

Detailed Table of Contents

© 2014, 2005, 2004 Freedom for the Captives Ministries
Permission is granted to copy this table of contents for non-commercial use.

	Page
Simplified Overviews	vii
Preface	xvii
1. Overview and Introduction	1
Overview	2
Introduction	4
A. A few things to keep in mind	5
B. Learning to Use These Modules	6
C. Using the Basic Modules to Help Others	9
C.1. Basic Principles to Follow as You Minister to Others	9
C.2. Using the Modules to Help Someone Work through a Specific Issue or Problem	10
C.3. Using the Modules for General Applications such as Mentoring, Member Care and General Discipleship	10
C.4. Using the Modules to Help Those Who Don't Yet Follow Christ	11
C.5. Using the Modules When Others Don't Initiate	11
C.6. Using the Modules to Help People with Marriage Problems, and/or Other Relational Problems	12
D. Basic Guidelines for a Ministry Time Where the Focus is on Freedom for the Captive	13
D.1. Open your time with prayer	13
D.2. Follow God's Leading	
D.3. If you notice signs of spiritual interference during the ministry time	13
D.4. End your time with prayer	14
D.5. Encourage the person that received ministry	14
D.6. If you were ministering to someone else, after you're alone	14
Process Diagram	15

Out of Darkness into Light

Attachment	
1. Guide to Identifying Which Modules to Use	16
2. Freedom from Generational Bondage	17
Biblical Basis	18
Brief Explanation	18
Step-by-Step Process	19
Sample Prayer	20
Follow-Up	20
Process Diagram	21
Attachment	
1. List of Potential Generational Sins, Negative Patterns, or Inherited Traits	22
3. Replacing Family Curses with God’s Blessings	23
Biblical Basis	24
Brief Explanation	25
Examples	26
Step-by-Step Process	27
Sample Prayers	29
Process Diagram	30
4. Confessing and Turning from Sin	31
Biblical Basis	32
Brief Explanation	33
Step-by-Step Process	34
Sample Prayers	35
Follow-up	39
Process Diagram	40
Attachment	
1. Occult Involvement	41
Biblical Basis	41
Brief Explanation	41
Step-by-Step Process	42
Sample Prayers	43
Process Diagram	46

5. Breaking Internal Strongholds	47
Biblical Basis	48
Brief Explanation	48
General Step-by-Step Process	49
Process Diagram	50
A. Canceling Personal Decisions That Are Contrary to God’s Will	51
A.1. Judgments	51
Biblical Basis	51
Brief Explanation	51
Examples	51
Step-by-Step Process	52
Sample Prayer	53
Follow-up	53
Process Diagram	54
A.2. Vows	55
Biblical Basis	55
Brief Explanation	55
Examples	55
Step-by-Step Process	56
Sample Prayers	56
Follow-up	56
Process Diagram	57
A.3. Cursing	58
Biblical Basis	58
Brief Explanation	58
Examples	58
Step-by-Step Process	59
Sample Prayers	61
Process Diagram	62

A.4. Conclusions, Perceptions, Assumptions, Attitudes, Expectations and Other Types of Decisions	63
Biblical Basis	63
Brief Explanation	63
Examples	63
Step-by-Step Process	64
Follow-up	64
Process Diagram	65
B. Breaking the Effects of Attacks on the Soul	66
B.1. Feeling Judged	66
Brief Explanation	66
Step-by-Step Process	66
Sample Prayer	67
Process Diagram	68
B.2. Curses	69
Biblical Basis	69
Brief Explanation	69
Step-by-Step Process	70
Sample Prayers	71
Follow-up	71
Process Diagram	72
C. Breaking Contracts That Are Contrary to God's Will	73
C.1. Fear Bonds	73
Biblical Basis	73
Brief Explanation	73
Examples	73
Step-by-Step Process	74
Follow-up	75
Process Diagram	76

C.2. Co-dependent Relationships	77
Biblical Basis	77
Brief Explanation	77
Examples	77
Step-by-Step Process	78
Follow-up	78
Process Diagram	79
C.3. Other Unhealthy Emotional Ties	80
Biblical Basis	80
Brief Explanation	80
Examples	80
Step-by-Step Process	81
Follow-up	81
Process Diagram	82
C.4. One-Flesh Bonds	83
Biblical Basis	83
Brief Explanation	83
Examples	83
Step-by-Step Process	83
Process Diagram	84
C.5. Covenants	85
Biblical Basis	85
Brief Explanation	85
Examples	85
Step-by-Step Process	86
Sample Prayer	87
Follow-up	87
Process Diagram	88

6. Healing from Emotional Wounds	89
Biblical Basis	90
Brief Explanation	90
A. Unpleasant Emotions Based on Truth	91
Process Diagram	91
Step-by-Step Process	92
B. Emotional Wounds Based on False Beliefs	93
Basic Step-by-Step Process	96
Process Diagram	97
Worksheet	98
Detailed Step-by-Step Process	99
Examples	107
Examples of Negative Emotions	107
Examples of False Beliefs	109
Representative Example of a False Belief	109
Representative Examples of Truth Revealed	109
Representative Example of Truth Revealed in a Sequence of Events	110
Follow-up	111
Attachments	
1. Grieving the Losses of Life	112
Biblical Basis	112
Brief Explanation	112
Stages of Grief	113
Types and Examples of Losses	113
Step-by-Step Process	114
Follow-up	115
Process Diagram	116
2. When the Emotion is Anger	117
Brief Explanation	117
Step-by-Step Process	
– When <i>Your</i> Emotion is Anger	117
Step-by-Step Process – Praying with Someone Else when <i>Their</i> Emotion is Anger	118
Process Diagram	119

3. Brief Biblical Foundation for Seeking Healing From Emotional Wounds	120
4. Praying Through Trauma	122
Biblical Basis	122
Brief Explanation	123
Examples	123
Process Diagram	124
Step-by-Step Process	125
Follow-up	128
Additional Scriptures	129
7. Forgiving Others	131
Biblical Basis	132
Brief Explanation	133
Step-by-Step Process	134
Sample Prayers	135
Follow-up	136
Process Diagram	137
Attachment	
1. If You Still Feel Unable or Unwilling to Forgive the Person	138
Biblical Basis	138
Brief Explanation	138
Step-by-Step Process	139
8. Forgiving your Parents	141
Biblical Basis	142
Brief Explanation	142
Step-by-Step Process	144
Sample Prayers	146
Follow-up	147
Process Diagram	148

9. Forgiving and Accepting Yourself	149
Biblical Basis	150
A. Forgiving Yourself	151
Brief Explanation	151
Step-by-Step Process	153
Sample Prayer	154
Process Diagram	155
B. Accepting Yourself	156
Brief Explanation	156
Step-by-Step Process	156
Sample Prayer	157
Process Diagram	158
Follow-up – A and B	159

10. Replacing Unhealthy Patterns	161
Biblical Basis	162
Brief Explanation	163
Example	165
Step-by-Step Process	166
Follow-up	168
Process Diagram	169
Attachments	
1. A Looping Bowtie Pattern	170
2. Living Beyond Fear	172
Biblical Basis	172
Brief Explanation	172
Step-by-Step Process	173
Process Diagram	175
3. Giving Up Unhealthy Control	176
Biblical Basis	176
Brief Explanation	176
Representative Example	177
Step-by-Step Process	178
Follow-up	178
Process Diagram	179
4. Overcoming Perfectionism	180
Biblical Basis	180
Brief Explanation	180
11. Finding True Security	183
Biblical Basis	184
Brief Explanation	185
Step-by-Step Process	186
Follow-up	189
Process Diagram	190

Out of Darkness into Light

12. Living in the Light	191
Biblical Basis	192
Brief Explanation	193
Step-by-Step Process	194
Follow-up	198
Process Diagram	199
Attachments	
1. No Longer a Victim	200
Biblical Basis	200
Brief Explanation	200
Step-by-Step Process	201
Follow-up	202
Process Diagram	205
2. In Christ We Are...	206
3. “One Anothering” Passages	208
4. Truth for Everyday Life	209
Out of Darkness – Emotional	209
Out of Darkness – Personal and Relational	211
Out of Darkness – Beliefs, Choices, and Desires	216
Out of Darkness – Conditions	217
Out of Darkness – Religious and/or Idolatrous	219
Recommended Further Reading	231
Guide to Identifying Which Modules to Use	232
Worksheet for Module 6.B.	233
Schematic and Basic Steps in the Process	234