned this lie?
4. Ask Jesus what the truth is?

### **COLORED LENS** *(Sample Prayer)*

Father God, I ask You to forgive me for seeing others, myself and life through a faulty lens, **[name lens]** (*i.e. judgement, victim, fear of failure, sadness*). I renounce my partnership with this mentality and any ungodly spirits attached to it and ask You to replace it with Your truth. Father God, what truth do You want to give me so I can see clearly?

## How do you feel?



## LOVE LANGUAGES PERSONAL PROFILE FOR SINGLES



Below you will see 30 paired statements. Please circle the letter next to the statement that best defines what is most meaningful to you in your relationship. Both statements may (or may not) sound like they fit your situation, but please choose the statement that captures the essence of what is most meaningful to you, the majority of the time. Allow 10 to 15 minutes to complete the profile. Take it when you are relaxed, and try not to rush through it.

- 1** *It's more meaningful to me when...*
- A** someone I love sends me a loving note/text/email for no special reason.
  - E** I hug someone I love.

- 2** *It's more meaningful to me when...*
- B** I can spend alone time with someone I love - just us.
  - D** someone I love does something practical to help me out.

- 3** *It's more meaningful to me when...*
- C** someone I love gives me a little gift as a token of our love of concern for each other.
  - B** I get to spend uninterrupted leisure time with those I love.

- 4** *It's more meaningful to me when...*
- D** someone I love does something unexpected for me to help me with a project.
  - E** I can share an innocent touch with someone I love.

- 5** *It's more meaningful to me when...*
- E** someone I love puts their arm around me in public.
  - C** someone I love surprises me with a gift.

- 6** *It's more meaningful to me when...*
- B** I'm around someone I love, even if we're not really doing anything.
  - E** I can be comfortable holding hands, high-fiving, or putting my arm around someone I love.

- 7** *It's more meaningful to me when...*
- C** I receive a gift from someone I love.
  - A** I hear from someone I love that they love me.

- 8** *It's more meaningful to me when...*
- E** I sit close to someone I love.
  - A** I am complimented by someone I love for no apparent reason.

- 9** *It's more meaningful to me when...*
- B** I get the chance to just "hang out" with someone I love.
  - C** I unexpectedly get small gifts from someone I love.

- 10** *It's more meaningful to me when...*
- A** I hear someone I love tell me, "I'm proud of you."
  - D** someone I love helps me with a task.

- 11** *It's more meaningful to me when...*
- B** I get to do things with someone I love.
  - A** I hear supportive words from someone I love.

- 12** *It's more meaningful to me when...*
- D** someone I love does things for me instead of just talking about doing nice things.
  - E** I feel connected to someone I love through a hug.

- 13** *It's more meaningful to me when...*
- A** I hear praise from someone I love.
  - C** someone I love gives me something that shows they were really thinking about me.

- 14** *It's more meaningful to me when...*
- B** I'm able to just be around someone I love.
  - E** I get a back rub from someone I love.

- 15** *It's more meaningful to me when...*
- A** someone I love reacts positively to something I've accomplished.
  - D** someone I love does something for me that I know they don't particularly enjoy.

- 16** *It's more meaningful to me when...*
- E** I'm able to be in close physical proximity to someone I love.
  - B** I sense someone I love showing interest in the things I care about.

# LOVE LANGUAGES PERSONAL PROFILE FOR SINGLES



17 *It's more meaningful to me when...*  
**D** someone I love works on special projects with me that I have to complete.  
**C** someone I love gives me an exciting gift.

18 *It's more meaningful to me when...*  
**A** I'm complimented by someone I love on my appearance.  
**B** someone I love takes the time to listen to me and really understand my feelings.

19 *It's more meaningful to me when...*  
**E** I can share a meaningful touch in public with someone I love.  
**D** someone I love offers to run errands for me.

20 *It's more meaningful to me when...*  
**D** someone I love does something special for me to help me out.  
**C** I get a gift that someone I love put thought into choosing.

21 *It's more meaningful to me when...*  
**B** someone I love doesn't check their phone while we're talking with each other.  
**D** someone I love goes out of their way to do something that relieves pressure on me.

22 *It's more meaningful to me when...*  
**C** I can look forward to a holiday because I'll probably get a gift from someone I love.  
**A** I hear the words, "I appreciate you" from someone I love.

23 *It's more meaningful to me when...*  
**C** someone I love and haven't seen in a while thinks enough of me to give me a little gift.  
**D** someone I love takes care of something I'm responsible to do that I feel too stressed to do at the time.

24 *It's more meaningful to me when...*  
**B** someone I love doesn't interrupt me while I'm talking.  
**C** gift giving is an important part of the relationship with someone I love.

25 *It's more meaningful to me when...*  
**D** someone I love helps me out when they know I'm already tired.  
**B** I get to go somewhere while spending time with someone I love.

26 *It's more meaningful to me when...*  
**E** someone I love touches my arm or shoulder to show their care or concern.  
**C** someone I love gives me a little gift that they picked up in the course of their normal day.

27 *It's more meaningful to me when...*  
**A** someone I love says something encouraging to me.  
**B** I get to spend time in a shared activity or hobby with someone I love.

28 *It's more meaningful to me when...*  
**C** someone I love surprises me with a small token of their appreciation.  
**E** I'm touching someone I love frequently to express our friendship.

29 *It's more meaningful to me when...*  
**D** someone I love helps me out - especially if I know they're already busy.  
**A** I hear someone I love tell me that they appreciate me.

30 *It's more meaningful to me when...*  
**E** I get a hug from someone whom I haven't seen in a while.  
**A** I hear someone I love tell me how much I mean to him/her.

Now go back and count the number of times you circled each individual letter and write that number in the appropriate blank below.

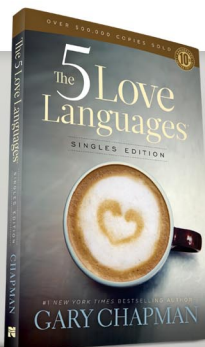
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## RESULTS

- A:** \_\_\_\_\_ WORDS OF AFFIRMATION  
**B:** \_\_\_\_\_ QUALITY TIME  
**C:** \_\_\_\_\_ RECEIVING GIFTS  
**D:** \_\_\_\_\_ ACTS OF SERVICE  
**E:** \_\_\_\_\_ PHYSICAL TOUCH

### Which love language received the highest score?

This is your primary love language. If point totals for two love languages are equal, you are "bilingual" and have two primary love languages. And, if you have a secondary love language, or one that is close in score to your primary love language, this means that both expressions of love are important to you. The highest possible score for any single love language is 12.



Knowing the love languages is powerful, but knowing *how* they work in your relationships—that's the game changer.

GET THE 5 LOVE LANGUAGES APP



LEARN MORE AT [5LoveLanguages.com](http://5LoveLanguages.com)

# THE FATHER LADDER

A healthy family was designed to represent God in his fullness to us. The father ladder is a tool that teaches the connection between how we view our earthly family and how we view and connect with each portion of the Godhead.

Each of us has three components to our being: body, soul, and spirit. Each of these has specific needs.

The body has the need for identity, provision, and protection.  
The soul needs communication and companionship.  
The spirit needs comfort, guiding, and teaching.

Likewise, a family also has three parts: father, mother, and siblings/friends. Each part has a role to aid in the development of a healthy family unit.

## FATHER

The earthly father is the member of the family that is responsible for the needs of the body. He imparts identity to his children. A child establishes their identity and knows what their abilities are from the way their father pours into them, how their father relates to them, and what he says to and about his child.

Fathers also have the responsibility to provide protection. In a healthy family, when children feel scared, they look to their fathers for safety because he is bigger and stronger than all the foes in their lives. When the father does not fulfill this role and the children feel unprotected, these feelings automatically transfer to feeling unprotected by Father God as well because they have no concept of security. The same can be true if the father does not provide physically or emotionally.

## MOTHER

The mother is the one who primarily meets the needs of comforting and guiding. She is the one children generally run to when their feelings or body are injured. If mom is too busy to fill this role, the child begins to believe that the Holy Spirit is too busy for them as well. If Mom is controlling and makes sure the child knows that she is not pleased with them, they may decide that it's better not to be around her because they feel guilty in her company. They transfer this to the Holy Spirit. They stay away from Him because they believe that nothing they do will please Him and they feel guilty because they are not obedient to His leading.

## SIBLINGS/FRIENDS

Siblings and/or friends are the ones who meet the needs of communication and companionship. The Bible says that Jesus is our companion and best friend. Since Jesus is the one who died for our sins, we can usually connect to Him and talk to Him more easily than the other two members of the Godhead.

How we react to our siblings and/or friends, or how they react to us, transfers to how we think Jesus reacts to us. Friends can be an area where people feel devalued, because friends are supposed to understand and include them. If this doesn't happen, people may also believe that Jesus really does not want to include them. He just had to save them because that's what He was supposed to do. He really is not interested in them except for the fact that He is their Savior.

# THE FATHER LADDER

GODHEAD	NEED	FAMILY
FATHER GOD	<b>BODY</b> Identity/value, Protection, Provision	<b>FATHER</b> Male teachers/pastors Male scout leaders/coaches Grandfathers Uncles
JESUS	<b>SOUL</b> Companionship, Communication	<b>SIBLINGS/FRIENDS</b>
HOLY SPIRIT	<b>SPIRIT</b> Comfort, Teaching, Guidance	<b>MOTHER</b> Female teachers/pastors Female coaches/activity leaders Grandmothers Aunts

## FATHER GOD - Earthly Fathers

If the individual views or senses Father God as distant and cold, ask them if they would be willing to forgive their earthly father for not being there, for keeping his distance, and finally, for not showing love and affection. Then have them renounce the lie that Father God will treat them the same way as their earthly father. Make sure they accept the truth that Father God tells them.

## HOLY SPIRIT - Earthly Mothers

If individuals feel that Holy Spirit is simply not there. Ask them if they would be willing to forgive their mom for either emotionally or physically not being there. Then have them renounce the lie that Holy Spirit is not going to be there, and accept the truth of what Holy Spirit wants them to know.

## JESUS - Siblings/Friends

If individuals feel that Jesus simply does not listen to their prayers, forgive the siblings and/or friends for not paying attention or valuing them. Then have them renounce the lie that Jesus is not going to listen to them, and make sure they can accept the truth that Jesus tells them.

# FATHER LADDER GUIDE

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

**John 8:31-32** *“To the Jews who had believed Him, Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.”*

**As you walk through this time of connection with God, you may think or feel that you aren't hearing or sensing God, but God is clear on this point! He is with you and He wants to connect with you. If you are unsure, I urge you to pray the following words. This can be huge in breaking any barriers to connection.**

**John 10:27** *“My sheep listen to my voice. I know them and they follow me.”*

**UNABLE TO HEAR FROM GOD** (sample prayer)

I reject the lie that I am unable to hear, see or sense the Father God, Jesus, and the Holy Spirit. I renounce the lie that He does not want to talk to me. I break off any blockages in Jesus' name. God, would You reveal Yourself to me? What do You want me to know?

## LISTENING PRAYER

Jesus, I Thank You that You came to bring healing to the broken places in my heart and to set me free in any areas of captivity. Thank You that You are so interested in how I am doing on the inside.

As I move into listening, would You still and quiet my heart right now? Remove any distractions. Help me to come fully present to You and the Father and the Holy Spirit. I want to know You in Your fullness. I want more of You.

In the powerful name of Jesus Christ, I command all other voices to be silent and not interfere in any way during this time. In Your name, I prohibit the world, my flesh, the enemy, my own understanding and my analytical mind from speaking or interfering during this time.

I know You are present with me always, but at times you especially manifest Your presence. Father, Jesus, and Holy Spirit, would You be pleased to come and manifest Yourself in a very special way by taking me to the places I need to go in order to bring healing to my heart.

Lord, You know me from the inside out. You love me. Search me and know my anxious thoughts. Would You gently bring up any pain hidden below the surface that would benefit from Your healing touch and be appropriate for this time?

Would You be pleased to communicate with me by the thoughts that enter my mind, through images You give or phrases You bring, in whatever way You please, Lord? Help me to relax from all self-effort, analysis, or pressure to come up with anything and patiently wait on You. I trust You. Amen.

**Out of the three members of the Godhead - Father, Jesus or Holy Spirit - is there one you feel closer to?**

Can you picture God the Father, Jesus or Holy Spirit coming into a scene?

**Choose one - Father, Jesus or Holy Spirit - who you would like to strengthen your relationship with?**

*(You will do all 3 separately.)* If you not sure, ask Jesus which member you should partner with.

**How do you view, sense or see Father God *(Jesus or Holy Spirit)*?**

Are they far or near?

Cold or cozy?

Can you picture them?

**Ask, Father God *(Jesus or Holy Spirit)* if there is a lie you are believing about them?**

Is there more than 1 lie?

**Ask, Father God *(Jesus or Holy Spirit)*, where you learned this lie?**

**PRESENTING JESUS**

If an overwhelming memory comes up, you can ask Father God *(Jesus or Holy Spirit)* to show you where He was in that moment? Share your hurts, fears or anger with Jesus. Share all of it with Him so you don't have to carry this alone. Ask Him to take it from you and heal your heart.

**REJECT & RENOUNCE PARTNERING with LIES:**

**LIES** *(sample prayer)*

Father God (Jesus or Holy Spirit), I ask You to forgive me for partnering with ***[insert lie]***. I reject and renounce partnership with this lie. I ask You to replace this lie with Your truth. I hand to You, Father God, any ungodly spirits that have gained access to me for You to do with as You please, never to return. I ask You to cleanse me from their effects and renew my mind with your truth in Jesus' name. Father God, what truth do You have for me in exchange?

**If unable to hear the truth; it's okay, go onto FORGIVENESS step.**

Unforgiveness can block a person's ability to hear correctly from God. Make sure to go back and ask what truths God has because that is what sets us free from lies.

**UNABLE TO HEAR FROM GOD**

**UNABLE TO HEAR FROM GOD** *(sample prayer)*

I reject the lie that I am unable to hear, see or sense the Father God, Jesus, and the Holy Spirit. I renounce the lie that He does not want to talk to me. I break off any blockages in Jesus' name. God, would You reveal Yourself to me? What do You want me to know?

**Release FORGIVENESS to anyone who caused you to partner with this lie (ie; self, God, others):**

**FORGIVENESS** *(sample prayer)*

Lord Jesus, I choose to forgive \_\_\_\_\_ *[person or self]* for \_\_\_\_\_ *[what they did or failed to do]*. It made me feel \_\_\_\_\_ *[alone or unloved, ashamed, etc.]*. I don't want to hold onto my resentment anymore. I choose to hand them to You so You can hold them accountable. You say vengeance is Yours, so I choose to stop being their judge and allow You to do that job. I give You all of my feelings, emotions, fears, anger and memories of this event. I give it all to You. Thank You for setting me free from the bondage this has caused. I relinquish my right to seek revenge and ask You to heal my damaged heart. I now ask You to bless those who have hurt me *[release blessings specifically to people]*. In Jesus' name. Amen.

**Ask Father God (Jesus or Holy Spirit) if you have any ungodly mindsets [colored lenses] that influence the way you see life because of this?**

**COLORED LENS** *(Sample Prayer)*

Father God, I ask You to forgive me for seeing others, myself and life through a faulty lens, **[name lens]** *(i.e. judgement, victim, fear of failure, sadness)*. I renounce my partnership with this mentality and any ungodly spirits attached to it and ask You to replace it with Your truth. Father God, what truth do You want to give me so I can see clearly?

**Do you receive it?**

**Ask, 'Father God (Jesus or Holy Spirit), will You reveal a scripture that depicts it.**

**Ask, 'Father God (Jesus or Holy Spirit), what do you think or feel about me?'**

**Thank Him!**

# THE FOUR DOORS

LOOKING FOR **WOUNDS AND LIES** THAT HAVE ENTERED  
BY ONE OF THESE FOUR DOORS



## FEAR

*Putting things above God  
versus trusting Him.*

- > worry
- > unbelief
- > need to control
- > anxiety
- > isolation
- > apathy (*fear of failure*)
- > drug/alcohol

## SEQUENCE

**Is the DOOR opened?**

**When was the DOOR opened?**

- give hurts, anger and fear to Jesus.
  - forgive and bless
  - ‘what is the lie?’
  - renounce the lie
  - ‘what is the truth?’
  - declare the truth
- ask if any ungodly vows, strategies or mindsets have developed
- renounce vows, strategies and mindsets

**Jesus, is there any other situations  
keeping the DOOR opened?**

- work through each one



## HATRED

*When you get to the root,  
you can take away the  
enemy's rights and power.*

- > bitterness
- > envy
- > gossiping
- > slander
- > self-hatred (*low self worth*)
- > anger
- > jealousy



## SEXUAL SIN

*Why do people keep the door  
open? ...usually for comfort.*

- > adultery
- > pornography
- > fornication
- > lewdness
- > molestation
- > rape
- > fantasy/vulgarism

**Is the DOOR closed now?**

**If not, ask what is keeping it open?**

### SEXUAL SIN & OCCULT

- Break all ungodly soul ties
- Have them speak to their body and say  
*‘I’m sorry for putting you in harms way.’*
  - Hand shame to Jesus
  - Break generational sins

### OCCULT

- Cancel any covenants, contracts or curses.



## OCCULT

*Seeking wisdom or spiritual  
power not from God.*

*\*Manipulations - distorting or  
changing the truth.*

- > astrology
- > fortune telling
- > seance
- > manipulation\*
- > tarot cards
- > Ouija board
- > sorcery
- > witchcraft

**May need to ask Jesus to**

**come and help close the door....**

- Ask Him to seal it closed with His blood, deadbolt it, etc.
- The Holy Spirit may lead you to use the Father Ladder and other tools to assist in getting the door closed.

**When doors are closed, lead in prayer of Thanksgiving.**

**Ask the Holy Spirit to renew and restore them.**



# FOUR DOORS: *Fear, Hatred, Sexual Sin & Occult*

**FOUR DOORS** is a tool used to identify strongholds. Strongholds can lead to demonic bondage. This type of bondage can lead to physical, spiritual and emotional issues. Having an open door to **FEAR**, **HATRED**, **SEXUAL SIN** and/or the **OCCULT** can be the cause of many of these issues.

## 1. The most frequently opened door is **FEAR**.

The door to **FEAR** includes worry, unbelief, need for control, anxiety, isolation, apathy (*fear of failure*), drugs and alcohol addictions.

*Corinthians 2:10:4-5* says, "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

To close the door to **FEAR**, we partner with the Holy Spirit to identify how the door to **FEAR** was opened. To close the door, our ties to **FEAR** needs to be renounced, forgiveness received, and then, we exchange these falsehoods for truth.

As we partner with the Holy Spirit, He can reveal the wounds and the lies we have believed that have opened the door to **FEAR** in our lives. The Holy Spirit wants to heal our wounds and replace any lies with His Truth of who God is for us. This exchange closes the door and prevents the enemy from coming against us through **FEAR**.

*2 Tim1:7* For God gave us a spirit not of **FEAR** but of **POWER, LOVE** and a **SOUND MIND**.

## 2. The second door is **HATRED**.

The door to **HATRED** is usually opened through unforgiveness which then leads to bitterness. When we hold onto unforgiveness and anger towards others, it gives the enemy an invitation to come park in our lives. The door to **HATRED** includes bitterness, envy, gossiping, slander, anger, self-hatred (*low self worth*).

*Matthew 18:33-34* "Should you not have mercy on your fellow servant just as I have had mercy on you? In his anger the master handed him over to the jailers to be tortured, until he should pay back all he owed"

*Ephesians 4:26-27* "Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil."

This is why the Bible commands us to forgive one another. It not only benefits the person we forgive but it also protects us. When we close the door to **HATRED** and bitterness, we are able to forgive more easily and it protects us against negative fruit in our daily lives.

**HATRED** and bitterness also allows anger against God to take root in our lives. **HATRED**, unforgiveness, anger, and bitterness gives opportunity for the enemy to cause both emotional and physical afflictions but as we partner with the Holy Spirit to find the roots of our **HATRED** and bitterness and to release our judgment against God, man and ourselves, we find healing.

### 3. The third door is **SEXUAL SIN**.

**SEXUAL SIN** door includes adultery, pornography, fornication, lewdness, molestation, fantasy and rape to name a few.

Entertaining lustful thoughts or engaging in pornography can also be an opening to this door. To close this door, we must deal with both suppressed desires as well as actions. When we act on **SEXUAL SIN**, soul ties may also need to be broken to close this door.

An un-Godly soul tie can be created when we participate in **SEXUAL SIN** as well as when we are sinned against and do not consent. ( i.e. abuse, molestation, rape). A prayer to sever ties (connection) to this person will help them to heal from the pain and shame. When we confess, forgive, and give our pain and shame to Jesus along with severing ties, we can close the door to the lies and spirits that keep a person in bondage.

***1 Corinthians 6:16-20 NIV** “Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, “The two will become one flesh.” But whoever is united with the Lord is one with him in spirit. Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”*

### 4. The fourth door is the **OCCULT**.

Any time we seek wisdom or power apart from God we can be lead to trust ourselves or deceiving spirits that would take us away from the truth of God’s love. The **OCCULT** door includes many things including astrology, fortune-telling, tarot cards, seances, Ouija boards, manipulation, participation in covens, casting curses and witchcraft. Purchasing occult items or if a person’s spouse has involvement with the occult, can also lead to demonic activity. An important thing to remember as you work with someone to close the **OCCULT** Door, is not to give the enemy unnecessary power. He will try to use fear, but remember you are the elephant and he is the mouse.

***2 Tim1:7** You do not have a spirit of fear but a spirit of power, love and sound mind.*

***1 John 4:4 (KJV)** Ye are of God, little children, and have overcome them: because greater is He that is in you, than He that is in the world*

# CLOSING FOUR DOORS GUIDE

## WALKING THROUGH 'CLOSING A DOOR' WITH SOMEONE

### 1. FEAR

**Is the door to FEAR open?**

**When was the door to FEAR first opened?**

***Give your FEAR to God*** (sample prayer)

Father God, forgive me for partnering with **FEAR** (i.e. worry, unbelief, need to control, anxiety, isolation, apathy, drug/alcohol). I know that You live inside of me and You protect me. You will be with me in whatever I face that causes me to fear. You will never leave me or forsake me. I can give my fears to You and You can make me strong and courageous. I hand to You Father God each fear I am carrying \_\_\_\_\_ **[name them]**.  
What do You have for me in exchange?

**Is there a lie you are believing?**

***RENOUNCING LIES*** (sample prayer)

Father God, I ask You to forgive me for partnering with **[insert lie]**. I reject and renounce these lies. I hand to You, Father God, any ungodly spirits that have gained access to me for You to do with as You please, never to return. I ask You to cleanse me from their effects and renew and restore my mind with Your truth in Jesus' name. Father God, what truth do You have for me in exchange?

**Thank Father God for this new truth.**

**Is there anyone I need to forgive for making me fearful or teaching me these lies?**

***FORGIVENESS*** (sample prayer)

I choose to forgive **[person's name]** for opening the door to **FEAR** in my life. Jesus, I ask you to overpower fear in my life with your perfect love for me. I release **[person]** from any harm done to me and I will let You hold them accountable. I bless **[person]** with knowing Your perfect love for them.

**Father God, is there any other situation that is keeping this door open? If so deal with each**

**Ask Father God, if you are ready to close the door?** *May need to ask Father God to help you close the door or give a picture of it.*

**When doors are closed, lead in prayer of Thanksgiving. Ask the Holy Spirit to renew and restore them.**

Thank You, Father God, for closing the door. I ask you, Lord, that You would renew and restore me with Your perfect love.

## 2. HATRED

**Is the door to HATRED open?**

**When was the door to HATRED first opened?**

**ANGER, BITTERNESS, HATRED & UNFORGIVENESS** (sample prayer)

Jesus, I confess I am very angry at **[person name]** for \_\_\_\_\_. Forgive me for holding onto anger, bitterness, hatred and unforgiveness towards **[God, person's name or self]**. I know that anger is not a sin but holding onto it can lead to sin. I have allowed the enemy a place to stand in my life because of this thinking. I now hand to You all ungodly spirits that have gained access to me including, arrogance, anger, resentment, bitterness and unforgiveness for You to dispose of as You wish, never to return. Jesus, what do You have for me in exchange?

**Is there a lie you are believing?**

**RENOUNCING LIES** (sample prayer)

Jesus, I ask You to forgive me for partnering with **[insert lies]**. I reject and renounce these lies. I hand to You, Jesus, any ungodly spirits that have gained access to me for You to do with as You please, never to return. I ask You to cleanse me from their effects and renew and restore my mind with Your truth in Jesus' name. What truth do You have for me in exchange?

**Thank Father God for this new truth.**

**Is there anyone I need to forgive for teaching me these lies?**

**FORGIVENESS** (sample prayer)

I choose to forgive \_\_\_\_\_ for opening the door to hatred in my life. Jesus, I ask you to overpower anger/hatred in my life with your perfect love for me. I release **[person's name]** from any harm done to me and I will let you hold them accountable. I bless **[person]** with knowing your perfect love for them.

**Father God, is there any other situation that is keeping this door open?**

**Ask Father God, if you are ready to close the door?** *May need to ask Father God to help you close the door or give a picture of it.*

**When doors are closed, lead in prayer of Thanksgiving. Ask the Holy Spirit to renew and restore them.**

Thank you, Father God, for closing the door. I refuse to allow anger/hatred a foothold in my life. I ask You, Holy Spirit, to renew and restore me with Your perfect love. In Jesus' name. Amen.

### 3. SEXUAL SIN

Is the door to **SEXUAL SIN** open?

When was the door to **SEXUAL SIN** first opened?

Ask Jesus to forgive you for any personal **SEXUAL SIN** in your life.

#### **SEXUAL SIN** (*premarital sex - sample prayers*)

Jesus, I confess that I have not honored You and others in the sexual use of my body and mind. I ask Your forgiveness for participating in sexual sin. I renounce the lie that participation in these activities will bring lasting pleasure or comfort in my life. Jesus, thank You, that through the cross, I am forgiven and clean. I speak to my body and tell you I am sorry for putting you in harms way. I hand to You Jesus any ungodly spirits that have gained access to me because of my choices for You to dispose of as You wish, never to return. Jesus, what lies am I believing? I reject and renounce these lies. What truth do You want to give me in exchange? How do You see me?

#### **SEXUAL SIN:** (*pornography/lustful thoughts - sample prayer -*)

Lord Jesus, I confess that I have used sexually suggestive and pornographic material for the purpose of stimulating myself sexually. I have attempted to satisfy my lustful desires and polluted my mind, body, soul and spirit. I ask You to forgive me and thank You that your mercies are new every morning. I hand to You any ungodly spirits that I have allowed into my life through the unrighteous use of my body and mind. I sever any soul ties. Lord, I commit myself to destroy any objects in my possession that I have used for sexual stimulation, and to turn away from all media that are associated with my sexual sin. I commit myself to You and Your plan for my sexuality. I now consecrate my body, mind and will to you. Empower me by Your Holy Spirit so that I may not carry out the desires of the flesh but instead renew my mind with pure thoughts. In Jesus' name I pray. Amen.

#### **SOUL-TIE** (*consensual sexual sin - sample prayer*)

*Like 2 pieces of paper that have been glued together. When you try to separate it, there will be parts of the paper left on each other as you pull it apart.*

Father God, I ask You to forgive me for engaging in sexual sin and creating an unhealthy soul tie with **[person's name]**. I ask You to forgive me and to sever any soul ties connecting me and **[person's name]**. I send back to **[person's name]** any part of him/her that I retained — washed with the Blood of Jesus — and I take back any part of me that was left with **[person's name]** — washed with the Blood of Jesus. I thank You for washing me as clean as the snow. I speak to my body now and I tell you I am sorry for putting you in harms way and for not doing things God's way.

I choose to forgive **[person's name]** for the initial pain and the long term consequences that came through this. Jesus, as You break this soul tie, what truth do You want me to know?

**If the person was raped, abused or molested, it was not consensual, they were sinned against. This wounding creates enormous pain that can allow the enemy room to speak lies, guilt and shame. The following prayer is used to break soul ties (connection) with the abuser.**

**SOUL TIE** *(abuse victim - sample prayer)*

Lord Jesus, only You know the depth of the pain and shame I have endured because of sexual violation. I acknowledge that this was not Your plan for me and that You have given all people the ability to choose. Hurt people often hurt others. If the enemy is using the trauma of **[abuse, rape, molestation]** to keep me from being all that you created me to be, I command all harassment from the enemy because of this trauma to stop now in Jesus name. If an ungodly soul tie was created because I was sinned against, I sever it now, in Jesus name. I send back to **[abuser name]** anything that I have retained of theirs - washed with the blood of Jesus. I take back anything of mine that was stolen **[i.e. self-worth, identity, confidence, dreams]** washed with the blood of Jesus.

I release this person from the great debt that they owe me and I choose to forgive them as Jesus has forgiven me. I will let Jesus be their judge. I completely let go of them to You. I humbly ask You, Jesus, to bring complete healing to my body, mind (memories) and heart so I may leave the past behind and enjoy healthy relationships now and in the future. Thank You, Jesus, for breaking this bondage in my life. Jesus, how do you see me?

**Difficult MEMORIES/PICTURES/IMAGES** *(sample prayer)*

*You can ask Jesus to show the person where He was in these memories in order to replace them with new memories.*

Jesus, I am completely unable to get these pictures/images out of my mind. In desperation, I lay them at Your feet and ask You to take them. I also reject, renounce, and command any sexual demonic spirits associated with these images to leave and go where You would send them never to return.

**Leader/Friend prays:** *You can place your hand on their head and pray something like....*

In Your powerful name, Jesus Christ, I ask that the neural pathways of the brain where these images reside would be destroyed and that new pure and holy pathways would replace them.

**Is there a lie you are believing because of your involvement?**

**RENOUNCING LIES** *(sample prayer)*

Holy Spirit, I ask You to forgive me for partnering with **[insert lies]**. I reject and renounce these lies. I hand to You, Holy Spirit, any ungodly spirits that have gained access to me for You to do with as You please, never to return. I ask You to cleanse me from their effects and renew and restore my mind with Your truth in Jesus' name. What truth do You have for me in exchange?

**Are there any more lies you are believing?**

**Is there anyone else you need to forgive for teaching you these lies?**

**FORGIVENESS** *(sample prayer)*

I choose to forgive **[person's name]** for opening the door to **Sexual Sin** in my life. I release **[person's name]** from any harm done to me and I will let you hold them accountable. I bless **[person]** with knowing your perfect love for them.

***SHAME and GUILT & HEAD TO HEART (sample prayer)***

I thank You for the truth that you came to free me from shame and guilt when You died on the cross as payment for my sins. I receive this gift which came at a big price. Help me to connect the truths I know in my head to my heart so I can live free of guilt and shame. I declare the truth that I am a new creation and alive to Christ. I now hand to You my shame and guilt for you to dispose of as You please. What do you have for me in exchange for these?

**Jesus, is there any other situation keeping the door open?**

**Ask Jesus, if you are ready to close the door?** *May need to ask Father God to help you close the door or give a picture of it.*

**When doors are closed, lead in prayer of Thanksgiving. Ask the Holy Spirit to renew and restore them.**

Thank you, Father God, for closing the door. I refuse to allow sexual sin or the consequences a foothold in my life. I ask You, Holy Spirit, to renew and restore me with Your perfect love. In Jesus' name. Amen.

## 4. OCCULT

### Is the door to OCCULT open?

*Nehemiah confessed generational sins before they built the wall. Some occult practices are generational. So we will confess it on behalf of our self and our ancestors.*

### When was the door to the OCCULT first opened?

#### **OCCULT: GENERATIONAL** (sample prayer)

On behalf of myself and my ancestors, I confess seeking wisdom apart from You, Lord, and participating in the occult **[name it]**. I cancel any and all curses, covenants, contracts, assignments and oaths, that came through this participation. I declare them null and void of any power in the name of Jesus Christ. I sever all soul ties that were created through worship of false gods. I hand to you Jesus any demons that gained access to me and my family for you to dispose of as you wish, never to return. I ask You, to cleanse my family line back to Adam and Eve, through land and time and into eternity. Jesus, bless my family line with knowing, believing, and serving only You. In Jesus' name. Amen.

### Is there a lie you are believing about God?

### Are there any lies you are believing about yourself or others?

#### **RENOUNCING LIES** (sample prayer)

Father God, I ask You to forgive me for partnering with **[insert lie]**. I reject and renounce these lies. I hand to You, Father God, any ungodly spirits that have gained access to me for You to do with as You please, never to return. I ask You to cleanse me from their effects and renew and restore my mind with Your truth in Jesus' name. Father God, what truth do You have for me in exchange?

### Is there anyone you need to forgive? (You may need to forgive family, church or self)

#### **FORGIVENESS** (sample prayer)

I choose to forgive **[person/people]** for opening the door to the OCCULT in my life. I release **[person/people]** from any harm done to me. I ask you, Jesus, to take anything retained by me that is not of You to the foot of the cross, in Jesus name. Amen.

### Father God, is there any other situation that is keeping the door open?

**Ask Father God, if you are ready to close the door?** *May need to ask Father God to help you close the door or give a picture of it.*

**When doors are closed, lead in prayer of Thanksgiving. Ask the Holy Spirit to renew and restore them.**

Thank You, Father God, for closing the door to the occult in my life. I refuse to allow my past sins or the consequences of it to have further influence in my life. I ask You, Holy Spirit, to renew and restore me with Your perfect love. In Jesus' name. Amen.



# SAMPLE PRAYERS

Listed in the following order:

## PAGE

- 25**    *Listening Prayer*
- 26**    *Spiritual Warfare Prayer*
- 27**    *Sealing the Healing Prayer*
- 28**    *Unable to Hear From God*
- 28**    *Lies*
- 28**    *Head to Heart Disconnection*
- 28**    *Anger, Bitterness, Hatred, Unforgiveness*
- 29**    *Forgiveness: Yourself, Others, Long Term Consequences*
- 30**    *Sexual Sins*
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- 31**    *Memories, Pictures, Images*
- 31**    *Shame and Guilt*
- 31**    *Occult: Practices, Generational, Demonic Manifestations*
- 32**    *Pronouncements*
- 32**    *Vows/Strategies*
- 32**    *Colored Lenses*
- 32**    *Physical ailments*

# LISTENING PRAYER

Jesus, I thank You that You came to bring healing to the broken places in my heart and to set me free in any areas of captivity. Thank You that You are so interested in how I am doing on the inside.

As I move into listening, would You still and quiet my heart right now? Remove any distractions. Help me to come fully present to You and the Father and the Holy Spirit.

I want to know You in Your fullness. I want more of You.

In the powerful name of Jesus Christ, I command all other voices to be silent and not interfere in any way during this time. In Your name, I prohibit the world, my flesh, the enemy, my own understanding and my analytical mind from speaking or interfering during this time.

I know You are present with me always, but at times You especially manifest Your presence. Father, Jesus, and Holy Spirit, would You be pleased to come and manifest Yourself in a very special way by taking me to the places I need to go in order to bring healing to my heart.

Lord, You know me from the inside out. Would You search me and know my anxious thoughts? Would You gently bring up any pain hidden below the surface that would benefit from Your healing touch and be appropriate for this time?

Would You be pleased to communicate with me in any way You please — by the thoughts that enter my mind, through images You give or phrases You bring...in whatever way You please, Lord? Help me to relax from all self-effort, analysis, or pressure to come up with anything and patiently wait on You. I trust You.

# Spiritual Warfare Prayer

*If there is a lot of spiritual warfare or manifestations happening, like confusion, agitation, sleepiness, distraction, nausea, etc., have them pray this prayer or pray it on their behalf:*

Heavenly Father, I bow in worship and praise before You. I cover myself with the pure shed blood of the Lord Jesus Christ as my protection during this time of prayer. I surrender myself completely and unreservedly to You in every area of my life. In the full authority of the true Lord Jesus Christ of Nazareth, I take a stand against all the workings of Satan that would hinder me in this time of prayer and address myself only to You, the true and living God. I reject any involvement of Satan in my life. Satan, I command you, in the name of the Lord Jesus Christ, to leave my presence with all of your demons.

God, I'm thankful for the armor You've provided, and I put on the girdle of truth, the breastplate of righteousness, the sandals of peace, and the helmet of salvation. I lift up the shield of faith against all the fiery darts of the enemy and take up the Sword of the Spirit, the Word of God. I employ Your Word against all the forces of evil in my life. I put on Your armor and live and pray in complete dependence upon You, blessed Holy Spirit.

I am grateful, Heavenly Father, that the Lord Jesus Christ spoiled all principalities and powers and made a show of them openly as He triumphed over them through the Cross. I claim Your victory for my life today. I reject out of my life all the insinuations, the accusations, and the temptations of Satan and his demons. I affirm that the Word of God is true, and I choose to live today in the light of Your Word. I choose, Heavenly Father, to live in obedience to You and in fellowship with You. Open my eyes and show me the areas of my life that do not please You. Work in me that there would be no ground for Satan to have a foothold in my life. Show me any areas of weakness. Show me any areas of my life that I need to deal with so that my conduct would be fully pleasing to You.

By faith and in dependence upon You, I put off the old self and stand in all the victory of the Crucifixion where the Lord Jesus Christ provided cleansing from the old nature. I put on the new self and stand in all the victory of the Resurrection and the provision You have made for me to live free from sin. Therefore, I put off the old nature with its selfishness, and I put on the new nature with its love. I put off the old nature with its fear, and I put on the new nature with its courage. I put off the old nature with its weakness, and I put on the new nature with its strength. I put off the old nature with all its deceitful lusts, and I put on the new nature with all its righteousness and purity.

Heavenly Father, I pray that You would renew me with Your life; show me the ways that Satan may be hindering, tempting, lying, counterfeiting, and/or distorting the truth. Enable me to fully surrender to You. Enable me to be mentally steadfast and think Your thoughts after You, and to give You Your rightful place in my life. Please enable me to hear your voice.

# SEALING THE HEALING PRAYER

Thank You, Jesus, for all You said and did in my heart during this prayer time.

***[Recount the things He did].***

I now ask You to cause all that You've accomplished to fall on good soil so that it would take root. I also ask You to prosper this work so that it would bear fruit both in my intimate experience of who You are and in my relationship with others — not just a little fruit, but 100 fold — extending outward in all my relationships but especially with my spouse, children, family and in my ministry.

I forbid the enemy any remembrance of this prayer time and from striking back with any form of vengeance or violence. I ask You, Holy Spirit, to place a hedge of protection around me and those who prayed with me, our families, jobs, pets, possessions and ministries. In the name of Jesus, I command any and all demons to go exclusively to where You, Jesus, send them and never return.

Jesus may the Truth of all that You did and communicated sink deep, deep down into my innermost being. I know this is Your desire. I ask You to empower me to live from this new place of Truth and never return to the diseased places where the lies and vows once resided.

Finally, I ask that You would build into my life a lifestyle of listening to You, that You would prompt me to listen to You often. My petition is that as I listen, You'll call me forth to be who You created me to be, transforming me into the image of Your beloved Son.

In the name of God the Father, Jesus the Son and the Holy Spirit, I seal this work of grace You've wrought in my heart. Amen.

## **UNABLE TO HEAR FROM GOD**

**John 10:27** 'My sheep hear My voice, and I know them, and they follow Me.'

I reject the lie that I am unable to hear, see or sense the Father God, Jesus, and the Holy Spirit. I renounce the lie that He does not want to talk to me. I break off any blockages in Jesus' name. God, would You reveal Yourself to me? What do You want me to know?

## **LIES**

Father God (*Jesus or Holy Spirit*), I ask You to forgive me for partnering with **[insert lies]**. I reject and renounce these lies. I hand to You, Father God (*Jesus or Holy Spirit*), any ungodly spirits that have gained access to me for You to do with as You please, never to return. I ask You to cleanse me from their effects and renew and restore my mind with Your truth in Jesus' name. What truth do You have for me in exchange?

## **LIES** (*destructive thoughts that seemed harmless*)

Father God, what seemingly harmless lies have I come to believe? **[Pause and listen.]** I ask You to forgive me for entertaining these destructive thoughts **[list them]**. I hereby renounce partnership with these lies any any ungodly spirits attached to them. I ask You to cleanse me from their effects and renew my mind with your truth in Jesus' name. Father God, what truth do You want to give me in exchange?

## **HEAD TO HEART DISCONNECTION**

Lord Jesus, You said You came to bring healing to the brokenhearted. One aspect of brokenness that I struggle with is the head to heart separation. Jesus, I see in Your Word that You experienced emotions and expressed them in appropriate ways. Your capacity to live from Your heart enhanced Your ability to be intimate with the Father and to connect with needy people. Would You be pleased to do this same work within me? I ask You now to come in a special way to connect my head with my heart. I know this is an event, but it is also a process. As I connect more deeply to my heart, will You allow me to hear more clearly from You? Would You let me experience Your love more fully, Your joy more deeply, and Your peace more profoundly? Would You also permit me to grow in compassion, sympathy and empathy, so that, like You, I would be moved to compassion for the lost and broken people who surround me? I thank You that this is something You are willing and eager to do for me.

## **ANGER, BITTERNESS, HATRED, UNFORGIVENESS**

Jesus, I confess I am very angry at **[person name]** for \_\_\_\_\_. Forgive me for holding onto anger, bitterness, hatred and unforgiveness towards **[God, person's name or self]**. I know that anger is not a sin but holding onto it can lead to sin. I have allowed the enemy a place to stand in my life because of this thinking. I now hand to You all ungodly spirits that have gained access to me including, arrogance, anger, resentment, bitterness and unforgiveness for You to dispose of as You wish, never to return. Jesus, what do You have for me in exchange?

## ***FORGIVING: Yourself***

Jesus, I recognize that You have totally forgiven me but I haven't forgiven myself for what happened ***[be specific as possible here]***. Please forgive my pride for thinking that my sin is somehow too horrible for You to forgive. I acknowledge that You offered the perfect sacrifice for all my sins: past, present and future. I, now, humbly receive Your forgiveness. By the power of Your name, Jesus, I command any and all demonic spirits that have gained access to me through my unforgiveness to go now where You would send them, and never return. Holy Spirit, I ask You to fill any vacated places with Your Holy presence.

## ***FORGIVENESS: Others (sample 1)***

Lord Jesus, I choose to forgive \_\_\_\_\_ *[person or self]* for \_\_\_\_\_ *[what they did or failed to do]*. It made me feel \_\_\_\_\_ *[alone or unloved, ashamed, etc.]*. I don't want to hold onto my resentment anymore. I choose to hand them to You so You can hold them accountable. You say vengeance is Yours, so I choose to stop being their judge and allow You to do that job. I give You all of my feelings, emotions, fears, \_\_\_\_\_ anger and memories of this event. I give it all to You. Thank You for setting me free from the bondage this has caused. I relinquish my right to seek revenge and ask You to heal my damaged heart. I now ask You to bless those who have hurt me *[release blessings specifically to people]*. In Jesus' name. Amen.

## ***FORGIVENESS: Others (Sample 2)***

Dear Heavenly Father, I thank You for the riches of Your kindness, forbearance, and patience knowing that Your kindness has led me to repentance (Rom. 2:4). I confess that I have not extended that same patience and kindness toward others who have offended me, but instead I have harbored bitterness and resentment. I confess that I have misunderstood You and been angry at You, God. I know this is a sin and is disobedient to You. I thank You for Your grace and mercy toward me. I pray that during this time of self-examination, You would bring to my mind those people that I have not forgiven in order that I may do so (Matt. 18:35). If I am holding onto unforgiveness toward myself, I pray that you would reveal this as well. I ask this in the name of Jesus. Amen.

**I choose to forgive \_\_\_\_\_ for \_\_\_\_\_ in the name of Jesus.**  
**I bless them with** *(the opposite of the offense; fruit of spirit, ears to hear, etc.)*

## ***FORGIVENESS: for long term CONSEQUENCES***

*This prayer combines forgiving for what someone did with forgiving the consequences you have endured as a result. You can use portions of this prayer and adapt it to what God is doing in the person you're meeting with.*

Lord, I recognize that You have totally forgiven me. You've commanded me to forgive others just as You've forgiven me. I now choose to forgive ***[person's name]*** for their actions, the ways in which this has hurt me, and also for the long-term effects these hurts have had in my life ***[be specific as possible.]***

I ask that You forgive me for not forgiving as You commanded. I choose to release this hurt and anger and release ***[person's name]*** from any debt owed me. I release this debt to You. In Your name, I command any and all demonic spirits that may have gained access to me through my unforgiveness to now go where You would send them and never return. Holy Spirit, I ask You to fill any vacated places within me with Your Holy presence.

### **SEXUAL SIN:** *premarital sex*

Jesus, I confess that I have not honored You and others in the sexual use of my body and mind. I ask Your forgiveness for participating in sexual sin. I renounce the lie that participation in these activities will bring lasting pleasure or comfort in my life. Jesus, thank You, that through the cross, I am forgiven and clean. I speak to my body and tell you I am sorry for putting you in harms way. I hand to You Jesus any ungodly spirits that have gained access to me because of my choices for You to dispose of as You wish, never to return. Jesus, what lies am I believing? I reject and renounce these lies. What truth do You want to give me in exchange? How do You see me?

### **SEXUAL SIN:** *pornography/lustful thoughts*

Lord Jesus, I confess that I have used sexually suggestive and pornographic material for the purpose of stimulating myself sexually. I have attempted to satisfy my lustful desires and polluted my mind, body, soul and spirit. I ask You to forgive me and thank You that your mercies are new every morning. I hand to You any ungodly spirits that I have allowed into my life through the unrighteous use of my body and mind. I sever any soul ties. Lord, I commit myself to destroy any objects in my possession that I have used for sexual stimulation, and to turn away from all media that are associated with my sexual sin. I commit myself to You and Your plan for my sexuality. I now consecrate my body, mind and will to you. Empower me by Your Holy Spirit so that I may not carry out the desires of the flesh but instead renew my mind with pure thoughts. In Jesus' name I pray. Amen.

### **SOUL TIES:** *consensual sexual sin*

*Like 2 pieces of paper that have been glued together. When you try to separate it, there will be parts of the paper left on each other as you pull it apart.*

Father God, I ask You to forgive me for engaging in sexual sin and creating an unhealthy soul tie with **[person's name]**. I ask You to forgive me and to sever any soul ties connecting me and **[person's name]**. I send back to **[person's name]** any part of him/her that I retained — washed with the Blood of Jesus — and I take back any part of me that was left with **[person's name]** — washed with the Blood of Jesus. I thank You for washing me as clean as the snow. I speak to my body now and I tell you I am sorry for putting you in harms way and for not doing things God's way.

I choose to forgive **[person's name]** for the initial pain and the long term consequences that came through this. Jesus, as You break this soul tie, what truth do You want me to know?

### **SOUL TIES:** *domineering parent, pastor, organization, friends, etc.*

Father God, I confess allowing myself to be controlled and manipulated by \_\_\_\_\_ [person, condition, organization] and creating an unhealthy soul tie with [person, condition, organization]. I ask You to forgive me and to sever any soul ties connecting me and them. I send back to [person, condition, organization] any part of them that I retained — washed with the blood of Jesus — and I take back any part of me that was left with them washed with the blood of Jesus. I speak to my body now and I tell you I am sorry for putting you in harms way. Jesus, as You break this soul tie, what truth do You want me to know?

### **SOUL TIES:** *abuse victim*

Lord Jesus, only You know the depth of the pain and shame I have endured because of sexual violation. I acknowledge that this was not Your plan for me and that You have given all people the ability to choose. Hurt people often hurt others. If the enemy is using the trauma of **[abuse, rape, molestation]** to keep me from being all that you created me to be, I command all harassment from the enemy because of this trauma to stop now in Jesus name. If an ungodly soul tie was created because I was sinned against, I sever it now, in Jesus name. I send back to **[abuser name]** anything that I have retained of theirs - washed with the blood of Jesus. I take back anything of mine that was stolen **[i.e. self-worth, identity, confidence, dreams]** washed with the blood of Jesus.

I release this person from the great debt that they owe me and I choose to forgive them as Jesus has forgiven me. I will let Jesus be their judge. I completely let go of them to You. I humbly ask You, Jesus, to bring complete healing to my body, mind (memories) and heart so I may leave the past behind and enjoy healthy relationships now and in the future. Thank You, Jesus, for breaking this bondage in my life. Jesus, how do you see me?

## **Difficult MEMORIES/PICTURES/IMAGES**

*You can ask Jesus to show the person where He was in these memories in order to replace them with new memories.*

Jesus, I am completely unable to get these pictures/images out of my mind. In desperation, I lay them at Your feet and ask You to take them. I also reject, renounce, and command any sexual demonic spirits associated with these images to leave and go where You would send them never to return.

**Leader/Friend prays:** *You can place your hand on their head and pray something like...*

In Your powerful name, Jesus Christ, I ask that the neural pathways of the brain where these images reside would be destroyed and that new pure and holy pathways would replace them.

## **SHAME and GUILT**

I thank You for the truth that you came to free me from shame and guilt when You died on the cross as payment for my sins. I receive this gift which came at a big price. Help me to connect the truths I know in my head to my heart so I can live free of guilt and shame. I declare the truth that I am a new creation and alive to Christ. I now hand to You my shame and guilt for you to dispose of as you please. What do you have for me in exchange for these?

## **OCCULT: PRACTICES**

Father God, I repent and ask You to forgive me for participating in the occult. I renounce the lie that because I dabbled in past demonic experiences, Father God, Holy Spirit, and Jesus will not talk to me. I ask Your forgiveness and I hand to You any demonic spirits that have gained access to me for you to dispose of as You wish, never to return. In Jesus' name.

Holy Spirit, I ask You to invade this room and sever all connections to the occult. In Jesus's name, I cancel all curses, covenants, contracts and oaths spoken by me or over me. Thank You, Holy Spirit, that You are more powerful than anything that comes against me. Thank You that **nothing** can separate me from Your love.

## **OCCULT: GENERATIONAL**

On behalf of myself and my ancestors, I confess seeking wisdom apart from You, Lord, and participating in the occult **[name it]**. I cancel any and all curses, covenants, contracts, assignments and oaths, that came through this participation. I declare them null and void of any power in the name of Jesus Christ. I sever all soul ties that were created through worship of false gods. I hand to you Jesus any demons that gained access to me and my family for you to dispose of as you wish, never to return. I ask You, to cleanse my family line back to Adam and Eve, through land and time and into eternity. Jesus, bless my family line with knowing, believing, and serving only You. In Jesus' name. Amen.

## **OCCULT: DEMONIC MANIFESTATIONS**

Holy Spirit, I ask You to invade this room and sever all connections to the occult. I now consecrate this place and declare Your Lordship over me and my home. I command any and all ungodly spirits to leave and to never return, in Jesus' name. Thank You, Holy Spirit, that You are more powerful than any demonic presence. I ask You Lord to reign in this place and protect us from all evil.



## **PRONOUNCEMENTS**

Lord Jesus, I bring to You the pronouncement [name it] that [name of person] made over me. I recognize the power this has had in my life. In Your name, I, hereby, reject and renounce this pronouncement, declaring it empty, null and void of power. In Jesus name, I command any demonic spirits that gained access to me through this pronouncement to go now where You would send them and never return. Jesus, I further ask you to fill any vacated areas with a fresh filling of Your Spirit. What do you say about me?

## **VOWS/STRATEGIES**

Lord Jesus, I bring to You the vow and/or strategy I made **[name it]**. I have relied on myself rather than trusting You and your infinite resources. I ask You to forgive me and I receive Your forgiveness. I repent and renounce this vow/strategy and declare it empty, null and void of power from this day forward. In Your name, I command any demonic spirits that held this vow/strategy in place to go where You would send them and never return. Jesus, I ask You to fill any vacated areas with a fresh filling of Your Spirit. What truth do You have for me in exchange?

## **COLORED LENSES**

Father God, I ask You to forgive me for seeing others, myself and life through a faulty lens, **[name lens]** (*i.e. judgement, victim, fear of failure, sadness*). I renounce my partnership with this mentality and any ungodly spirits attached to it and ask You to replace it with Your truth. Father God, what truth do You want to give me so I can see clearly?

## **PHYSICAL AILMENT: RELEASING BITTERNESS & OFFENSE**

Father God, forgive me for holding bitterness against You. I remove all blame placed on You for the [ailment]. I hand all arrogance, anger, and unforgiveness to You in Jesus' name. I hand [ailment] to You. I give my body permission not to hold onto bitterness. I hand it all to You in Jesus' name. God, who do You want to be for me in this difficulty? (*comforter, encourager, Father, etc.*) What promise do You want me to hold onto as I walk with You? Who do You want me to be for You?

'Listening Prayer,' 'Spiritual Warfare Payer,' 'Sealing the Healing Prayer' and other prayers are taken from "A Guide for Listening and Inner Healing Prayer" by Rusty Rustenbach

# **The Word of God Says, in Jesus Christ \_\_\_\_\_ is....**

I am faithful (Ephesians 1:1)  
I am God's child (John 1:12)  
I have been justified (Romans 5:1)  
I am Christ's friend (John 15:15)  
I belong to God (1 Corinthians 6:20)  
I am a member of Christ's Body (1 Corinthians 12:27)  
I am assured all things work together for good (Romans 8:28)  
I have been established, anointed and sealed by God (2 Corinthians 1:21-22)  
I am confident that God will perfect the work He has begun in me (Philippians 1:6)  
I am a citizen of heaven (Philippians 3:20)  
I am hidden with Christ in God (Colossians 3:3)  
I have not been given a spirit of fear, but of power, love and self-discipline (2 Timothy 1:7)  
I am born of God and the evil one cannot touch me (1 John 5:18)  
I am blessed in the heavenly realms with every spiritual blessing (Ephesians 1:3)  
I am chosen before the creation of the world (Ephesians 1:4, 11)  
I am holy and blameless (Ephesians 1:4)  
I am adopted as his child (Ephesians 1:5)  
I am given God's glorious grace lavishly and without restriction (Ephesians 1:5,8)  
I am in Him (Ephesians 1:7; 1 Corinthians 1:30)  
I have redemption (Ephesians 1:8)  
I am forgiven (Ephesians 1:8; Colossians 1:14)  
I have purpose (Ephesians 1:9 & 3:11)  
I have hope (Ephesians 1:12)  
I am included (Ephesians 1:13)  
I am sealed with the promised Holy Spirit (Ephesians 1:13)  
I am a saint (Ephesians 1:18)  
I am salt and light of the earth (Matthew 5:13-14)  
I have been chosen and God desires me to bear fruit (John 15:1,5)  
I am a personal witness of Jesus Christ (Acts 1:8)  
I am God's coworker (2 Corinthians 6:1)

I am a minister of reconciliation (2 Corinthians 5:17-20)  
I am alive with Christ (Ephesians 2:5)  
I am raised up with Christ (Ephesians 2:6; Colossians 2:12)  
I am seated with Christ in the heavenly realms (Ephesians 2:6)  
I have been shown the incomparable riches of God's grace (Ephesians 2:7)  
God has expressed His kindness to me (Ephesians 2:7)  
I am God's workmanship (Ephesians 2:10)  
I have been brought near to God through Christ's blood (Ephesians 2:13)  
I have peace (Ephesians 2:14)  
I have access to the Father (Ephesians 2:18)  
I am a member of God's household (Ephesians 2:19)  
I am secure (Ephesians 2:20)  
I am a holy temple (Ephesians 2:21; 1 Corinthians 6:19)  
I am a dwelling for the Holy Spirit (Ephesians 2:22)  
I share in the promise of Christ Jesus (Ephesians 3:6)  
God's power works through me (Ephesians 3:7)  
I can approach God with freedom and confidence (Ephesians 3:12)  
I know there is a purpose for my sufferings (Ephesians 3:13)  
I can grasp how wide, long, high and deep Christ's love is (Ephesians 3:18)  
I am completed by God (Ephesians 3:19)  
I can bring glory to God (Ephesians 3:21)  
I have been called (Ephesians 4:1; 2 Timothy 1:9)  
I can be humble, gentle, patient and lovingly tolerant of others (Ephesians 4:2)  
I can mature spiritually (Ephesians 4:15)  
I can be certain of God's truths and the lifestyle which He has called me to (Ephesians 4:17)  
I can have a new attitude and a new lifestyle (Ephesians 4:21-32)

# **The Word of God Says, in Jesus Christ \_\_\_\_\_ is....**

I can be kind and compassionate to others (Ephesians 4:32)  
I can forgive others (Ephesians 4:32)  
I am a light to others, and can exhibit goodness, righteousness and truth (Ephesians 5:8-9)  
I can understand what God's will is (Ephesians 5:17)  
I can give thanks for everything (Ephesians 5:20)  
I don't have to always have my own agenda (Ephesians 5:21)  
I can honor God through marriage (Ephesians 5:22-33)  
I can parent my children with composure (Ephesians 6:4)  
I can be strong (Ephesians 6:10)  
I have God's power (Ephesians 6:10)  
I can stand firm in the day of evil (Ephesians 6:13)  
I am dead to sin (Romans 1:12)  
I am not alone (Hebrews 13:5)  
I am growing (Colossians 2:7)  
I am His disciple (John 13:15)  
I am prayed for by Jesus Christ (John 17:20-23)  
I am united with other believers (John 17:20-23)  
I am not in want (Philippians 4:19)  
I possess the mind of Christ (I Corinthians 2:16)  
I am promised eternal life (John 6:47)  
I am promised a full life (John 10:10)  
I am victorious (I John 5:4)  
My heart and mind is protected with God's peace (Philippians 4:7)  
I am chosen and dearly loved (Colossians 3:12)  
I am blameless (I Corinthians 1:8)  
I am set free (Romans 8:2; John 8:32)  
I am crucified with Christ (Galatians 2:20)  
I am a light in the world (Matthew 5:14)  
I am more than a conqueror (Romans 8:37)  
I am the righteousness of God (2 Corinthians 5:21)  
I am safe (I John 5:18)  
I am part of God's kingdom (Revelation 1:6)

I am healed from sin (I Peter 2:24)  
I am no longer condemned (Romans 8:1, 2)  
I am not helpless (Philippians 4:13)  
I am overcoming (I John 4:4)  
I am persevering (Philippians 3:14)  
I am protected (John 10:28)  
I am born again (I Peter 1:23)  
I am a new creation (2 Corinthians 5:17)  
I am delivered (Colossians 1:13)  
I am redeemed from the curse of the Law (Galatians 3:13)  
I am qualified to share in His inheritance (Colossians 1:12)  
I am victorious (1 Corinthians 15:57)

# Bible Study

## The Biblical Basis of Listening Prayer & Inner Healing

*For a more in-depth study of listening and inner-healing prayer, look up the following passages, make observations about them, and let God teach you through them.*

### Theme A: God speaks to us when we deliberately listen to Him

Reference	As it appears in the NASB
<b>Genesis 12:1-3</b>	Now the LORD said to Abram, "Go forth from your country, and from your relatives and from your father's house, to the land which I will show you; and I will make you a great nation, and I will bless you, and make your name great; and so you shall be a blessing; and I will bless those who bless you, and the one who curses you I will curse. And in you all the families of the earth will be blessed."
<b>Genesis 31:11</b>	"Then the angel of God said to me in the dream, 'Jacob,' and I said, 'Here I am.'"
<b>Genesis 46:3</b>	He said, "I am God, the God of your father; do not be afraid to go down to Egypt, for I will make you a great nation there."
<b>Judges 13:3</b>	Then the angel of the LORD appeared to the woman and said to her, "Behold now, you are barren and have borne no children, but you shall conceive and give birth to a son."
<b>1 Kings 19:11-13</b>	So He said, "Go forth and stand on the mountain before the LORD." And behold, the LORD was passing by! And a great and strong wind was rending the mountains and breaking in pieces the rocks before the LORD; but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. After the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of a gentle blowing. When Elijah heard it, he wrapped his face in his mantle and went out and stood in the entrance of the cave. And behold, a voice came to him and said, "What are you doing here, Elijah?"
<b>Job 36:15-16</b>	"He delivers the afflicted in their affliction, and opens their ear in time of oppression. Then indeed, He enticed you from the mouth of distress, instead of it, a broad place with no constraint; and that which was set on your table was full of fatness."
<b>Psalms 85:8</b>	I will hear what God the LORD will say; for He will speak peace to His people, to His godly ones; but let them not turn back to folly.
<b>Psalms 143:8</b>	Let me hear Your lovingkindness in the morning; for I trust in You; teach me the way in which I should walk; for to You I lift up my soul.
<b>Proverbs 20:12</b>	The hearing ear and the seeing eye, the LORD has made both of them.
<b>Isaiah 30:21</b>	Your ears will hear a word behind you, "This is the way, walk in it," whenever you turn to the right or to the left.
<b>Isaiah 50:4-5</b>	The Lord GOD has given Me the tongue of disciples, that I may know how to sustain the weary one with a word. He awakens Me morning by morning, He awakens My ear to listen as a disciple. The Lord GOD has opened My ear; and I was not disobedient nor did I turn back.
<b>Isaiah 55:2-3</b>	"Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen carefully to Me, and eat what is good, and delight yourself in abundance. Incline your ear and come to Me. Listen, that you may live; and I will make an everlasting covenant with you, according to the faithful mercies shown to David."

<b>Isaiah 55:8-11</b>	“For My thoughts are not your thoughts, nor are your ways My ways,” declares the LORD. “For as the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts. For as the rain and the snow come down from heaven, and do not return there without watering the earth and making it bear and sprout, and furnishing seed to the sower and bread to the eater; so will My word be which goes forth from My mouth; it will not return to Me empty, without accomplishing what I desire, and without succeeding in the matter for which I sent it.”
<b>Jeremiah 17:23-24</b>	“Yet they did not listen or incline their ears, but stiffened their necks in order not to listen or take correction. But it will come about, if you listen attentively to Me,” declares the LORD, “to bring no load in through the gates of this city on the sabbath day, but to keep the sabbath day holy by doing no work on it.”
<b>Ezekiel 3:10</b>	Moreover, He said to me, “Son of man, take into your heart all My words which I will speak to you and listen closely.”
<b>Joel 2:28</b>	“It will come about after this that I will pour out My Spirit on all mankind; and your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.”
<b>Amos 3:7</b>	Surely the Lord GOD does nothing unless He reveals His secret counsel to His servants the prophets.
<b>Habakkuk 2:1</b>	I will stand on my guard post and station myself on the rampart; and I will keep watch to see what He will speak to me, and how I may reply when I am reproved.
<b>Matthew 1:20</b>	But when he had considered this, behold, an angel of the Lord appeared to him in a dream, saying, “Joseph, son of David, do not be afraid to take Mary as your wife; for the Child who has been conceived in her is of the Holy Spirit.”
<b>Matthew 2:12</b>	And having been warned by God in a dream not to return to Herod, the magi left for their own country by another way.
<b>Matthew 2:19-20</b>	But when Herod died, behold, an angel of the Lord appeared in a dream to Joseph in Egypt, and said, “Get up, take the Child and His mother, and go into the land of Israel; for those who sought the Child’s life are dead.”
<b>Matthew 17:5</b>	While he was still speaking, a bright cloud overshadowed them, and behold, a voice out of the cloud said, “This is My beloved Son, with whom I am well-pleased; listen to Him!”
<b>Luke 1:11-13</b>	And an angel of the Lord appeared to him, standing to the right of the altar of incense. Zacharias was troubled when he saw the angel, and fear gripped him. But the angel said to him, “Do not be afraid, Zacharias, for your petition has been heard, and your wife Elizabeth will bear you a son, and you will give him the name John.”
<b>Luke 1:26-28</b>	Now in the sixth month the angel Gabriel was sent from God to a city in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the descendants of David; and the virgin’s name was Mary. And coming in, he said to her, “Greetings, favored one! The Lord is with you.”
<b>Luke 1:41</b>	When Elizabeth heard Mary’s greeting, the baby leaped in her womb; and Elizabeth was filled with the Holy Spirit.
<b>John 10:2-5</b>	“But he who enters by the door is a shepherd of the sheep. To him the doorkeeper opens, and the sheep hear his voice, and he calls his own sheep by name and leads them out. When he puts forth all his own, he goes ahead of them, and the sheep follow him because they know his voice. A stranger they simply will not follow, but will flee from him, because they do not know the voice of strangers.”
<b>John 10:27</b>	“My sheep hear My voice, and I know them, and they follow Me.”
<b>Acts 2:16-18</b>	“But this is what was spoken of through the prophet Joel: ‘And it shall be in the last days,’ God says, ‘that I will pour forth of My Spirit on all mankind; and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams; even on My bondslaves, both men and women, I will in those days pour forth of My Spirit and they shall prophesy.’”

<b>Acts 10:11-16</b>	And he saw the sky opened up, and an object like a great sheet coming down, lowered by four corners to the ground, and there were in it all kinds of four-footed animals and crawling creatures of the earth and birds of the air. A voice came to him, “Get up, Peter, kill and eat!” But Peter said, “By no means, Lord, for I have never eaten anything unholy and unclean.” Again a voice came to him a second time, “What God has cleansed, no longer consider unholy.” This happened three times, and immediately the object was taken up into the sky.
<b>2 Corinthians 13:3</b>	Since you are seeking for proof of the Christ who speaks in me, and who is not weak toward you, but mighty in you.
<b>Hebrews 3:7-8</b>	Therefore, just as the Holy Spirit says, “Today if you hear His voice, do not harden your hearts as when they provoked Me, as in the day of trial in the wilderness.”
<b>Revelation 2:11</b>	“He who has an ear, let him hear what the Spirit says to the churches. He who overcomes will not be hurt by the second death.”

## **Theme B: The important role of the Holy Spirit in hearing and inner healing**

<b>Reference</b>	<b>As it appears in the NASB</b>
<b>Psalms 95:6-8</b>	Come, let us worship and bow down, let us kneel before the LORD our Maker. For He is our God, and we are the people of His pasture and the sheep of His hand. Today, if you would hear His voice, do not harden your hearts, as at Meribah, as in the day of Massah in the wilderness.
<b>Proverbs 20:27</b>	The spirit of man is the lamp of the LORD, searching all the innermost parts of his being.
<b>Isaiah 42:1</b>	“Behold, My Servant, whom I uphold; My chosen one in whom My soul delights. I have put My Spirit upon Him; He will bring forth justice to the nations.”
<b>Luke 2:26</b>	And it had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord’s Christ.
<b>John 4:23-24</b>	“But an hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for such people the Father seeks to be His worshipers. God is spirit, and those who worship Him must worship in spirit and truth.”
<b>John 6:63</b>	“It is the Spirit who gives life; the flesh profits nothing; the words that I have spoken to you are spirit and are life.”
<b>John 14:16-18</b>	“I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you. I will not leave you as orphans; I will come to you.”
<b>John 16:12-14</b>	“I have many more things to say to you, but you cannot bear them now. But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come. He will glorify Me, for He will take of Mine and will disclose it to you.”
<b>Acts 7:55</b>	But being full of the Holy Spirit, [Stephen] gazed intently into heaven and saw the glory of God, and Jesus standing at the right hand of God.
<b>Acts 10:19-20</b>	While Peter was reflecting on the vision, the Spirit said to him, “Behold, three men are looking for you. But get up, go downstairs and accompany them without misgivings, for I have sent them Myself.”
<b>Acts 13:2</b>	While they were ministering to the Lord and fasting, the Holy Spirit said, “Set apart for Me Barnabas and Saul for the work to which I have called them.”
<b>Romans 8:15-16</b>	For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, “Abba! Father!” The Spirit Himself testifies with our spirit that we are children of God.

<b>Romans 8:26-27</b>	In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words; and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God.
<b>1 Corinthians 2:3-5</b>	I was with you in weakness and in fear and in much trembling, and my message and my preaching were not in persuasive words of wisdom, but in demonstration of the Spirit and of power, so that your faith would not rest on the wisdom of men, but on the power of God.
<b>1 Corinthians 2:9-14</b>	But just as it is written, “Things which eye has not seen and ear has not heard, and which have not entered the heart of man, all that God has prepared for those who love Him.” For to us God revealed them through the Spirit; for the Spirit searches all things, even the depths of God. For who among men knows the thoughts of a man except the spirit of the man which is in him? Even so the thoughts of God no one knows except the Spirit of God. Now we have received, not the spirit of the world, but the Spirit who is from God, so that we may know the things freely given to us by God, which things we also speak, not in words taught by human wisdom, but in those taught by the Spirit, combining spiritual thoughts with spiritual words. But a natural man does not accept the things of the Spirit of God, for they are foolishness to him; and he cannot understand them, because they are spiritually appraised.
<b>1 Corinthians 2:16</b>	For who has known the mind of the LORD, that he will instruct Him? But we have the mind of Christ.
<b>2 Corinthians 3:17-18</b>	Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty. But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.
<b>1 John 2:27</b>	As for you, the anointing which you received from Him abides in you, and you have no need for anyone to teach you; but as His anointing teaches you about all things, and is true and is not a lie, and just as it has taught you, you abide in Him.

## Theme C:

### God in His omnipresence, omnipotence, and omniscience is the perfect inner healer

Reference	As it appears in the NASB
<b>Genesis 18:14</b>	“Is anything too difficult for the LORD? At the appointed time I will return to you, at this time next year, and Sarah will have a son.”
<b>Numbers 11:23</b>	The LORD said to Moses, “Is the LORD’S power limited? Now you shall see whether My word will come true for you or not.”
<b>Job 42:2</b>	“I know that You can do all things, and that no purpose of Yours can be thwarted.”
<b>Psalms 22:26</b>	The afflicted will eat and be satisfied; those who seek Him will praise the LORD. Let your heart live forever!
<b>Psalms 34:17-19</b>	The righteous cry, and the LORD hears and delivers them out of all their troubles. The LORD is near to the broken- hearted and saves those who are crushed in spirit. Many are the afflictions of the righteous, but the LORD delivers him out of them all.
<b>Psalms 44:21</b>	Would not God find this out? For He knows the secrets of the heart.
<b>Psalms 51:17</b>	The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, You will not despise.
<b>Psalms 118:5-9</b>	From my distress I called upon the LORD; the LORD answered me and set me in a large place. The LORD is for me; I will not fear; what can man do to me? The LORD is for me among those who help me; therefore I will look with satisfaction on those who hate me. It is better to take refuge in the LORD than to trust in man. It is better to take refuge in the LORD than to trust in princes.

<b>Psalm 124:2-8</b>	“Had it not been the LORD who was on our side when men rose up against us, then they would have swallowed us alive, when their anger was kindled against us; then the waters would have engulfed us, the stream would have swept over our soul; then the raging waters would have swept over our soul.” Blessed be the LORD, who has not given us to be torn by their teeth. Our soul has escaped as a bird out of the snare of the trapper; the snare is broken and we have escaped. Our help is in the name of the LORD, who made heaven and earth.
<b>Psalm 139:1-10</b>	O LORD, You have searched me and known me. You know when I sit down and when I rise up; You understand my thought from afar. You scrutinize my path and my lying down, and are intimately acquainted with all my ways. Even before there is a word on my tongue, behold, O LORD, You know it all. You have enclosed me behind and before, and laid Your hand upon me. Such knowledge is too wonderful for me; it is too high, I cannot attain to it. Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend to heaven, You are there; if I make my bed in Sheol, behold, You are there. If I take the wings of the dawn, if I dwell in the remotest part of the sea, even there Your hand will lead me, and Your right hand will lay hold of me.
<b>Psalm 139:11-12</b>	If I say, “Surely the darkness will overwhelm me, and the light around me will be night,” even the darkness is not dark to You, and the night is as bright as the day. Darkness and light are alike to You.
<b>Psalm 139:16-18</b>	Your eyes have seen my unformed substance; and in Your book were all written the days that were ordained for me, when as yet there was not one of them. How precious also are Your thoughts to me, O God! How vast is the sum of them! If I should count them, they would outnumber the sand. When I awake, I am still with You.
<b>Psalm 139:23-24</b>	Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.
<b>Psalm 147:3-5</b>	He heals the brokenhearted and binds up their wounds. He counts the number of the stars; He gives names to all of them. Great is our Lord and abundant in strength; His understanding is infinite.
<b>Proverbs 15:3</b>	The eyes of the LORD are in every place, watching the evil and the good.
<b>Isaiah 42:1</b>	“Behold, My Servant, whom I uphold; My chosen one in whom My soul delights. I have put My Spirit upon Him; He will bring forth justice to the nations.”
<b>Isaiah 42:6-7</b>	“I am the LORD, I have called you in righteousness, I will also hold you by the hand and watch over you, and I will appoint you as a covenant to the people, as a light to the nations, to open blind eyes, to bring out prisoners from the dungeon and those who dwell in darkness from the prison.”
<b>Isaiah 49:24-25</b>	“Can the prey be taken from the mighty man, or the captives of a tyrant be rescued?” Surely, thus says the LORD, “Even the captives of the mighty man will be taken away, and the prey of the tyrant will be rescued; for I will contend with the one who contends with you, and I will save your sons.”
<b>Isaiah 57:15</b>	For thus says the high and exalted One Who lives forever, whose name is Holy, “I dwell on a high and holy place, and also with the contrite and lowly of spirit in order to revive the spirit of the lowly and to revive the heart of the contrite.”
<b>Isaiah 61:1-3</b>	The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the afflicted; He has sent me to bind up the brokenhearted, to proclaim liberty to captives and freedom to prisoners; to proclaim the favorable year of the LORD and the day of vengeance of our God; to comfort all who mourn, to grant those who mourn in Zion, giving them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a spirit of fainting. So they will be called oaks of righteousness, the planting of the LORD, that He may be glorified.
<b>Jeremiah 32:17</b>	“Ah Lord GOD! Behold, You have made the heavens and the earth by Your great power and by Your outstretched arm! Nothing is too difficult for You.”



<b>Hosea 6:1</b>	“Come, let us return to the LORD. For He has torn us, but He will heal us; He has wounded us, but He will bandage us.”
<b>Micah 7:18</b>	Who is a God like You, who pardons iniquity and passes over the rebellious act of the remnant of His possession? He does not retain His anger forever, because He delights in unchanging love.
<b>Zechariah 8:6</b>	“Thus says the LORD of hosts, ‘If it is too difficult in the sight of the remnant of this people in those days, will it also be too difficult in My sight?’” declares the LORD of hosts.
<b>Matthew 14:31</b>	Immediately Jesus stretched out His hand and took hold of him, and said to him, “You of little faith, why did you doubt?”
<b>Mark 10:27</b>	Looking at them, Jesus said, “With people it is impossible, but not with God; for all things are possible with God.”
<b>Luke 4:18-19</b>	“The Spirit of the LORD is upon Me, because He anointed Me to preach the gospel to the poor. He has sent Me to proclaim release to the captives, and recovery of sight to the blind, to set free those who are oppressed, to proclaim the favorable year of the LORD.”
<b>John 3:34</b>	“For He whom God has sent speaks the words of God; for He gives the Spirit without measure.”
<b>John 8:34-36</b>	Jesus answered them, “Truly, truly, I say to you, everyone who commits sin is the slave of sin. The slave does not remain in the house forever; the son does remain forever. So if the Son makes you free, you will be free indeed.”
<b>Acts 10:38</b>	“You know of Jesus of Nazareth, how God anointed Him with the Holy Spirit and with power, and how He went about doing good and healing all who were oppressed by the devil, for God was with Him.”
<b>Acts 26:18</b>	“ . . . to open their eyes so that they may turn from darkness to light and from the dominion of Satan to God, that they may receive forgiveness of sins and an inheritance among those who have been sanctified by faith in Me.”
<b>Ephesians 3:20</b>	Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us
<b>Philippians 4:13</b>	I can do all things through Him who strengthens me.
<b>Hebrews 11:17- 19</b>	By faith Abraham, when he was tested, offered up Isaac, and he who had received the promises was offering up his only begotten son; it was he to whom it was said, “In Isaac your descendants shall be called.” He considered that God is able to raise people even from the dead, from which he also received him back as a type.

## **Theme D: The transforming power of the word and truth in inner healing**

<b>Reference</b>	<b>As it appears in the NASB</b>
<b>Psalms 25:5</b>	Lead me in Your truth and teach me, for You are the God of my salvation; for You I wait all the day.
<b>Psalms 51:6</b>	Behold, You desire truth in the innermost being, and in the hidden part You will make me know wisdom.
<b>Psalms 107:17- 20</b>	Fools, because of their rebellious way, and because of their iniquities, were afflicted. Their soul abhorred all kinds of food, and they drew near to the gates of death. Then they cried out to the LORD in their trouble; He saved them out of their distresses. He sent His word and healed them, and delivered them from their destructions.

<b>Psalm 119:9, 11</b>	How can a young man keep his way pure? By keeping it according to Your word. . . . Your word I have treasured in my heart, that I may not sin against You.
<b>Psalm 119:130</b>	The unfolding of Your words gives light; it gives understanding to the simple.
<b>Proverbs 1:23</b>	“Turn to my reproof, behold, I will pour out my spirit on you; I will make my words known to you.”
<b>Jeremiah 6:16</b>	Thus says the LORD, “Stand by the ways and see and ask for the ancient paths, where the good way is, and walk in it; and you will find rest for your souls. But they said, ‘We will not walk in it.’”
<b>Jeremiah 23:29</b>	“Is not My word like fire?” declares the LORD, “and like a hammer which shatters a rock?”
<b>John 8:31-32</b>	So Jesus was saying to those Jews who had believed Him, “If you continue in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free.”
<b>John 8:36</b>	“So if the Son makes you free, you will be free indeed.”
<b>John 8:40</b>	“But as it is, you are seeking to kill Me, a man who has told you the truth, which I heard from God; this Abraham did not do.”
<b>John 17:17</b>	“Sanctify them in the truth; Your word is truth.”
<b>Galatians 5:1, 13</b>	It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery. . . . For you were called to freedom, brethren; only do not turn your freedom into an opportunity for the flesh, but through love serve one another.
<b>Ephesians 5:26</b>	So that He might sanctify her, having cleansed her by the washing of water with the word.
<b>1 Thessalonians 2:13</b>	For this reason we also constantly thank God that when you received the word of God which you heard from us, you accepted it not as the word of men, but for what it really is, the word of God, which also performs its work in you who believe.
<b>2 Thessalonians 2:13</b>	But we should always give thanks to God for you, brethren beloved by the Lord, because God has chosen you from the beginning for salvation through sanctification by the Spirit and faith in the truth.
<b>Hebrews 4:12-13</b>	For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.
<b>James 1:18</b>	In the exercise of His will He brought us forth by the word of truth, so that we would be a kind of first fruits among His creatures.
<b>James 1:21</b>	Therefore, putting aside all filthiness and all that remains of wickedness, in humility receive the word implanted, which is able to save your souls.
<b>1 Peter 1:22- 23</b>	Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart, for you have been born again not of seed which is perishable but imperishable, that is, through the living and enduring word of God.

## Theme E: Spiritual warfare as it relates to inner healing and freedom

Reference	As it appears in the NASB
<b>Genesis 3:1</b>	Now the serpent was more crafty than any beast of the field which the LORD God had made. And he said to the woman, “Indeed, has God said, ‘You shall not eat from any tree of the garden’?”
<b>1 Chronicles 21:1</b>	Then Satan stood up against Israel and moved David to number Israel.
<b>Isaiah 49:24- 25</b>	“Can the prey be taken from the mighty man, or the captives of a tyrant be rescued?” Surely, thus says the LORD, “Even the captives of the mighty man will be taken away, and the prey of the tyrant will be rescued; for I will contend with the one who contends with you, and I will save your sons.”

<b>2 Corinthians 2:10-11</b>	But one whom you forgive anything, I forgive also; for indeed what I have forgiven, if I have forgiven anything, I did it for your sakes in the presence of Christ, so that no advantage would be taken of us by Satan, for we are not ignorant of his schemes.
<b>2 Corinthians 10:3-6</b>	For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ, and we are ready to punish all disobedience, whenever your obedience is complete.
<b>2 Corinthians 11:13-15</b>	For such men are false apostles, deceitful workers, disguising themselves as apostles of Christ. No wonder, for even Satan disguises himself as an angel of light. Therefore it is not surprising if his servants also disguise themselves as servants of righteousness, whose end will be according to their deeds.
<b>Ephesians 6:10-18</b>	Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God. With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints.
<b>2 Timothy 2:24-26</b>	The Lord's bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged, with gentleness correcting those who are in opposition, if perhaps God may grant them repentance leading to the knowledge of the truth, and they may come to their senses and escape from the snare of the devil, having been held captive by him to do his will.
<b>Hebrews 2:14-15</b>	Therefore, since the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the power of death, that is, the devil, and might free those who through fear of death were subject to slavery all their lives.
<b>James 4:1-7</b>	What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures. You adulteresses, do you not know that friendship with the world is hostility toward God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God. Or do you think that the Scripture speaks to no purpose: "He jealously desires the Spirit which He has made to dwell in us"? But He gives a greater grace. Therefore it says, "God is opposed to the proud, but gives grace to the humble." Submit therefore to God. Resist the devil and he will flee from you.
<b>1 Peter 5:8-9</b>	Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world.

**Theme F: Bondages, lies, and brokenness have a root or beginning point in our lives that can be identified and broken**

Reference	As it appears in the NASB
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<b>Genesis 3:3-5</b>	“But from the fruit of the tree which is in the middle of the garden, God has said, ‘You shall not eat from it or touch it, or you will die.’” The serpent said to the woman, “You surely will not die! For God knows that in the day you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”
<b>Deuteronomy 29:18</b>	So that there will not be among you a man or woman, or family or tribe, whose heart turns away today from the LORD our God, to go and serve the gods of those nations; that there will not be among you a root bearing poisonous fruit and wormwood.
<b>Joshua 22:16- 18</b>	“Thus says the whole congregation of the LORD, ‘What is this unfaithful act which you have committed against the God of Israel, turning away from following the LORD this day, by building yourselves an altar, to rebel against the LORD this day? Is not the iniquity of Peor enough for us, from which we have not cleansed ourselves to this day, although a plague came on the congregation of the LORD, that you must turn away this day from following the LORD? If you rebel against the LORD today, He will be angry with the whole congregation of Israel tomorrow.’”
<b>1 Chronicles 28:9</b>	“As for you, my son Solomon, know the God of your father, and serve Him with a whole heart and a willing mind; for the LORD searches all hearts, and understands every intent of the thoughts. If you seek Him, He will let you find Him; but if you forsake Him, He will reject you forever.”
<b>Psalms 26:2</b>	Examine me, O LORD, and try me; test my mind and my heart.
<b>Psalms 107:10- 16</b>	There were those who dwelt in darkness and in the shadow of death, prisoners in misery and chains, because they had rebelled against the words of God and spurned the counsel of the Most High. Therefore He humbled their heart with labor; they stumbled and there was none to help. Then they cried out to the LORD in their trouble; He saved them out of their distresses. He brought them out of darkness and the shadow of death and broke their bands apart. Let them give thanks to the LORD for His lovingkindness, and for His wonders to the sons of men! For He has shattered gates of bronze and cut bars of iron asunder.
<b>Psalms 139:1</b>	O LORD, You have searched me and known me.
<b>Psalms 146:7</b>	Who executes justice for the oppressed; who gives food to the hungry. The LORD sets the prisoners free.
<b>Proverbs 4:23</b>	Watch over your heart with all diligence, for from it flow the springs of life.
<b>Proverbs 17:3</b>	The refining pot is for silver and the furnace for gold, but the LORD tests hearts.
<b>Proverbs 21:22</b>	A wise man scales the city of the mighty and brings down the stronghold in which they trust.
<b>Proverbs 30:8</b>	Keep deception and lies far from me, give me neither poverty nor riches; feed me with the food that is my portion.
<b>Isaiah 42:7</b>	. . . to open blind eyes, to bring out prisoners from the dungeon and those who dwell in darkness from the prison.
<b>Isaiah 42:16</b>	“I will lead the blind by a way they do not know, in paths they do not know I will guide them. I will make darkness into light before them and rugged places into plains. These are the things I will do, and I will not leave them undone.”
<b>Isaiah 49:8-9</b>	Thus says the LORD, “In a favorable time I have answered You, and in a day of salvation I have helped You; and I will keep You and give You for a covenant of the people, to restore the land, to make them inherit the desolate heritages; saying to those who are bound, ‘Go forth,’ to those who are in darkness, ‘Show yourselves.’ Along the roads they will feed, and their pasture will be on all bare heights.”
<b>Jeremiah 2:13</b>	“For My people have committed two evils: they have forsaken Me, the fountain of living waters, to hew for themselves cisterns, broken cisterns that can hold no water.”
<b>Jeremiah 9:3</b>	“They bend their tongue like their bow; lies and not truth prevail in the land; for they proceed from evil to evil, and they do not know Me,” declares the LORD.

<b>Jeremiah 12:1-2</b>	Righteous are You, O LORD, that I would plead my case with You; indeed I would discuss matters of justice with You: Why has the way of the wicked prospered? Why are all those who deal in treachery at ease? You have planted them, they have also taken root; they grow, they have even produced fruit. You are near to their lips but far from their mind.
<b>Hosea 10:13</b>	You have plowed wickedness, you have reaped injustice, you have eaten the fruit of lies. Because you have trusted in your way, in your numerous warriors . . .
<b>Amos 2:4</b>	Thus says the LORD, “For three transgressions of Judah and for four I will not revoke its punishment, because they rejected the law of the LORD and have not kept His statutes; their lies also have led them astray, those after which their fathers walked.”
<b>Nahum 3:1</b>	Woe to the bloody city, completely full of lies and pillage; her prey never departs.
<b>Zechariah 9:11-12</b>	As for you also, because of the blood of My covenant with you, I have set your prisoners free from the waterless pit. Return to the stronghold, O prisoners who have the hope; this very day I am declaring that I will restore double to you.
<b>John 8:43-45</b>	“Why do you not understand what I am saying? It is because you cannot hear My word. You are of your father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own nature, for he is a liar and the father of lies. But because I speak the truth, you do not believe Me.”
<b>Philippians 1:15-17</b>	Some, to be sure, are preaching Christ even from envy and strife, but some also from good will; the latter do it out of love, knowing that I am appointed for the defense of the gospel; the former proclaim Christ out of selfish ambition rather than from pure motives, thinking to cause me distress in my imprisonment.
<b>1 Timothy 6:10</b>	For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith and pierced themselves with many griefs.
<b>Hebrews 12:15</b>	See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.

Materials taken from:

*A Guide for Listening and Inner-Healing Prayer* by Rusty Rustenbach, pages 209-211 and

*A Guide for Listening and Inner-Healing Prayer Leader’s Guide* by Rusty Rustenbach, pages 47-61

# RESOURCES

*A Guide for Listening and Inner Healing Prayer* by Rusty Rustenbach

*Live Free* by John Eldredge (Good overview of living free and why its hard sometimes)

*SOZO: Saved, Healed, Delivered* by Dawna De Silva and Teresa Liebscher

*2 Hours to Freedom* by Dr. Charles Kraft

*Waking the Dead* by John Eldredge (Wake up to the battle for your heart )

*The Way of the Heart* by Henri Nouwen (Help to connect head to heart)

*The Nature of God* by Graham Cooke (Really see and experience who God is for you)

*The Nature of Freedom* by Graham Cooke (Yep, more freedom!)

*The Bondage Breaker* by Neil Anderson (The nature of bondage and how to break it)

*The Steps to Freedom in Christ* by Neil Anderson (A short guide to breaking bondage.)

*Blessing Your Spirit* by Sylvia Gunter and Arthur Burke

(Uses scripture and blessing to build up and strengthen your spirit to walk in the life God has for you.)

*The 5 Love Languages* by Gary Chapman

*The Abundant Life Series: 'Authenticity With Self'* by Pastor Todd Rodarmel  
(4.15.2018)

<https://mvc.life/sermons/>

<https://vimeo.com/265008465>

## RESTORE 2

### Prayer Training Questionnaire

We would appreciate your help.

Please fill out this questionnaire and hand it in at the end of today's session.

On a scale of 1-10 (10 being best), did you find this training helpful?  
Why or Why not?

Is there one thing you learned from today, that you will take with you?

Did you experience any personal breakthrough today?

We would love to hear it! Would you please share your breakthrough or what the Lord revealed to you?

Was the session too short or too long? (circle one). Comments:

Was the material too little or too much? (circle one). Comments:

Anything additional comments?

Thank you for being with us today!

Name \_\_\_\_\_











**"Reckless Love"**  
**Sung by Cory Asbury**  
**Heaven Come Conference 2017**

<https://www.youtube.com/watch?v=6xx0d3R2LoU>

Before I spoke a word, You were singing over me  
You have been so, so good to me  
Before I took a breath, You breathed Your life in me  
You have been so, so kind to me

*Oh, the overwhelming, never-ending, reckless love of God  
Oh, it chases me down, fights 'til I'm found, leaves the ninety-nine  
I couldn't earn it, and I don't deserve it, still, You give Yourself away  
Oh, the overwhelming, never-ending, reckless love of God, yeah*

When I was Your foe, still Your love fought for me  
You have been so, so good to me  
When I felt no worth, You paid it all for me  
You have been so, so kind to me

*And oh, the overwhelming, never-ending, reckless love of God  
Oh, it chases me down, fights 'til I'm found, leaves the ninety-nine  
And I couldn't earn it, and I don't deserve it, still, You give Yourself away  
Oh, the overwhelming, never-ending, reckless love of God, yeah*

There's no shadow You won't light up  
Mountain You won't climb up  
Coming after me  
There's no wall You won't kick down  
Lie You won't tear down  
Coming after me

*(REPEAT x 2)*

*Oh, the overwhelming, never-ending, reckless love of God  
Oh, it chases me down, fights 'til I'm found, leaves the ninety-nine  
And I couldn't earn it, I don't deserve it, still, You give Yourself away  
Oh, the overwhelming, never-ending, reckless love of God, yeah*

# Ever Be

**Bethel Music**

Featuring Kalley Heiligenthal

Produced by Bethel Music

Album We Will Not Be Shaken (Live)

(Heeeey, yeeeah, heey, yeeah)

Your love is devoted  
Like a ring of solid gold  
Like a vow that is tested  
Like a covenant of old  
And Your love is enduring  
Through the winter rain  
And beyond the horizon  
With mercy for today

[Pre-Chorus]

Faithful You have been  
And faithful You will be  
You pledge yourself to me  
And it's why I sing

[Chorus]

Your praise will ever be on my lips  
Ever be on my lips  
Your praise will ever be on my lips  
Ever be on my lips  
Your praise will ever be on my lips  
Ever be on my lips  
Your praise will ever be on my lips  
Ever be on my lips  
(Heeeey, yeeeah, heey, yeeah)