

# Out of Darkness Into Light

## Wholeness Prayer Basic Modules Module 5

*“Then you will know the truth, and the truth will set you free.” (John 8:32)*

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# Breaking Internal Strongholds<sup>1</sup>

## Biblical Basis – Breaking Internal Strongholds

*“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” (2 Corinthians 10:3-5).*

*“**Test everything**. Hold onto the good. Avoid every kind of evil” (1 Thessalonians 5:21-22).*

*“Do not conform any longer 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 12:2).*

*“...Love the Lord your God with **all** your heart and with **all** your soul and with **all** your mind” (Matthew 22:37).*

*“Our Father in heaven, hallowed be your name, your kingdom come, **your will be done** on earth as it is in heaven” (Matt. 6:9b-10).*

## Brief Explanation – Breaking Internal Strongholds

Strongholds, as defined in 2 Corinthians 10:3-5, include “*arguments and every pretension that sets itself up against the knowledge of God*”. An internal stronghold is anything within you that sets itself up against the knowledge of God. It’s a strong “holdout” against God saturating every part of your being. It acts as a wall between you and what God wants to do in you.

Breaking various types of internal strongholds will be discussed in the following sections:

- A. Canceling Personal Decisions That Are Contrary to God’s Will**
- B. Breaking the Effects of Attacks on the Soul**
- C. Breaking Contracts That Are Contrary to God’s Will**

These sections also refer to “General Step-by-Step Process – Breaking Internal Strongholds” (following).

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<sup>1</sup> Some parts adapted (with permission) from “*A Theory and Process for Christian Counseling & Inner Healing*” by Alfred Davis, pages 86-89

## Module 5: Breaking Internal Strongholds

### **General Step-by-Step Process<sup>2</sup> – Breaking Internal Strongholds**

*Note: See “Module 1: Overview and Introduction” for beginning and ending steps, and information on how to use the modules in various contexts.*

1. Read the sections below about the various types of strongholds. Ask God to show you any internal strongholds you have.
2. As He reveals them, work through the corresponding “Step-by-Step Process” (in the sections below) to break each of those strongholds.
3. Ask God to fill you with His truth – especially in any of the places where strongholds have been broken. Look for Scriptures that relate to these. Ask God to help you to apply them at a heart level and to live in truth. See also “Module 6: Healing from Emotional Wounds.”
4. If there are any demonic elements that had a foothold because of something that has now been broken, command them in the name of Jesus to go now where He sends them, and never return. Ask Jesus to protect you and fill with Himself any empty places in you.
5. Ask God to continue to transform you by renewing your mind. Give to Him all that you are. Ask Him to fill you with Himself (Eph 5:18b) and help you to walk in His ways. Learn more about God’s ways. The Bible is the best source from which to learn these! Continue to partner with Him in your transformation process.
6. Thank God for who He is; and for all He has done, is doing, and will do in you!
7. Ask God to continue to show you any internal strongholds in you. When He shows one to you, work through the corresponding “Step-by-Step Process” (in sections A, B, and C of this module).
8. Work through any corresponding follow-up steps.
9. Continue to work through other modules as they apply to your situation. See “Attachment 1: Guide to Which Modules to Use” in “Module 1: Overview and Introduction.”

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<sup>2</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

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### Process Diagram

#### Module 5 – Breaking Internal Strongholds – General Process

- *Opening prayer*
- *Ask God to show you **any internal strongholds you have**.*
- ***Work through** the corresponding “Step-by-Step Process” (in the sections below) to **break each of those strongholds***
- *Ask God to **fill you with His truth** – especially in any of the places where strongholds have been broken. **Look for Scriptures** that relate to these. Ask God to help you to **apply them at a heart level** and to **live in truth**. See also “Module 6: Healing from Emotional Wounds.”*
- *If there are any **demonic elements** that had a foothold because of something that has now been broken, **command them in the name of Jesus to go now where He sends them, and never return**. Ask Jesus to protect you and fill with Himself any empty places in you.*
- *Ask God to **continue to transform you** by renewing your mind. Give to Him all that you are. Learn more about God’s ways.*
- ***Thank God** for who He is; and for all He has done, is doing, and will do in you!*
- *Ask God to **continue to show you any internal strongholds in you**. When He shows one to you, work through the corresponding “Step-by-Step Process” (in sections A, B, and C of Module 5).*
- *Work through any corresponding **follow-up steps**.*
- *Continue to **work through other modules** as they apply to your situation.*
- *Closing prayer.*

## A. Canceling Personal Decisions That Are Contrary to God's Will

These decisions include any **judgments, vows, curses, conclusions, perceptions, assumptions, attitudes, expectations, and other types of decisions** you've made that negatively affect how you interact with God, yourself and others.

### A.1. Judgments

#### Biblical Basis – Regarding Judgments

*“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” (Matthew 7:1-5).*

#### Brief explanation – Judgments

To judge someone is to form a wide-sweeping negative opinion about them or their character. When you judge someone, you're focusing on evaluating their *character*, not their *actions*. Any negative judgments you have made need to be broken.

Reasons you may have judged someone include:

- You felt hurt or threatened in some way.
- You felt judged by others.
- You thought it might help you feel better about yourself.

If you judged someone partly in an attempt to feel better about yourself:

- You may have an insufficient understanding of who you are in Christ. See also “Module 11: Finding True Security” and “Module 12: Living in the Light.”
- You may think you still live under the law of sin and death (Romans 8:1). If you are a follower of Christ, this is no longer true. You have been set free by God's grace. *“So, my brothers, you also died to the law through the body of Christ, that you might belong to another, to him who was raised from the dead, in order that we might bear fruit to God” (Romans 7:4). “In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will – to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding” (Ephesians 1:4b-8).*

#### Examples of judgments that negatively affect how you interact with God, yourself and others

- “God doesn't keep his word” (instead of “I don't understand why God did that.”)
- “She's a bad egg,” (instead of “She does a lot of things I don't like,” which would focus on the actions).
- “He's an idiot,” (instead of “That was a stupid thing to do,” which would focus on the action).

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### Step-by-Step Process<sup>3</sup> – Regarding Judgments

Note: Also see “General Step-by-Step Process”, located earlier in this module.

1. Ask God to reveal to you any ways in which you have judged someone.
  - Confess and turn from each. See “Module 4: Confessing and Turning From Sin.”
  - Ask God to release the person you judged from any negative effects of your judgment on them.
  - Ask God to bless the person and help you to see them the way He sees them.
  - Ask God to forgive you for judging them, and release you from any negative effects this sin has had on you.
  - Thank God for forgiving you.

See “Sample Prayer for Step 1” in the section “Sample Prayer – Judgments,” following.

2. Ask God to reveal anything within you that contributed to your decision to judge this person. One question that may be helpful in this process is asking God *why* you choose to judge the person. Seek healing for any emotional wounds. See “Module 6: Healing From Emotional Wounds.” Work through any other modules that apply. See “Attachment 1: Guide to Which Modules to Use” in “Module 1: Overview and Introduction.”

3. Recognize that Jesus is the one who has authority to judge. Decide to leave to Him any judging that needs to be done. *“For as the Father has life in himself, so he has granted the Son to have life in himself. And he has given him authority to judge because he is the Son of Man” (John 5:26-27).*

4. Ask God to help you not judge people any longer. Ask Him to help you instead live in the knowledge of His grace toward you in Christ. Ask Him to help you extend love and forgiveness to others, because of the love and forgiveness He’s given you. *“Above all, love each other deeply, because love covers over a multitude of sins” (1 Peter 4:8).*

5. Continue to grow in understanding who you are in Christ.

6. Rejoice in God’s love for you and in *“the riches of God’s grace that he lavished on us with all wisdom and understanding” (Ephesians 1:7b-8).*

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<sup>3</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

**Sample Prayer – Regarding Judgments**

**Sample Prayer for Step 1<sup>4</sup>**

*God, I confess that I have sinned by judging [state name] by thinking or saying [state way in which you have judged this person]. Please forgive me. I renounce this sin, in the name of Jesus.*

*I confess that you are the Righteous Judge over [state name]. Please release [state name, if person is still alive] from the effects of being judged by me. Please bless [him/her] instead with [name several blessings].*

*Please also release me, Father, from the results of my sin of judging. Show me any heart wounds that contributed to my judging this person, and heal me of those. Please help me not to judge [state name] or others in the future. Help me instead to rest in your grace, and to love others out of the overflow of the great love you lavish on me.*

**Follow-up – Regarding Judgments**

1. Ask God if there is anyone you've judged that He wants you to apologize to. Sometimes this is helpful; other times it's not. If the person wasn't aware of your judgment toward them, it's usually best not to tell them, as telling them could harm the relationship. If they *were* aware of your judgment, then it's probably best to apologize to them.

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<sup>4</sup> Adapted with permission from *Undivided Heart Prayer Ministry* by Anna Travis

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### Process Diagram

#### Module 5 – Breaking Internal Strongholds – A.1. Judgment

- **Opening prayer**
- Ask God to reveal to you **any ways in which you have judged someone**
  - **Confess and turn from each.** See “Module 4: Confessing and Turning From Sin.”
  - Ask God to **release the person you judged from any negative effects of your judgment on them.**
  - Ask God to **bless the person and help you to see them the way He sees them.**
  - Ask God to **forgive you for judging them, and release you from any negative effects this sin has had on you.**
  - **Thank God** for forgiving you.
- Ask God to reveal **anything within you that contributed to your decision to judge this person.** One question that may be helpful in this process is asking God **why** you choose to judge the person. **Seek** healing for any emotional wounds. **Work through** any other modules that apply.
- **Recognize** that Jesus is the one who has authority to judge. **Decide** to leave to Him any judging that needs to be done.
- Ask God to help you **not judge people any longer.** Ask Him to help you **instead live in the knowledge of His grace** toward you in Christ. Ask Him to help you **extend love and forgiveness to others,** because of the love and forgiveness He’s given you.
- Continue to grow in **understanding who you are in Christ.**
- **Rejoice** in God’s love for you and in “the riches of God’s grace that he lavished on us with all wisdom and understanding” (Ephesians 1:7b-8).
- **Closing prayer**
- **Follow-up:**
  - Ask God if there is anyone you’ve judged that He wants you to **apologize** to. Sometimes this is helpful; other times it’s not. If the person wasn’t aware of your judgment toward them, it’s usually best not to tell them, as telling them could harm the relationship. If they were aware of your judgment, then it’s probably best to apologize to them.



## A.2. Vows – Intentional and Unintentional Biblical Basis – Regarding Vows

“Again, you have heard that it was said to the people long ago, ‘Do not break your oath, but keep the oaths you have made to the Lord.’ But I tell you, **Do not swear at all**: either by heaven, for it is God’s throne; or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King. And do not swear by your head, for you cannot make even one hair white or black. **Simply let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’;** anything beyond this comes from the evil one” (Matthew 5:33-37).

### Brief Explanation – Vows

To make a vow is to promise to “perform some act, or to make some gift or sacrifice.”<sup>5</sup> Vows can be made to God, to other spiritual beings, to other people, or to yourself.

Unwise vows may have been made with a positive intent. You may have made unwise vows that you are later unable to fulfill. These have been made in the strength of your flesh; not because God prompted you.

Negative vows may have been made as an attempt to protect yourself from further pain. Even if you do not remember vows you have made in the past, you are still affected by them.

### Examples of unwise vows

- “No matter what happens, I will read through the Bible this year.” Contrast this with a healthy **intent**: “Lord willing, I will read through the Bible this year.”
- “I will visit at least 10 cities this year.” “*Instead you ought to say ‘If it is the Lord’s will, we will live and do this or that.’*” (James 4:15).

### Examples of negative vows made to God, yourself or another person <sup>6</sup>

- “I will never be like my father.”
- “I will never speak to you again.”
- “I will never be hurt again.”
- “I will never trust another man again.”
- “I’ll never try anything new again.”

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<sup>5</sup> Funk & Wagnalls Standard College Dictionary

<sup>6</sup> Adapted with permission from *Undivided Heart Prayer Ministry* by Travis, pg 11

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### Step-by-Step Process<sup>7</sup> – Regarding Unwise or Negative Vows

*Note: Also see “General Step-by-Step Process”, located earlier in this module.*

1. If you have made an *unwise* vow, ask God to forgive you. Ask Him to show you what, if any, part of it He still wants you to fulfill. See “Sample Prayer for Step 1,” following.

**If you have made any *negative* vows to God, another spiritual being, yourself, or another person; work through steps 2-4 for each:**

2. Ask God to show you anything within you that contributed to your decision to make this vow. Work through these issues, referring to any modules that apply. For example:

- If any emotional wound(s) might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”
- If a desire for revenge contributed to your decision, see “Module 7: Forgiving Others.”

3. Ask God to forgive you for making this vow. Ask God to nullify this vow. Ask Him to show you His truth; as it applies to yourself, and as it affects how He wants you to relate to others. Ask Him to replace any lies you’ve believed with His truth. See “Sample Prayer for Step 3,” following. See also Module 6 “Healing from Emotional Wounds.”

4. Apply His truth in your life.

### Sample Prayers – Regarding Unwise or Negative Vows

#### Sample Prayer for Step 1<sup>8</sup>

*God, forgive me for vowing [state the vow] in my own strength. Please show me any heart wounds that contributed to my making this vow. Please forgive me for not fulfilling this vow. I ask you to show me what, if any, parts of this vow you still want me to fulfill, and to help me to fulfill those. Jesus, thank you for dying on the cross for my sin. I praise you for your resurrection power, that enables me to do all that you want me to.*

#### Sample Prayer for Step 3<sup>9</sup>

*God, forgive me for vowing [state the vow]. Please nullify this vow. In Jesus’ name, I break its power and effects in my life, from this day forward. I no longer want to protect myself with this vow. I look to you to protect me. I no longer want to be guided by this vow. I look to you to guide me in everything. I put my trust in you. I want to follow you and walk in your ways. Thank you for dying on the cross for my sin.*

*Please show me any heart wounds that contributed to my making this vow. Please replace any lies I’ve believed with your truth.*

### Follow-up – Regarding Unwise or Negative Vows

1. Follow through with any action steps God has shown you.

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<sup>7</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

<sup>8</sup> Adapted with permission from *Undivided Heart Prayer Ministry* by Anna Travis, pg 12-13

<sup>9</sup> *ibid*, pg 12

**Process Diagram**

**Module 5 – Breaking Internal Strongholds**

**A.2. Unwise or Negative Vows**

- *Opening prayer*
- *If you have made an **unwise vow**, ask God to forgive you. Ask Him to show you what, if any, part of it He still wants you to fulfill.*
- *If you have made any negative vows to God, another spiritual being, yourself, or another person:*
  - *Ask God to show you anything within you that contributed to your decision to make this vow. Work through these issues, referring to any modules that apply. For example:*
    - *If any **emotional wound(s)** might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”*
    - *If a **desire for revenge** contributed to your decision, see “Module 7: Forgiving Others.”*
  - *Ask God to forgive you for making this vow. Ask God to **nullify this vow**. Ask Him to show you **His truth**; as it applies to yourself, and as it affects how He wants you to relate to others. Ask Him to **replace any lies you’ve believed with His truth**. See Module 6 “Healing from Emotional Wounds.”*
  - *Apply His truth in your life.*
- *Closing prayer*
- *Follow-up*
  - *Follow through with any **action steps** God has shown you.*

## Out of Darkness into Light

### A.3. Cursing – Intentional and Unintentional

#### Biblical Basis – Regarding Cursing

*“Do not blaspheme God or curse the ruler of your people” (Exodus 22:28).*

*“With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God’s likeness. **Out of the same mouth come praise and cursing. My brothers, this should not be**” (James 3:9-10).*

*“If a man **curse his father or mother**, his lamp will be snuffed out in pitch darkness” (Proverbs 20:20).*

*“Bless those who persecute you; **bless and do not curse**” (Romans 12:14).*

#### Brief Explanation – Cursing

“To curse someone is to wish calamity upon them, or to speak negative things concerning them or their future... We can curse God, curse ourselves, curse others, or pay an occult practitioner to curse someone else.”<sup>10</sup> Curses can be intentional or unintentional.

#### Examples of unintentional curses<sup>11</sup>

- “You’re stupid.”
- “You’re worthless.”
- “You’re an embarrassment to me.”
- “You’ll never amount to anything.”
- “Why can’t you be like your brother?”
- “You’ll be a drunkard like your father.”

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<sup>10</sup> ibid pg 13

<sup>11</sup> Adapted from ibid

### Step-by-Step Process<sup>12</sup> – Regarding Cursing

*Note: Also see “General Step-by-Step Process”, located earlier in this module.*

1. Ask God to show you any and all ways you have cursed God, yourself, or others; or any ways you have asked or paid an occult practitioner to curse someone else.
  
2. For each way you have cursed God:
  - Ask Him to forgive you.
  - Ask God to show you anything within you that contributed to your decision to curse Him. Work through these issues, referring to any modules that apply.  
For example:
    - If any emotional wound(s) might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”
    - If a desire for revenge contributed to your decision, see “Module 7: Forgiving Others.”
  - Ask God to help you not to sin in this way again.
  - Ask God to reveal more of His character to you. See “Module 11: Finding True Security” and “Module 12: Living in the Light.”
  - Thank God for who He is.
  - Continue to work through any lies you’ve believed about God.
  - Continue to work through other modules that apply to your situation.
  
3. For each way in which you have cursed yourself:
  - Ask God to forgive you.
  - Ask God to show you anything within you that contributed to your decision to curse yourself. Work through these issues, referring to any modules that apply.  
For example:
    - If any emotional wound(s) might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”
    - If a desire for revenge contributed to your decision, see “Module 7: Forgiving Others.”
  - Ask God to help you not to sin in this way again.
  - Ask God to help you see yourself as He does. See “Module 9: Forgiving and Accepting Yourself.”
  - Ask God to help you grow in knowing who you are in Him. See “Module 11: Finding True Security” and “Module 12: Living in the Light.”
  - Ask God to break the curse and replace it with a blessing. See also “Sample Prayer for Step 3,” following.
  - Thank Him.
  - Continue to work through other modules that apply to your situation.

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<sup>12</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

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4. For each way in which you have cursed someone else and for each time you asked or paid an occult practitioner to curse someone else:

- Ask God to forgive you.
- Ask God to show you anything within you that contributed to your decision to curse this person. Work through these issues, referring to any modules that apply. For example:
  - If any emotional wound(s) might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”
  - If a desire for revenge contributed to your decision, see “Module 7: Forgiving Others.”
- Ask God to help you not to sin in this way again.
- Ask God to help you see the person as He does. See “Module 7: Forgiving Others.”
- Ask God to help you grow in knowing who you are in Him. See “Module 11: Finding True Security” and “Module 12: Living In the Light.”
  - Ask God to break the curse and replace it with a blessing. See “Sample Prayers for Step 4,” following. *Note: If the curse was intentional and involved the occult, it is recommended that you work through this step with another follower of Christ (who is reasonable mature) present. Also see “Attachment 1 – Occult Involvement,” in Module 4.*
- Thank Him.
- Ask God for wisdom on whether or not you should go to the person and ask for their forgiveness.
- Ask God if He wants you to take any other follow-up steps.
- Continue to work through other modules that apply to your situation.

## Sample Prayers – Regarding Cursing

### Sample Prayer for Step 3<sup>13</sup>

*God, forgive me for the sin of cursing myself. I have said or thought [state the nature of the belittling, negative or harmful things which were said or thought]. In the name of Jesus who became a curse for me, we break the power of this curse over me. Please heal me from all the effects that this curse has brought into my life, and replace this curse with your blessing. Please also show me any heart wounds which contributed to my cursing myself.*

### Sample Prayers for Step 4<sup>14</sup>

#### Sample Prayers for Step 4 – Regarding Cursing Others (General)

*God, I confess that I cursed [state name] by saying or thinking [state the nature of the curse]. Forgive me God, because of the work of Christ on the cross. I renounce this curse. We break its power in Jesus' name. Please free [state name] from the results of my curse. Instead of my curse, give [state name] your blessing. Please free me from the power that this sin of cursing has had in my life. Show me what restitution, if any, you want me to make. Please also show me any heart wounds which contributed to my cursing this person.*

#### Sample Prayer for Step 4 – Regarding Paying an Occult Practitioner to Curse Someone<sup>15</sup>

*God, I confess that I have asked or paid [state name] to curse [state name] for me by [state nature of the curse]. Please forgive me. By your power, nullify the effect in the spiritual realm caused by the transfer of money in the natural realm. I renounce this curse. We break its power in Jesus' name. Please free [state name] from the results of my curse. Instead of my curse, give [state name] your blessing. Please free me from the power that this sin of cursing has had in my life. Show me what restitution, if any, you want me to make. Please also show me any heart wounds that contributed to my cursing this person.*

#### Sample Prayer for Step 4 – Regarding Being Paid to Curse Others<sup>16</sup>

*God, I confess that I have received payment or other rewards for cursing [state name] on behalf of [state name] by [state nature of the curse]. Please forgive me. By your power, nullify the effect in the spiritual realm caused by the transfer of money in the natural realm. Please show me what must be done with the money or possessions obtained through this sin. I renounce this curse. We break its power in Jesus' name. Please free [state name] from the results of my curse. Instead of my curse, give [state name] your blessing. Please free me from the power that this sin of cursing has had in my life. Show me what restitution, if any, you want me to make. Please also show me any heart wounds that contributed to my cursing this person.*

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<sup>13</sup> Adapted with permission from *Undivided Heart Prayer Ministry* by Anna Travis, pg 15

<sup>14</sup> Ibid, pg 14-15

<sup>15</sup> Ibid, pg 15

<sup>16</sup> Ibid

## Out of Darkness into Light

### Process Diagram

### Module 5 – Breaking Internal Strongholds –

### A.3. Cursing – Intentional and Unintentional

- **Opening prayer**
- Ask God to show you **any and all ways you have cursed God, yourself, or others; or any ways you have asked or paid an occult practitioner to curse someone else.**
- For each way you have **cursed God**:
  - Ask Him to forgive you.
  - Ask God to show you **anything within you that contributed to your decision to curse Him.** **Work through** these issues, referring to any modules that apply. For example:
    - If any **emotional wound(s)** might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”
    - If a **desire for revenge** contributed to your decision, see “Module 7: Forgiving Others.”
  - Ask God to help you **not to sin in this way again.**
  - Ask God to **reveal more of His character to you.**
  - **Thank God** for who He is.
  - Continue to **work through any lies you’ve believed about God.**
  - Continue to **work through other modules that apply** to your situation.
- For each way in which you have **cursed yourself**:
  - Ask God to forgive you.
  - Ask God to show you **anything within you that contributed to your decision to curse yourself.** **Work through** these issues, referring to any modules that apply. For example:
    - If any **emotional wound(s)** might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”
    - If a **desire for revenge** contributed to your decision, see “Module 7: Forgiving Others.”
  - Ask God to help you **not to sin in this way again.**
  - Ask God to **help you see yourself as He does**
  - Ask God to help you **grow in knowing who you are in Him.**
  - Ask God to **break the curse and replace it with a blessing.**
  - **Thank Him.**
  - Continue to **work through other modules that apply** to your situation.
- For each way in which you have **cursed someone else** and for each time you **asked or paid an occult practitioner to curse someone else**:
  - Ask God to forgive you.
  - Ask God to show you **anything within you that contributed to your decision to curse this person.** **Work through** these issues, referring to any modules that apply. For example:
    - If any **emotional wound(s)** might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”
    - If a **desire for revenge** contributed to your decision, see “Module 7: Forgiving Others.”
  - Ask God to help you **not to sin in this way again.**
  - Ask God to help you **see the person as He does.** See “Module 7: Forgiving Others.”
  - Ask God to help you **grow in knowing who you are in Him.**
  - Ask God to **break the curse and replace it with a blessing.** Note: If the curse was intentional and involved the occult, it is recommended that you work through this step with another follower of Christ (who is reasonable mature) present. Also see “Attachment 1 – Occult Involvement,” in Module 4.
  - **Thank Him.**
  - Ask God for wisdom on whether or not you should go to the person and **ask for their forgiveness.**
  - Ask God if He wants you to take any **other follow-up steps.**
  - Continue to **work through other modules that apply** to your situation.
- **Closing prayer**



## A.4. Conclusions, Perceptions, Assumptions, Attitudes, Expectations and Other Types of Decisions

### Biblical Basis – Regarding Decisions

*“We take captive every thought to make it obedient to Christ” (2Cor 10:5b).*

### Brief Explanation - Decisions

Some of the conclusions, perceptions, assumptions, attitudes, and expectations we have were not made on the basis of God’s truth. You may have made a conclusion about a situation based on inadequate knowledge of the situation. This can easily happen in childhood, especially if someone isn’t available to help you get a true perspective as you make decisions about life, how things work, how to react to similar kinds of situations in the future, and so on.

### Examples – Decisions

Positive:

- “I can trust God.”
- *“I can do everything through him who gives me strength” (Philippians 4: 13).*

Negative:

- “I can’t trust anyone.”
- “The world is a sad and scary place.”
- “I need to protect myself.”
- “I’ll never get past this problem.”
- “It’s better to be angry than to be afraid.”

## **Out of Darkness into Light**

### **Step-by-Step Process<sup>17</sup> – Regarding Decisions**

*Note: Also see “General Step-by-Step Process”, located earlier in this module.*

1. Ask God to show you anything within you that contributed to your decision. Work through these issues, referring to any modules that apply. For example:
  - If any emotional wound(s) might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”
  - If a desire for revenge contributed to your decision, see “Module 7: Forgiving Others.”
2. If your decision was a sin, confess that sin to God and turn from it. Ask God to forgive you. Ask God to show you if there’s anyone you need to ask forgiveness from. See also “Module 4: Confessing and Turning from Sin.”
3. Ask God to show you His truth, as it relates to this decision. Ask Him to replace any lies you’ve believed with His truth.
4. Apply His truth in your life.

### **Follow-up – Regarding Decisions**

1. Follow through with any action steps God has shown you.

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<sup>17</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

**Process Diagram**

**Module 5 – Breaking Internal Strongholds –**

**A.4. Conclusions, Perceptions, Assumptions, Attitudes, Expectations  
and Other Types of Decisions**

- *Opening prayer*
- Ask God to show you **anything within you that contributed to your decision**. **Work through** these issues, referring to any modules that apply. For example:
  - If any **emotional wound(s)** might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”
  - If a **desire for revenge** contributed to your decision, see “Module 7: Forgiving Others.”
- If your decision was a **sin**, **confess** that sin to God and **turn from** it. Ask God to **forgive** you. Ask God to show you if there’s anyone you need to **ask forgiveness** from.
- Ask God to **show you His truth**, as it relates to this decision. Ask Him to **replace any lies you’ve believed with His truth**. See also “Module 6: Healing from Emotional Wounds.”
- **Apply His truth** in your life.
- *Closing prayer*
- **Follow-up:**
  - Follow through with any **action steps** God has shown you.

## Out of Darkness into Light

### B. Breaking the Effects of Attacks on the Soul

These include **judgments and curses – both formal and informal.**

#### B.1. Feeling Judged

For “Biblical Basis” and more “Brief Explanation,” see “Canceling Personal Decisions That Are Contrary to God’s Will – Judgments,” in this module.

#### Brief Explanation – Feeling Judged

If you feel you have been judged by others (or if you have judged yourself), you may find yourself struggling with the implications of their (or your) judgment against you. This is an indication that there is an attack on your soul in this area. By the power and authority of Jesus you can break the effects of this attack.

#### Step-by-Step Process<sup>18</sup> – Regarding Feeling Judged

*Note: Also see “General Step-by-Step Process”, located earlier in this module.*

1. Ask God to reveal to you any ways in which you have felt judged – either by someone else or by yourself. (It’s possible that the person may not actually *be* judging you, even if you’ve felt judged by them.)
2. Ask God to show you if any sin within you might have contributed to the person’s decision to judge you. If there is any, confess this to Him and turn from it. Ask Him to forgive you. See also “Module 4: Confessing and Turning from Sin.”
3. Ask God to show you anything within *you* that contributed to your feeling judged. Work through these issues, referring to any modules that apply.

If you might have emotional wound(s) related to feeling judged by this person, see “Module 6: Healing from Emotional Wounds.”

4. For each way you’ve felt judged:
  - Tell God how you feel.
  - Ask God to destroy the results of this (perceived or actual) judgment.
  - Forgive the person and pray a prayer of blessing on them. (See also “Module 7: Forgiving Others”, “Module 8: Forgiving Your Parents”, and “Module 9: Forgiving and Accepting Yourself.”)
  - Ask God to pour blessing on you as well.
  - See “Sample Prayer for Step 1 – Feeling Judged,” below.

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<sup>18</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

## Module 5: Breaking Internal Strongholds

5. Continue to grow in understanding who you are in Christ and in knowing that only what He thinks of you is really important. *“Who are you to judge someone else’s servant? To his own master he stands or falls. **And he will stand, for the Lord is able to make him stand**” (Romans 14:4).* See also “Module 11: Finding True Security” and “Module 12: Living in the Light.”

6. Rejoice in God’s love for you and in *“the riches of God’s grace that he lavished on us with all wisdom and understanding” (Ephesians 1:7b-8).*

### **Sample Prayer for Step 1 – Regarding Feeling Judged<sup>19</sup>**

*God, I felt judged by [state name] when he/she said or did [state what it is they said or did]. I ask you to destroy the results that this judgment has had in my life.*

*Help me to forgive [state name]. Help me to remember that you are my Judge, and you are able to make me stand. Thank you that, as it says in Psalm 27:10, “Though my father and mother forsake me, the LORD will receive me.” Thank you for receiving me, because of the blood of Christ. I open my heart to you. Please reveal to me any emotional wounds related to this feeling of judgment. Thank you, God. In Jesus’ name, Amen.*

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<sup>19</sup> Adapted with permission from *Undivided Heart Prayer Ministry* by Anna Travis, pg 10

## Out of Darkness into Light

### Process Diagram

#### Module 5 – Breaking Internal Strongholds – B.1. Feeling Judged

- *Opening prayer*
- *Ask God to reveal to you **any ways in which you have felt judged** – either by someone else or by yourself. (It’s possible that the person may not actually be judging you, even if you’ve felt judged by them.)*
- *Ask God to show you if **any sin within you might have contributed to the person’s decision to judge you**. If there is any, confess this to Him and turn from it. Ask Him to forgive you.*
- *Ask God to show you **anything within you that contributed to your feeling judged**. Work through these issues, referring to any modules that apply.*
- **For each way you’ve felt judged:**
  - *Tell God how you feel.*
  - *Ask God to **destroy the results** of this (perceived or actual) judgment.*
  - *Forgive the person and pray a prayer of blessing on them.*
  - *Ask God to pour blessing on you as well.*
- *Continue to **grow in understanding** who you are in Christ and in knowing that only what He thinks of you is really important.*
- ***Rejoice** in God’s love for you and in “the riches of God’s grace that he lavished on us with all wisdom and understanding” (Ephesians 1:7b-8).*
- *Closing prayer.*

## B.2. Curses – Intentional and Unintentional

For more “Biblical Basis” and a “Brief Explanation,” see “Canceling Personal Decisions That Are Contrary to God’s Will – Cursing,” in this module.

### Biblical Basis – Regarding Curses

*“Like a fluttering sparrow or a darting swallow, **an undeserved curse does not come to rest**” (Proverbs 26:2).*

*“All who rely on observing the law are **under a curse**, for it is written; “Cursed is everyone who does not continue to do everything written in the Book of the Law” (Galatians 3:10).*

*“**Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: ‘Cursed is everyone who is hung on a tree’**” (Galatians 3:13).*

*“I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again, I tell you that **if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them**” (Matthew 18:18-20).*

*“Love your enemies, do good to those who hate you, **bless those who curse you, pray for those who mistreat you**” (Luke 6:27b-28).*

### Brief Explanation – Curses

“Our sin can cause God’s curse to fall on us. We ourselves can be cursed by other [people]. Proverbs says an undeserved curse does not come to rest. But who of us is without sin? Experience shows that even [followers of Christ can be] affected by others’ curses. The way to freedom from curses is to confess anything that may have given rise to [or ground for] the curse, and to break the power of it in the name of Jesus, who *‘redeemed us from the curse of the law by becoming a curse for us (Galatians 3:13b).’*”<sup>20</sup>

If you are in Christ, you don’t need to be afraid of curses. You can ask God to protect you from all curses and their effects. If you suspect someone may be trying to intentionally curse you, you can pray for them and pray against any specific curse.

Hurtful words spoken about you, that have pierced your heart, are an example of an unintentional curse. If you suspect that a curse (whether intentional or unintentional) may be affecting you, see the step-by-step process for breaking curses (below).

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<sup>20</sup> *ibid*, pg 13

## Out of Darkness into Light

### Step-by-Step Process<sup>21</sup> – Regarding Curses

*Note: Also see “General Step-by-Step Process”, located earlier in this module.*

*Note: For stronger curses, or if you are unsure of your authority in Christ, invite other followers of Christ to pray together with you to break the curse. (See Matthew 18:18-20.) If you are unsure of your authority in Christ, also see “Module 12: Living in the Light.”*

1. Ask God to reveal anything that needs to be addressed before breaking the curse. For example, any sin that you need to confess, or anyone that you need to forgive. Address these now. See any modules that apply.

If you feel you’ve been cursed because of some sin you’ve committed:

- Confess your sin to God. Ask for His forgiveness. See “Module 4: Confessing and Turning from Sin.”
- Ask God to cleanse you and set you free from any further effects of the curse.
- Ask Him if there are follow up steps for you to do, such as asking others for forgiveness or offering restitution.
- Ask God to help you not to sin in this way again.
- See “Sample Prayer for Step 2” in the section “Sample Prayers – Curses,” in this module

If you feel you’ve been cursed because of a sin of your ancestors, see “Module 2: Freedom from Generational Bondage.”

**If you feel you’ve been cursed by another person, continue to work through the steps below.**

2. Ask God to show you anything within you that may have contributed to your vulnerability to this curse. Seek healing for any related emotional wounds. See “Module 6: Healing from Emotional Wounds.” Work through any other modules that apply.

3. Ask God to show you anything else you need to know related to breaking the curse. For example, He may choose to reveal something related to when it happened, or how it’s been operating in your life.

4. Ask God to break the curse and replace it with a blessing. See “Sample Prayer for Step 4” in the section “Sample Prayers – Curses.”

5. Forgive the one who cursed you and pray a blessing on them. See also “Module 7: Forgiving Others.” Look for ways to show kindness to the person.

6. Ask God to protect you from all curses and their effects.

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<sup>21</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.



## Module 5: Breaking Internal Strongholds

7. Work through other sections in this module, or other modules, that apply to any remaining issues from this curse and its effects in your life. (If, for example, as a result of the curse, you still have any false beliefs, such as “*I’m unlovable*,” work through section “A.4 – Conclusions, Perceptions, Assumptions, Attitudes, Expectations and Other Types of Decisions.” If you have felt judged, work through section “B.1 – Feeling Judged.”)
8. Ask God to let you know of any curses or intended curses (whether intentional or unintentional) against you that you need to know about. Pray for any people involved and pray against any specific curse.
9. Thank God for His protection. Praise Him and rejoice in His goodness!

### Sample Prayers – Regarding Curses

#### Sample Prayer for Step 2 For Curses Due to Sin<sup>22</sup>

*God, I feel that I am cursed because of my sin of [state the sin]. I confess this sin to you. Please forgive me. Please cleanse my heart from this sin and lift the resulting curse over my life. Show me any restitution you want me to make. Please deliver me and my family from the effects of this curse, from this day forward. In Jesus’ name, Amen.*

#### Sample Prayer for Step 4 For Breaking the Effects of Being Cursed by Someone<sup>23</sup>

*God, I feel that I have been cursed by [state name] in the area of [state nature of curse]. Forgive me for the sin of [state any sin which may have inspired this curse or made you vulnerable to this curse]. Please cleanse my heart from any effects this curse has had upon me. We cancel this curse in Jesus’ name and destroy its power over my life and the life of my children, from this day forward. God, please take this curse and make it a blessing. Please help me to forgive [state name of the one who cursed you] and to bless them. Please show me the heart wounds I have sustained because of this curse and heal me from those. I am eager to receive the light of your truth.*

### Follow-up – Regarding Curses

1. Follow through with any action steps God has shown you.

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<sup>22</sup>Adapted with permission from *Undivided Heart Prayer Ministry* by Anna Travis, pg 15

<sup>23</sup>Ibid, pg 15-16

## Out of Darkness into Light

### Process Diagram

#### Module 5 – Breaking Internal Strongholds –

#### B.2. Curses – Intentional and Unintentional

*Note: For stronger curses, or if you are unsure of your authority in Christ, invite other followers of Christ to pray together with you to break the curse. (See Matthew 18:18-20.) If you are unsure of your authority in Christ, also see “Module 12: Living in the Light.”*

- **Opening prayer**
- Ask God to reveal **anything that needs to be addressed before breaking the curse.** Address these now.
- If you feel you’ve been cursed because of **some sin you’ve committed:**
  - **Confess your sin to God. Ask for His forgiveness.**
  - Ask God to **cleanse you and set you free** from any further effects of the curse.
  - Ask Him if there are **follow up steps** for you to do, such as asking others for forgiveness or offering restitution.
  - Ask God to help you **not to sin in this way again.**
- If you feel you’ve been cursed because of **a sin of your ancestors**, see “Module 2: Freedom from Generational Bondage.”
- If you feel you’ve been cursed by **another person**
  - Ask God to show you **anything within you that may have contributed to your vulnerability to this curse.** Work through any modules that apply.
  - Ask God to show you **anything else you need to know related to breaking the curse.**
  - Ask God to **break the curse and replace it with a blessing.**
  - **Forgive** the one who cursed you and pray a **blessing** on them. Look for ways to **show kindness** to the person.
  - Ask God to protect you from all curses and their effects.
- **Work through** other sections in Module 5, or other modules, that apply to any remaining issues from this curse and its effects in your life.
- Ask God to let you know of **any curses or intended curses** (whether intentional or unintentional) against you that you need to know about. **Pray** for any people involved and pray against any specific curse.
- **Thank God** for His protection. **Praise Him and rejoice in His goodness!**
- **Closing prayer**
- **Follow-up:** Follow through with any **action steps** God has shown you.

**C. Breaking Contracts That Are Contrary to God’s Will.** These include **fear bonds, co-dependent relationships, other unhealthy emotional ties, one-flesh bonds, and covenants.**

*Note: This section only applies to contracts that are **not** recognized by human governments or legal systems. It does not apply to marriage, adoption, mortgage contracts and other types of legal contracts recognized by human governments.*

### **C.1. Fear Bonds<sup>24</sup>**

#### **Biblical Basis – Regarding Fear Bonds**

*“There is no fear in love. But **perfect love drives out fear**, because fear has to do with punishment. The one who fears is not made perfect in love” (1 John 4:18).*

#### **Brief Explanation –Fear Bonds**

A *fear bond* between two people exists when one person lives in fear of the other, and their relationship is based on fear. Fear bonds are “characterized by pain, humiliation, desperation, shame, guilt, and/or fear of rejection, abandonment, or other detrimental consequences.”<sup>25</sup> “When the [relationship] is governed by fear, anxiety builds as the time approaches to be together. Fear can also develop from being apart.”<sup>26</sup>

“We are often not aware of the fears that motivate us in a relationship. Typically, fear bonds revolve around these fears:

- Fear of rejection. *‘I have to do everything I possibly can to make this relationship survive.’*
- Fear of anger. *‘I can’t stand having anyone angry at me.’*
- Fear of being shamed. *‘I can’t let anyone see my weaknesses or faults.’*<sup>27</sup>

Love bonds are “based on love and characterized by truth, closeness, intimacy, joy, peace, perseverance and authentic giving”<sup>28</sup>

Essential steps in making the shift from fear bonds to love bonds include:

- growing in knowing and enjoying who you are
- taking responsibility for your own actions and feelings
- recognizing the fear bonds in your relationships
- letting go both of the need to control relationships and the responsibility for someone else’s behaviors.<sup>29</sup>

#### **Examples –Fear Bonds**

- You live in fear of angering your father. Your choices are guided by this fear.
- You work 80 hours a week, because you’re afraid that, otherwise, you won’t please your boss.

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<sup>24</sup> For more information on love bonds and fear bonds, see “The Life Model: Living From the Heart Jesus Gave You,” by James G. Friesen, Ph.D.; E. James Wilder, Ph.D.; Anne M. Bierling, M.A.; Rick Koepcke, M.A.; and Maribeth Poole, M.A.

<sup>25</sup> “The Life Model: Living From the Heart Jesus Gave You,” pg 17.

<sup>26</sup> *ibid*, pg 16

<sup>27</sup> *ibid*, pg 19

<sup>28</sup> *ibid*, pg 17

<sup>29</sup> summarized from *ibid*, pg18-19

## Out of Darkness into Light

### Step-by-Step Process<sup>30</sup> – Regarding Fear Bonds

*Note: Also see “General Step-by-Step Process”, located earlier in this module.*

1. Ask God to reveal to you any fear bonds in your life.
2. Ask God to show you if you’re ready to ask Him to break those fear bonds and replace them with love bonds. If you’re not yet ready, ask Him to show you why.

Some possibilities include:

- You first need to grow in trusting God, and knowing that you are safe in Him. As you grow in knowing your security in Christ, you will more and more be able to see that you don’t need to seek security through fear bonds. It then becomes much easier to break them and replace them with love bonds. See also “Module 11: Finding True Security” and “Module 12: Living in the Light.”
- You have an emotional wound that’s contributing to your fear. For example, you may have learned that it’s not safe to trust anyone. If there is an emotional wound involved, invite God to heal you from this wound. See “Module 6: Healing from Emotional Wounds.”
- You haven’t ever seen unconditional love modeled. Or you may never have known someone who was trustworthy. Being part of a healthy Christian community can greatly facilitate your healing process.

3. When you’re ready, ask God to break the fear bond and replace it with a love bond. This may be a process.

4. Ask God to show you how to respond to the person (with whom you had the fear bond) in a healthy way and to help you to do this. Ask Him to show you if there is anything He wants you to tell them about this new direction. If there is, ask Him to help you do this, in love and with wisdom.

5. Ask God to help you continue to:

- growing in knowing and enjoying who you are
- taking responsibility for your own actions and feelings
- recognizing the fear bonds in your relationships
- letting go both of the need to control relationships and the responsibility for someone else’s behaviors.<sup>31</sup>

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<sup>30</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

<sup>31</sup> See footnote 29.

## Module 5: Breaking Internal Strongholds

6. Ask God to help you grow in
  - knowing God's character
  - knowing who you are in Christ
  - rejoicing in Him
  - focusing on Him
  - thinking about things that are true, noble, right, pure, lovely, admirable, excellent, and praiseworthy (see Philippians 4:8)
  - learning more about God's great love for you

### **Follow-up – Regarding Fear Bonds**

1. Follow through with any action steps God shows you. Ask Him to help you.
2. Work to understand and apply healthy boundaries. Ask God to help you. If you don't know what a healthy boundary would be for your situation, seek wise counsel and search the Scriptures for related principles. See "Module 12: Living in the Light."

## Out of Darkness into Light

### Process Diagram

#### Module 5 – Breaking Internal Strongholds – C.1. Fear Bonds

- **Opening prayer**
- Ask God to reveal to you any **fear bonds** in your life.
- Ask God to show you if you're **ready** to ask Him to break those fear bonds and replace them with love bonds. If you're not yet ready, ask Him to show you **why**. Some possibilities include:
  - You first need to **grow in trusting God, and knowing that you are safe in Him**.
  - You have an **emotional wound** that's contributing to your fear. See "Module 6: Healing from Emotional Wounds."
  - You **haven't ever seen unconditional love modeled**. Or you may **never have known someone who was trustworthy**.
- When you're ready, ask God to **break the fear bond and replace it with a love bond**. This may be a process.
- Ask God to show you **how to respond to the person** (with whom you had the fear bond) **in a healthy way** and to **help you** to do this. Ask Him to show you if there is **anything He wants you to tell them** about this new direction. If there is, ask Him to **help you** do this, in love and with wisdom.
- Ask God to **help you** continue to:
  - growing in **knowing** and **enjoying** who you are
  - **taking responsibility** for your own actions and feelings
  - **recognizing the fear bonds** in your relationships
  - **letting go** both of the **need to control relationships** and the **responsibility for someone else's behaviors**.

(Summarized from "The Life Model: Living From the Heart Jesus Gave You," by James G. Friesen, Ph.D.; E. James Wilder, Ph.D.; Anne M. Bierling, M.A.; Rick Koepcke, M.A.; and Maribeth Poole, M.A., page 18-19.)
- Ask God to **help you grow in**
  - **knowing** God's character
  - **knowing** who you are in Christ
  - **rejoicing** in Him
  - **focusing** on Him
  - **thinking** about things that are true, noble, right, pure, lovely, admirable, excellent, and praiseworthy (see *Philippians 4:8*)
  - **learning** more about God's great love for you
- **Follow-up:**
  - Follow through with any **action steps** God shows you. Ask Him to help you.
  - Work to understand and apply **healthy boundaries**. Ask God to help you.
- **Closing prayer**

## C.2. Co-dependent Relationships

### **Biblical Basis – Regarding Co-dependent Relationships**

*“Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator” (Colossians 3:9-10).*

*“...each one should carry his own load” ( Galatians 6:5).*

### **Brief Explanation – Co-dependent Relationships**

Two people who are co-dependent intermingle their minds to the point where they share the same deception. This wrong perception usually appears to hold some benefit for each person involved.

### **Examples – Co-dependent Relationships**

- a mother who is distant from her husband, but shares deeply with her 10-year-old son. (The son feels important because he’s helping his mother. The mother has an outlet for emotional intimacy.)
- a husband and wife who mutually agree that one spouse has an unequal responsibility for meeting the other’s needs
- an alcoholic husband and his wife, who both pretend he doesn’t have this problem
- a person who has unhealthy control over another person

## **Out of Darkness into Light**

### **Step-by-Step Process<sup>32</sup> – Regarding Co-dependent Relationships**

*Note: Also see “General Step-by-Step Process”, located earlier in this module.*

1. Ask God to show you if you are relating to anyone in a co-dependent way. If you are, ask God to show you any underlying issues that are contributing to this. Repent of any sin involved. Refer to the modules that apply.

If you have fear bonds that have contributed to this co-dependent relationship, work through “Step-by-Step Process – Fear Bonds,” in this module. Also see “Module 10: Attachment 2 – Living Beyond Fear.”

If you have emotional wounds that have contributed to this co-dependent relationship, ask God to heal these. See “Module 6: Healing from Emotional Wounds.”

If trusting God fully is hard for you, see “Module 11: Finding True Security.”

2. Ask God to break this co-dependency and help you to build an appropriate, healthy relationship with this person. Ask Him to show you what this means, step-by-step.

### **Follow-up – Regarding Co-dependent Relationships**

1. Follow through with any action steps God shows you. Ask Him to help you.

2. Work to understand and apply healthy boundaries. Ask God to help you. If you don't know what a healthy boundary would be for your situation, seek wise counsel and search the Scriptures for related principles. See “Module 12: Living in the Light.”

3. For more information on replacing any unhealthy relational patterns that have been involved, see “Module 10: Replacing Unhealthy Patterns.”

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<sup>32</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God's leading.



Module 5 – Breaking Internal Strongholds –

C.2. Co-Dependent Relationships

- **Opening prayer**
- Ask God to show you if you are **relating to anyone in a co-dependent way**. If you are, ask God to show you any **underlying issues** that are contributing to this. **Repent** of any sin involved. **Refer** to the modules that apply.
  - If you have **fear bonds** that have contributed to this co-dependent relationship, work through “Step-by-Step Process – Fear Bonds,” in Module 5. Also see “Module 10: Attachment 2 – Living Beyond Fear.”
  - If you have **emotional wounds** that have contributed to this co-dependent relationship, ask God to heal these. See “Module 6: Healing from Emotional Wounds.”
  - If trusting God fully is hard for you, see “Module 11: Finding True Security.”
- Ask God to break this co-dependency and help you to build an appropriate, healthy relationship with this person. Ask Him to show you what this means, step-by-step.
- **Follow-up**
  - Follow through with any **action steps** God shows you. Ask Him to help you.
  - Work to understand and apply **healthy boundaries**. Ask God to help you.
  - For more information on replacing any **unhealthy relational patterns** that have been involved, see “Module 10: Replacing Unhealthy Patterns.”
- **Closing prayer**

## Out of Darkness into Light

### C.3. Other Unhealthy Emotional Ties

#### **Biblical Basis – Regarding Other Unhealthy Emotional Ties**

*“Therefore, since we are surrounded by such a great cloud of witnesses, let us **throw off everything that hinders** and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God” (Hebrews 12:1-2).*

#### **Brief Explanation – Other Unhealthy Emotional Ties**

Unhealthy emotional ties can be one-sided or mutual. These ties pull you emotionally toward the person in an unhealthy way. This gets in the way of following Jesus with all of your heart. Co-dependency and fear bonds are two examples of unhealthy emotional ties. An unhealthy romantic attachment is another type of unhealthy emotional tie. More than one type of unhealthy emotional tie may exist in a relationship.

#### **Examples – Other Unhealthy Emotional Ties**

- a romantic attachment to someone who’s already married to someone else
- if you’re married, a romantic attachment to anyone other than your spouse
- a relationship based on gossiping

**Step-by-Step Process<sup>33</sup> – Regarding Other Unhealthy Emotional Ties**

*Note: Also see “General Step-by-Step Process”, located earlier in this module.*

1. Ask God to show you any unhealthy emotional attachments you have. For each one, ask God to show you anything on your part that has contributed to it. Repent of any sin involved. Refer to any modules that apply.

If you have emotional wounds that are related to this unhealthy emotional attachment, ask God to heal you of those. See “Module 6: Healing From Emotional Wounds.”

If you have fear bonds related to this attachment, work through “Step-by-Step Process – Fear Bonds,” in this module.

2. Ask God to break this unhealthy emotional tie and help you to build an appropriate, healthy relationship with this person. Ask Him to show you what this means, step-by-step.

3. Follow through with any steps He shows you. For information on replacing unhealthy relational patterns that have been involved, see “Module 10: Replacing Unhealthy Patterns.”

4. Ask God to help you love Him with all your heart, soul, mind, and strength (Matthew 22:37, Deuteronomy 6:5). Ask Him to help you delight yourself in Him (Psalm 37:4).

**Follow-up – Regarding Other Unhealthy Emotional Ties**

1. Work to find and apply healthy boundaries. Ask God to help you. Seek Scripture that applies to your situation. See “Module 12: Living in the Light.”

Some examples of healthy boundaries are:

- Deciding not to gossip, but instead to say positive things about other people, if you talk about them at all.
- Avoiding situations where you would spend a lot of time with someone you’re inappropriately attracted to; also avoiding talking with them alone.

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<sup>33</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

## Out of Darkness into Light

### Process Diagrams

#### Module 5 – Breaking Internal Strongholds –

#### C.3. Other Unhealthy Emotional Ties

- **Opening prayer**
- Ask God to show you any **unhealthy emotional attachments** you have. For each one, ask God to show you **anything on your part that has contributed to it**. **Repent** of any sin involved. **Refer** to any modules that apply.
  - If you have **emotional wounds** that are related to this unhealthy emotional attachment, ask God to heal you of those. See “Module 6: Healing From Emotional Wounds.”
  - If you have **fear bonds** related to this attachment, work through “Step-by-Step Process – Fear Bonds,” in this module.
- Ask God to **break this unhealthy emotional tie** and **help you to build an appropriate, healthy relationship** with this person. Ask Him to show you what this means, step-by-step.
- Ask God to help you love Him with all your heart, soul, mind, and strength (Matthew 22:37, Deuteronomy 6:5). Ask Him to help you delight yourself in Him (Psalm 37:4).
- **Follow-up**
  - Follow through with any **action steps** He shows you. For information on replacing **unhealthy relational patterns** that have been involved, see “Module 10: Replacing Unhealthy Patterns.”
  - Work to find and apply **healthy boundaries**. Ask God to help you. Seek Scripture that applies to your situation. See “Module 12: Living in the Light.”
- **Closing prayer**

## C.4. One-Flesh Bonds

### Biblical Basis – One-Flesh Bonds

*“For this reason a man will leave his father and mother and be united to his wife, and the two will **become one flesh**” (Ephesians 5: 31).*

*“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**’” (1 Corinthians 6:16).*

### Brief Explanation – One-Flesh Bonds

One-flesh bonds are created through sexual intercourse. Sexual intercourse implies a contract of relational commitment.

### Examples – One-Flesh Bonds

Positive:

- between a husband and wife

Negative:

- between anyone other than a husband and wife

### Step-by-Step Process<sup>34</sup> – Regarding Negative One-Flesh Bonds

*Note: Also see “General Step-by-Step Process”, located earlier in this module.*

1. Ask God to help you to remember all unhealthy one-flesh bonds in your life. Repent of any sin involved. See “Module 4: Confessing and Turning from Sin” for a step-by-step process, specific sample prayer and related follow-up steps.
2. Ask God to break all unhealthy one flesh bonds in your life. Ask Him to restore to you anything that was lost as a result of the bond. Ask Him to cleanse you of any unholy thing that came as a result of the bond.
3. Ask God to show you anything within you that contributed to your decision to sin in this way. Work through these issues, referring to any modules that apply. For example:
  - If any emotional wound(s) might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”
  - If a desire for revenge contributed to your decision, see “Module 7: Forgiving Others.”
4. Commit your body to God. Decide not to sin again in this way. Ask God to help you.
5. Develop healthy boundaries in this area. For example, a healthy boundary to help prevent sexual sin is: Don’t be alone with someone in any context where sexual sin could conceivably happen. See “Module 12: Living in the Light.”

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<sup>34</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

## Out of Darkness into Light

### Process Diagram

#### Module 5 – Breaking Internal Strongholds – C.4. One-Flesh Bonds

- *Opening prayer*
- *Ask God to help you to remember all **unhealthy one-flesh bonds** in your life. Repent of any sin involved.*
- *Ask God to **break all unhealthy one flesh bonds** in your life. Ask Him to **restore to you anything that was lost** as a result of the bond. Ask Him to **cleanse you of any unholy thing that came** as a result of the bond.*
- *Ask God to show you **anything within you that contributed to your decision to sin in this way**. **Work through** these issues, referring to any modules that apply. For example:*
  - *If any **emotional wound(s)** might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”*
  - *If a **desire for revenge** contributed to your decision, see “Module 7: Forgiving Others.”*
- ***Commit your body to God. Decide not to sin again in this way.** Ask God to **help you**.*
- *Develop **healthy boundaries** in this area. For example, a healthy boundary to help prevent sexual sin is: **Don’t be alone with someone in any context where sexual sin could conceivably happen.** See “Module 12: Living in the Light.”*
- *Closing prayer*

### C.5. Covenants

*Note: To further address covenants related to the occult, see “Attachment 1 – Occult Involvement,” in “Module 4: Confessing and Turning from Sin.”*

#### **Biblical Basis – Covenants**

Between God and man: *“This is **the covenant I will make** with the house of Israel after that time, declares the Lord. I will put my laws in their minds and write them on their hearts. I will be their God, and they will be my people” (Hebrews 8:10).*

Between man and man (Jacob and Laban): *“Come now, **let’s make a covenant**, you and I, and let it serve as a witness between us” (Genesis 31:44).*

#### **Brief Explanation – Covenants**

A covenant is a contract where two people or groups agree together to think and behave in a certain way. The strength of a covenant is in the belief that it is unbreakable.

#### **Examples – Covenants**

Positive:

- the unbreakable promise of salvation God made with those who follow Christ
- marriage

Negative:

- people involved in occult ceremonies
- any covenant with evil
- a gang with a commitment to violence
- a group with a goal of increasing racism within a society

## Out of Darkness into Light

### Step-by-Step Process<sup>35</sup> - Regarding Unhealthy Covenants

*Note: Also see “General Step-by-Step Process”, located earlier in this module.*

1. Ask God to show you any unhealthy covenants you have made. Repent of any sin involved. See “Module 4: Confessing and Turning from Sin.”

If the covenant involved the occult, see “Attachment 1 – Occult Involvement,” in “Module 4: Confessing and Turning from Sin.” If the covenant involved cursing others, see section “A. Canceling Personal Decisions that are Contrary to God’s Will – Cursing,” in this module. See any other sections in this module, and any other modules that apply.

2. Break any negative spiritual dynamics behind these covenants, in the name of Jesus. Ask God to protect you, in every way. See “Sample Prayer for Step 2” in the “Sample Prayers – Regarding Unhealthy Covenants,” in this section.

3. Ask God to show you anything within you that contributed to your decision to enter into this covenant. Work through these issues, referring to any modules that apply. For example:

- If any emotional wound(s) might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”
- If a desire for revenge contributed to your decision, see “Module 7: Forgiving Others.”

4. Ask God to show you what further action steps you need to take. For example, *stop being involved in the group focused on racism.*

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<sup>35</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.



**Sample Prayer – Regarding Unhealthy Covenants**  
**Sample Prayer for Step 2 (for a follower of Christ)<sup>36</sup>**

*Jesus, I confess that I sinned when I [state type of sin] and when I entered into this unholy covenant [state the covenant]. I now repent of these sins. Please forgive me.*

*Lord Jesus, I ask for your protection in every area of my life. I ask you to break all the effects of this unholy covenant. In your name, I declare that any assignments, curses or powers that were a result of this covenant are now null and void. I place the cross of Jesus Christ between me and this covenant. I reject any and every way that Satan claims ownership over me.*

*By the authority that I have in Jesus Christ, I now command every spirit related to the covenant I previously made to be bound in chains and be stripped of all armor, weapons, power, authority and illusions. I command that they now throw down at the foot of the cross of Jesus Christ all plans, programs, agendas and assignments that they have had in my life. I command that they now return everything that they have stolen from me emotionally, mentally, physically and spiritually. I command that they go to the place Jesus sends them.*

*Jesus, I invite you to fill me now with your Holy Spirit. I ask you to build a spiritual wall of protection between me and any others involved in this unholy covenant. Make these walls as high and wide as they need to be to provide complete spiritual protection, and seal those walls with the blood of Christ.*

*I now come before you now Lord God, as your child, purchased by the blood of Christ. Let the blood of Christ completely cleanse me and my bloodline. I commit myself to the renewing of my mind, and I align my will with your good and perfect will. Please show me any further action steps I need to take to completely be free from this unholy covenant. In the name and authority of the Lord Jesus Christ. Amen.*

**Follow-up – Regarding Unhealthy Covenants**

1. Follow through with any action steps God has shown you.
2. Seek the counsel of godly people, if you are unsure what the appropriate follow-up steps are. Search the Scriptures for related principles.

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<sup>36</sup> Adapted with permission from “A Theory and Process for Christian Counseling & Inner Healing” by Alfred Davis, page 139-140

## Out of Darkness into Light

### Process Diagram

#### Module 5 – Breaking Internal Strongholds – C.5. Covenants

- *Opening prayer*
- Ask God to show you **any unhealthy covenants** you have made. **Repent** of any sin involved.
  - If the covenant involved the **occult**, see “Attachment 1 – Occult Involvement,” in “Module 4: Confessing and Turning from Sin.” If the covenant involved **cursing others**, see section “A. Canceling Personal Decisions that are Contrary to God’s Will – Cursing,” in Module 5. See any **other sections** in Module 5, and any **other modules** that apply.
- **Break any negative spiritual dynamics** behind these covenants, in the name of Jesus. Ask God to **protect** you, in every way.
- Ask God to show you **anything within you that contributed to your decision to enter into this covenant**. **Work through** these issues, referring to any modules that apply. For example:
  - If any **emotional wound(s)** might have contributed to your decision, see “Module 6: Healing from Emotional Wounds.”
  - If a **desire for revenge** contributed to your decision, see “Module 7: Forgiving Others.”
- Ask God to show you what further **action steps** you need to take.
- *Closing prayer*
- **Follow-up:**
  - Follow through with any **action steps** God has shown you.
  - Seek the **counsel of godly people**, if you are unsure what the appropriate follow-up steps are. **Search the Scriptures** for related principles.