

Out of Darkness Into Light

Wholeness Prayer Basic Modules

Condensed Version

This condensed version includes highlights from the Out of Darkness into Light – Wholeness Prayer Basic Modules. It doesn't cover everything included in the standard version. If you have questions, please refer to the standard version of these modules.

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General Overview

1 Peter 2: 9

Personal Restoration Facilitating Transformation

This schematic is a simplified picture. There is much crossover between the categories.

Introduction: Module 1

Out of Darkness – Put off the Old

- **External**
 - *Generational Bondage* – Module 2
 - *Family Curses* – Module 3
- **Internal**
 - *Sin* – Module 4
 - *Strongholds* – Module 5
 - *Emotional Wounds* – Module 6

Into Light – Put on the New

- **Internal**
 - *Forgiveness* – Modules 7, 8, and 9
 - *Healthy Patterns* – Module 10
 - *True Security* – Module 11
- **External**
 - *Godly Living and Kingdom Advance* – Module 12

Basic Steps in the Process

- **Recognize:** With God’s help, identify (take captive) your negative feelings, thoughts, and actions
 - “Where do I struggle with negative feelings, unhelpful thoughts, or to follow your ways?”
- **Recent:** Bring these to God and ask Him to reveal a related recent memory
 - “When did I recently struggle in this way?”
- **Root:** Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way
 - “When did I first struggle in this way (or has it been a pattern in my life)?”
 - “Why am I struggling in this way?”, “What do I believe at a heart level?”
- **Receive:** Receive His perspective - first at the root, if there is one
 - “What is your perspective?”, “What is your truth?”
 - “What Biblical principles apply?”, “How do these principles apply in this situation?”
- **Renew:** Apply this perspective in everyday life.

Preface

Only Two Kingdoms

As the fog cleared, the pilgrim realized that there are *only two kingdoms*. He had thought there was a third, and that he would be safe there. But now he saw that there was no third kingdom. It had been a deception. The evil one had been keeping him in bondage.

With disgust he ran to the cross and lay down his self-made shield. In the brightness he now saw that his old shield was full of holes. No wonder it hadn't ever protected him as he'd desired. What a waste!

After laying down this faulty shield that he'd so clung to, he ran through the door in the cross – the door that led from the kingdom of darkness into the Kingdom of Light. He'd always wondered why he couldn't get through that door and find peace. Now he knew – his old shield was part of the kingdom of darkness and had no place in the Kingdom of Light. He couldn't bring the faulty shield through the door – and he hadn't been willing to lay it down before. In fact it hadn't even seemed possible or wise, as he'd felt so afraid to be without it. He'd thought that laying down the shield would mean defeat and annihilation. But now, with joy he saw that it had actually brought glorious victory! He'd traded his armor for God's, deceit for truth, sorrow for joy, and defeat for victory.

Now safe in the Kingdom of light, he looked around with growing interest and joy. Nothing was scary now. All was peace and light. His face was radiant, reflecting that of His true King. He was finally home. And not only was he home, but he was clothed in righteousness, and had been given true, faultless armor. With joy he put it on. He had found the real thing. He was finally, gloriously free.

*“But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you **out of darkness into his wonderful light**. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy” (1 Peter 2:9-10).*

This pilgrim's experience is just one of many examples. We are called out of darkness into His marvelous light, with all that that entails. *“And we, who with unveiled faces all reflect the Lord's glory, are being **transformed into his likeness** with ever-increasing glory, which comes from the Lord, who is the Spirit” (1 Corinthians 3:18).* Here are a few of the wonderful things that occur as we are transformed into His likeness: laying down attempts at self protection, getting God's perspective, laying down burdens, walking in glorious victory over sin, joyously giving up anything that is not part of the Kingdom of light and walking in joy and living hope.

Basic Principles Underlying These Modules

As stated above, the five basic steps used in “Out of Darkness into Light” modules are:

- **Recognize:** With God’s help, identify (take captive) your negative feelings, thoughts, and actions
 - “Where do I struggle with negative feelings, unhelpful thoughts, or to follow your ways?”
- **Recent:** Bring these to God and ask Him to reveal a related recent memory
 - “When did I recently struggle in this way?”
- **Root:** Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way
 - “When did I first struggle in this way (or has it been a pattern in my life)?”
 - “Why am I struggling in this way?”, “What do I believe at a heart level?”
- **Receive:** Receive His perspective - first at the root, if there is one
 - “What is *your perspective*?”, “What is *your truth*?”
 - “What *Biblical principles* apply?”, “How do these principles apply in this situation?”
- **Renew:** Apply this perspective in everyday life.

Some of the things these principles facilitate are:

- Taking thoughts captive
- Listening to God
- Getting His perspective
- Testing everything by Scripture
- Loving God and His Word
- Surrendering all we are to God
- Obeying God
- Growing in wisdom and knowledge
- Growing in intimacy with God
- Loving others
- Living in joyful victory.

Central to the basic principles are the cross of Christ, His resurrection, and empowerment by the Holy Spirit. Intertwined with these are the truth that there are only two kingdoms: light and darkness. Anything that is not part of the Kingdom of Light is part of the kingdom of darkness. Any apparent third kingdom of self-protection (or anything else) is in reality part of the kingdom of darkness.

The basic principles work together with discipleship. If discipleship is likened to walking up stairs, the basic principles can help a person get to the next level. For example, if someone has been stuck in an unhealthy pattern of behavior and they move to a new healthy pattern of behavior, that brings them to a higher level. The new pattern needs to be practiced to become a habit. This is a part of discipleship.

Our Heritage

Also central to the basic principles is the fact that both *living hope* and *indescribable joy* (because of our salvation) are part of our heritage in Christ. These remain part of our heritage even when we’re in the middle of grievous trials. (These concepts are taught in 1 Peter 1:3-9)

If we are not living in our heritage of living hope and indescribable joy, something is wrong. We’ve been robbed. And it would be good to do something about this problem!

Our Hearts

The “*first and greatest commandment*” is to “*Love the Lord your God with all your **heart** and with all your soul and with all your mind*” (Matthew 22:37-38). As our hearts are more and more set free (transformed into His likeness), we are enabled to better love God and follow His ways. “*I run in the path of your commands, for you have set my **heart** free*” (Psalm 119:32).

The focus of these modules is *heart-level change*. To facilitate change at this level, most of the modules are intertwined with “Module 6: Healing from Emotional Wounds.” The modules seek to help us identify what is happening in our hearts and bring these things to God. As we do this, many good things happen, including: getting God’s perspective, laying down our burdens, and giving up anything not consistent with living in the Light. As we interact with God at a heart level, His truth enters the deepest parts of our being. This moves us toward conformity to His likeness.

If a person’s past pain is unresolved, it will tend to color his or her present. Bringing our pain to the cross and finding true help there saturates our souls with peace. It is not healthy to wallow in the past. However, acknowledging the pain of the past long enough to bring it to the cross and give it to Jesus helps people to *truly* live in the present instead of the past. “*Cast all your anxiety on him because he cares for you*” (1 Peter 5:7).

God’s Truth

“*Then you will know the truth, and the truth will set you free.*” (John 8:32) The goal of these modules is for people to experience God’s truth at a **heart** level. The more our hearts experience the truth, the more we are truly set free. This may include:

- Getting God’s perspective in place of our former “false beliefs.” For example, *experientially* understanding that we are loved by God instead of feeling that we are unlovable.
- Recognizing past vows, decisions and choices we’ve made, that we now want to break (by God’s power).
- Laying down our burdens.
- Laying down our attempts at self-protection.
- Putting on God’s holy armor.

Ever-Increasing Glory

These principles have already brought freedom and joy to hundreds of people, as they have experienced God’s truth in the depths of their hearts. They have been gloriously transformed (with ever-increasing glory) as the truth has reshaped their life patterns.

May the Lord give you glorious freedom, as you meet Him at your points of need.

Module 1: Overview and Introduction

The goal of these basic modules is:

*To empower followers of Christ to partner with God,
to see Him get the glory,
as many who were formerly spiritually or emotionally held captive
are set free to live in truth.*

A foundational principle of these modules is connecting with God - the source of all we need for life and godliness (2 Peter 1:3). God is the One who has the power to help us live victoriously in Him.

These modules are written to be used by followers of Christ. They can use these principles to facilitate their personal growth in Christ. They can also use them (as friends, mentors, pastors, counselors, or simply as fellow disciples) to help other followers of Christ. Some of the principles can also be used to help those haven't yet chosen to follow Christ.

When a person has a problem, they are often looking for a way out. These modules are designed to help them instead find the way *up*. This "way up" involves living increasingly in the reality of *who* we are as followers of Christ, and *what* we've been given through Him. This includes realizing more and more that "*His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness*" (2 Peter 1:3).

Learning to Use These Modules

If you want to use these modules to help others, *first work through them yourself*. Seek healing for your own issues, as needed. Become familiar with the principles in each module. Apply them as they fit your situation.

If you start by working through these modules on your own, ask another follower of Christ to help you work through any issues where you:

- get stuck
- find yourself experiencing overwhelming emotions
- feel spiritually attacked
- have reason to suspect that serious spiritual warfare may be part of the issue you're about to address
- begin to feel you would prefer working through them with someone else.

Sometimes, as you're working through one module, you're referred to another part of that module, or to another module. In each of these cases, after applying the principles (of the module or section of a module to which you've been referred) to the issue(s) you're working through, come *back* to the place you were referred from. Sometimes this will involve following a trail of multiple referrals. You may want to keep notes of where you were referred from, so that you can go back along the trail to where you started. This will help you to keep focused on the issue God is presently addressing.

Out of Darkness into Light

These modules are based on prayer. If you find it hard to hear God speak to you, ask Him to show you why. Some possibilities include:

- You're not sure that God speaks to His people. In John 10:27, Jesus said, "*my sheep listen to my voice; I know them, and they follow me.*" See also "Does God Want to Communicate with Me Directly?"¹
- God is speaking to you, but you haven't yet learned that God might speak in the way He's currently using. Some ways that God may speak include:
 - By bringing thoughts, memories, or impressions into your mind
 - By reminding you of something, or pointing out its significance
 - By giving new insight into an issue
 - Through Scripture verses
 - Through dreams and visions
 - By speaking audibly.
- You feel that asking God to speak to you is unrealistic or unwise for some reason. *For example: You find it hard to trust God fully. You're afraid that asking God to speak to you could lead to disappointment or punishment. You feel that God is distant, uncaring, or harsh.* In this case, seek to find out why you feel that way. Some possibilities include:
 - You feel similarly about someone who has had great influence on your life, for example your parents. In this case, you may be assuming that God's character is similar to weaknesses you've seen in this person's character. See "Module 11: Finding True Security" and "Module 8: Forgiving your Parents."
 - You have emotional wounds that need to be healed. See "Module 6: Healing from Emotional Wounds."
 - You have internal strongholds that need to be broken. See "Module 5: Breaking Internal Strongholds."
- You have unconfessed sin. See "Module 4: Confessing and Turning from Sin."
- You need to forgive someone. See "Module 7: Forgiving Others", "Module 8: Forgiving your Parents" and "Module 9: Forgiving and Accepting Yourself."
- You are angry. See "Attachment 2: When the Emotion is Anger" in "Module 6: Healing from Emotional Wounds."
- There are other issues that need to be addressed. *For example, lack of good Biblical teaching about who God is. Or lack of good Biblical teaching in general.* See any modules that apply.

¹ Following is an excerpt from "Brief Biblical Foundation for Seeking Healing from Emotional Wounds" by DC, 10/03:

Does God want to communicate with me directly?

'and call upon me in the day of trouble; I will deliver you, and you will honor me' (Psalm 50:15).

'He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him' (Psalm 91:15).

God delights to communicate with His children. When we come to Him in a time of trouble and ask Him to work for His glory; He delights to answer us and reveal more of His truth, love and power, in the context of the troubling situation. For more information on God's communication to us, see also *Hearing God*, by Dallas Willard."

Using the Basic Modules to Help Others: Basic Principles to Follow as You Minister to Others

- First work through the modules yourself. See “B. Learning to Use these Modules,” in this module.
- Be a good listener – don’t be quick to give answers. Let God give the answers.
- Respect the person – they are precious to God and not a project or something to “fix”.
- Be patient – let the Holy Spirit guide the process.
- Be genuine.
- Respond with grace and love – not judgment.
- Practice compassionate detachment: *care* about the person but don’t *carry* their burden. Let God carry the burdens.
- Watch for emotional clues along the way.
- Know your authority (in Christ) over the evil one.
- Know that God delights to heal His children.
- If you don’t know what to do next, ask Jesus. He’s the healer and deliverer!
- Seek healing for yourself as well – as needed.
- If you’re praying with someone of the opposite gender, have someone else either pray along with you or close enough to see you at any time. Do not pray with them in a place that could provide an opportunity for sin.
- Maintain a relationship of spiritual accountability with another follower of Christ.
- Keep confidences – don’t tell other’s stories without their permission!

Module 1 Process Diagram: Basic Guidelines for a Ministry Time **Where the Focus is on Freedom for the Captive**

- **Opening prayer**
 - Ask God to lead the time
 - Ask God to bring to the person's mind anything that He wants to address
 - Ask God to accomplish all He wants to through this time
 - Ask God to surround each of you with His peace and His protection
 - Ask God to fill each person and the place where you're praying with Himself
 - Ask God to move aside any powers or principalities that would seek to interfere
 - Bind any evil spirits and command them to stand aside as God works.
 - Thank God for who He is and what He's going to do!
 - **Follow God's leading**
 - Work through the issues God brings up, as time allows.
 - **If you notice signs of spiritual interference during the ministry time**
 - Ask God again to protect you.
 - Bind and rebuke any interference.
 - Ask God to show you what the reason for the interference was.
 - Follow Him and address any strongholds, unconfessed sin, or anything else that might give the evil one a foothold, using the concepts from any relevant modules.
 - Command any demonic elements that previously had a foothold (Ephesians 4:27) because of something that's now been taken care of to go now where Jesus sends them and never return.
 - If you still feel interference, close the ministry time with prayer (see "Closing Prayer", following), then ask your mentor what to do. Strong spiritual opposition may best be addressed by a ministry team.
 - If you have any doubt of your authority in Christ, find Scriptures on this. See "Module 12: Living in the Light." Also work through any other negative feelings that you felt during the ministry time. See any modules that apply to your situation.
 - **Closing prayer**
 - Thank God for what He's done.
 - If there are any demonic elements that had a foothold (Ephesians 4:27) because of something that has now been taken care of, command them in the name of Jesus to go now where He sends them, and never return.
 - Ask God to bless the places (in the person) that He's healed during your ministry time.
 - Ask God to help the person access these healed places at will.
 - Ask God to help the person live in the truth He's revealed.
 - Ask God to fill with Himself any empty places in the person.
 - Ask God to help the person apply His truth in their lives.
 - Ask God to help the person catch anything that hinders them from living in His Truth, and take those things captive and bring them to Him.
 - Ask God to continue His restoration process in the person (2 Corinthians 3:18).
- Follow-up:**
- Encourage the person that received ministry to:
 - Find Scriptures that reinforce what God's shown them and meditate on them, enjoy them, apply them.
 - Take captive any thoughts or emotions that are not part of living in God's truth.
 - Share what God has done and is doing in them with someone else, including where they still struggle.
 - Continue to work through the modules as they apply to their situation.
 - Focus on God and enjoy worshipping Him.
 - Enjoy partnering with God in the restoration process!
 - If you were ministering to someone else, after you're alone:
 - Ask God to cleanse you from anything in your mind or heart that's not of Him.
 - If any negative thoughts or emotions came up in you, take those captive and bring them to the cross. Get God's perspective. As needed, work through any appropriate modules, either by yourself or with someone else.
 - Give God any burdens you may be carrying on behalf of the person.
 - Ask God to fill you with Himself, and with joy.
 - Give God the glory. Thank and praise Him!

Module 1 Attachment 1. Guide to Identifying Which Modules to Use²

Indicator	Module
Bondage in some way similar to an ancestor's bondage	Freedom from Generational Bondage (2)
Absence of blessing, lack of empowerment	Replacing Family Curses with God's Blessings (3)
Conviction of sin, confusion, inability to find memories or discern lies from truth	Confessing and Turning from Sin (4)
Rigid and inflexible thinking, vows, curses, judgments, unhealthy relationships	Breaking Internal Strongholds (5)
Anxiety, fear, anger, depression, pain, hurt, discouragement, other unhealthy emotions, inability to overcome sinful patterns	Healing from Emotional Wounds (6)
Hurt, frustration, anger, rage, hate, bitterness, resentment, judgment, desire for revenge	Forgiving Others (7)
Stuck in same unhealthy patterns as parents, feeling any of the emotions listed immediately above toward parents	Forgiving your Parents (8)
Guilt, shame, pride, self-punishment, unbelief, self-justification, difficulty accepting the truth of who you are in Christ	Forgiving and Accepting Yourself (9)
Stuck in unhealthy patterns, lack of joy, fear, unhealthy control, perfectionism	Replacing Unhealthy Patterns (10)
Insecurity, fear, seeking unhealthy control, following after counterfeit desires	Finding True Security (11)
Feeling like a victim, not yet fully walking in the light, wanting to learn more about partnering with God	Living in the Light (12)

Note: If more than one module applies to the existing need, start with the first one that applies. From there, go to other modules, in sequence, as referred, or as you feel led.

Issues are often interrelated. Some problems seem like a large knot of many cords. As you work on one cord (such as forgiveness), you may find that next another thread (such as breaking an internal stronghold) needs to be addressed. Go back and forth between modules as needed to loosen the knot. Persevere, with God's help, until you find freedom. Ask Him for wisdom on how to proceed.

² Some parts adapted (with permission) from "A Theory and Process for Christian Counseling & Inner Healing" by Alfred Davis, pg 202

Module 2

Freedom from Generational Bondage

Biblical Basis – Freedom from Generational Bondage

“Yet he does not leave the guilty unpunished; he punishes the children and their children for the sins of the fathers to the third and fourth generation” (Exodus 34:7b).

So, if the Son sets you free, you will be free indeed” (John 8:36).

Brief Explanation – Freedom from Generational Bondage³

If a trend or pattern shows itself over several generations, there is the possibility that generational sin is present in the family line. Generational sin is like any other sin. It needs to be dealt with by confessing the sin to God and repenting of the behavior.

Sample Prayer – Freedom from Generational Bondage⁴

I confess the following sins of my ancestors. (Read out all the sins from the list.) I renounce, reject and disown all the sins of my ancestors. I repent of their beliefs, their actions and their unrighteous behavior. I declare the assignments, the curses and the powers flowing from those curses to be null and void. I break all rights, grounds, or privileges that these sins have had in my life and I will live under their authority no longer, because I belong to Jesus Christ.

I place the cross of Jesus Christ between me and anything I need protection from regarding each member of my family (those named in the family tree) and all those I have not known or named. 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 family and ancestral spirit 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 anything I need protection from regarding my mother, and between me and anything I need protection from regarding my father and all their ancestors. Make these protective walls as high and wide as they need to be to provide complete spiritual protection, and seal those walls with the blood of Christ. At the same time, please bless my relationship with each member of my family who is still living and help us to grow in good and healthy ways together.

I come before you now God, as your child, purchased by the blood of Christ. Let the blood of Christ completely cleanse my own bloodline. I commit myself to the renewing of my mind, and I align my will with your good and perfect will. All this I do in the name and authority of the Lord Jesus Christ. Amen.

³ Adapted with permission from “A Theory and Process for Christian Counseling & Inner Healing” by Alfred Davis, page 31-33

⁴ *ibid*, page 139-140

Process Diagram

Module 2 – Freedom from Generational Bondage

- **Opening prayer**
- **Ask God to reveal any generational sins or patterns** (on either side of the family) that need to be prayed through.
- **Make a list** of any potential **generational sins or negative patterns** that seem like they would be good to pray through.
- **Ask God to reveal** (or remind the person of) any **other generational sins or negative patterns** on either side of their family. Add these to the list.
- **Ask the person to read silently through the sample prayer** for confessing, renouncing and repenting of the sins of one's ancestors, and then to **decide** if it's something they'd like to pray. Tell them they can **modify** it if they choose to.
- **Ask the person to pray** the prayer out loud, with any modifications they've made.
- **Thank God** for what He's done!
- **Closing prayer**
- **Follow-up:**
 - If God identified **sins in the person's own life** that they need to repent of, encourage them to do that now. (See "Module 4: Confessing and Turning from Sin.")
 - Encourage the person to continue to **work through other modules as they apply to their existing needs**, and to address implications of patterns that have been identified.
 - If the person hasn't yet **forgiven their ancestors**, encourage them to work through "Module 7: Forgiving Others" and "Module 8: Forgiving Your Parents."
 - If **generational curses** may be involved, see section "B.2. Curses" in "Module 5: Breaking Internal Strongholds."
 - If **generational covenants with evil** may be involved, see section "C.5 Covenants" in "Module 5: Breaking Internal Strongholds."

Module 2 Attachment 1. List of Potential Generational Sins, Negative Patterns or Inherited Traits⁵

<p>Sexual Sins fornication adultery perversions pornography sexual abuse lust incest</p>	<p>Addictions alcohol tobacco drugs gambling food obsessive/compulsive workaholism</p>	<p>Death miscarriages abortions still birth early death accidental death suicide murder</p>			
<p>Physical Problems chemical imbalance depression mood disorders schizophrenia</p>	<p>Abuse physical emotional spiritual sexual</p>	<p>Unhealthy emotions anger/rage unforgiveness fear guilt rejection hatred of women control bitterness pride worry/anxiety shame abandonment hatred of men perfectionism</p>			
<p>Blame/ Self-Punishment self-blame self-accusation self-hatred self-destruction self-criticism self-shame self-anger</p>	<p>Personal and Relational lying selfishness laziness gossip negativity deception manipulating others criticism blame shifting revenge avoiding responsibility</p>				
<p>Religious and/or Idolatrous</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"> freemasonry occult witchcraft religious cults new age eastern religions psychic practices </td> <td style="width: 33%;"> rebellion love of money prejudice envy traditional ceremonies spirit worship </td> <td style="width: 33%;"> idol worship worship of false gods following false religions curses traditional healers ancestor worship </td> </tr> </table>			freemasonry occult witchcraft religious cults new age eastern religions psychic practices	rebellion love of money prejudice envy traditional ceremonies spirit worship	idol worship worship of false gods following false religions curses traditional healers ancestor worship
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⁵ ibid, page 33-34. This list is not meant to be fully comprehensive.

Module 3

Replacing Family Curses with God's Blessings

Biblical Basis

"Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ" (Ephesians 1:3).

Brief Explanation – Replacing Family Curses with God's Blessings⁶

Parents and other influencers can have a powerful impact on a child – for good or ill. A parental blessing is very empowering. You may have been blessed by your parents at key periods in your life, whether this blessing was given formally or informally. Or there may have been an absence of blessing at some key periods of your life, where your parents were unaffirming, or even cursed you in some way.

If you are a follower of Christ and you have felt cursed (or felt a lack of blessing) at significant points in your life, God would like to help you identify those and replace them with His blessings. He wants you to know who you truly are in Him.

Examples⁷

Here are a few examples of blessings and hurtful words, as they relate to a person's identity, purpose and destiny:

	Blessings	Hurtful Words
Identity	You are valuable to me. You are a child of God.	You are a worthless mistake. You were never wanted.
Purpose	God has a plan for you.	You will never amount to anything.
Destiny	You have a special future. You are doing a really great job.	You will never be a success. You never do it right.

⁶ Adapted with permission from "A Theory and Process for Christian Counseling & Inner Healing" by Alfred Davis, page 35-37

⁷ Adapted with permission from "A Theory and Process for Christian Counseling & Inner Healing" by Alfred Davis, page 35

Process Diagram

Module 3 – Replacing Family Curses with God’s Blessings

- ***Opening prayer***
- ***Ask God to reveal to you significant times in your life when you felt blessed by your parents or other significant family members.***
 - ***Receive these blessings in the name of Christ.***
- ***Ask God to reveal to you significant times in your life when you felt either a curse or an absence of blessing from your parents or other significant family members.***
- ***For each curse or absence of blessing, ask God to replace this with a blessing.***
 - ***If you have trouble hearing God speak blessings into these places, ask Him why. Some possibilities include:***
 - ***You may first need to forgive your parent. See “Module 8: Forgiving Your Parents.” This includes giving up any anger you have toward them.***
 - ***Other modules that may be helpful include “Module 9: Forgiving and Accepting Yourself”, “Module 5: Breaking Internal Strongholds”, and “Module 6: Healing from Emotional Wounds.” See “Attachment 1: Guide to Which Modules to Use” in “Module 1: Overview and Introduction.” See also “Learning to Use these Modules” in “Module 1: Overview and Introduction.”***
- ***If there are any demonic elements that had a foothold because of a curse that has now been replaced with a blessing, command them in the name of Jesus to go now where He sends them, and never return. Bind any effects on yourself or your offspring, from your former lack of blessing. Ask God to set you and your offspring free from any restrictions on your (or their) spirit or soul due to that lack of blessing. Ask Jesus to fill with Himself any empty places in you or them.***
- ***Receive the blessings that God has given you.***
- ***Pray a prayer of blessing on your parents. If you have children, pray a prayer of blessing on them as well.***
- ***Ask God to help you walk in the reality of the blessings He’s given you.***
- ***Thank Him for all He’s done!***
- ***Closing prayer***
- ***Follow-up:***
 - ***Share with someone what God has done for you.***
 - ***Continue to work through other modules as they apply to your situation.***

Module 4

Confessing and Turning from Sin

Biblical Basis – Confessing and Turning from Sin

*“This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. **If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth.** But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 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 has no place in our lives” (1 John 1:5-10).*

Brief Explanation – Confessing and Turning from Sin

After you initially give your life to God, you are both “*made holy*” and “*being transformed into his likeness.*” Confessing and turning from sin is a part of this transformation process.

Confessing your sin involves agreeing with God that what you did is wrong, and asking for His forgiveness. **Turning from your sin** involves choosing a new path of holiness instead of the old path that included the sin. Your part is to *choose* the new path and *ask* God to empower you to walk in it. This includes asking God to help you take your thoughts captive (including your emotions) and getting His perspective on these. This may also include seeking healing from emotional wounds of the past. (See “Module 5: Breaking Internal Strongholds” and “Module 6: Seeking Healing from Emotional Wounds.”)

Process Diagram

Module 4 – Confessing and Turning from Sin

- ***Opening prayer***
- ***Ask God to reveal to you any sins that you need to confess and turn from.***
- ***If you have not yet given your life to God, it would be good to do that now.***
- ***If you have been involved in any occult activity, work through “Attachment 1: Occult Involvement,” in Module 4.***
- ***If you have sinned sexually or in the area of pride, confess this now. Ask God to help you not to sin in this way again. Commit yourself to walking in holiness.***
- ***Decide that you don’t want to sin anymore. Ask God to help you not to sin.***
- ***Ask God to show you anything within you that contributed to your choice to sin. Seek healing for related emotional wounds. Also work through any other modules that apply.***
- ***Confess your sin(s) to God and ask for His forgiveness. As you turn from the sin, ask God to reveal any steps for follow-up.***
- ***If there are any demonic elements that had a foothold because of something that has now been dealt with, 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.***
- ***Learn more about what God’s ways are. Ask God to help you walk more and more in His ways.***
- ***Ask God to continue to show you when you do sin. When He shows you, quickly confess it to Him and turn from it.***
- ***Thank God for who He is and for all He has done, is doing, and will do in you!***
- ***Closing prayer***
- ***Follow-up:***
 - ***Follow through, with God’s help, with whatever follow-up steps He has shown you. Get the advice of mature followers of Christ if you have questions.***
 - ***Share with someone what God has done for you.***
 - ***Continue to work through other modules as they apply to your situation.***

Module 4 Attachment 1. Occult Involvement⁸

Biblical Basis – Regarding Occult Involvement

“Do not worship any other god, for the LORD, whose name is Jealous, is a jealous God” (Exodus 34:14).

“The reason the Son of God appeared was to destroy the devil’s work” (1John 3:8b).

Brief Explanation - Occult Involvement⁹

Occult involvement is any activity entered into for the purpose of seeking blessing, benefit, ability or power from the spiritual realm through sources other than Jesus Christ.... Occult activity is soundly forbidden by God – why? Because He knows how our enemy wants to offer us quick benefits now, only to make us pay a price later (such as increasing obligations to the spirits granting benefits, insanity, a painful death, and finally separation from God and torture in the next world). Asking for benefits from Jesus may not always bring instant answers, but the ‘price’ for receiving from and obeying Him is ‘righteousness, peace, and joy’ (Romans 14:17).

When we confess our involvement and renounce it and ask Jesus to forgive us, rights are taken away from evil spirits who have gained influence in our lives. Jesus’ power overrules. We forfeit the apparent benefit, but receive in its place something straight from the hand of the Lord Jesus.

Often, our hurts encourage our desire for occult involvement. Occult sin on the part of our ancestors may also contribute to our occult activity. We wait on the Lord Jesus to remind us of these things, and bring each situation to Him.

⁸ This attachment was written for a non-western context. Many parts also apply to a western context.

⁹ Adapted with permission from *Undivided Heart Prayer Ministry* by Anna Travis, pg 16-17

Process Diagram

Module 4 Attachment 1 – Occult Involvement

- *(It is recommended that you work through this process with another follower of Christ (who is reasonably mature) present.)*
- **Opening prayer**
- Ask God to reveal to you **all ways in which you have been involved in the occult**. If there are any:
 - **Pray through these.**
 - **Take any appropriate follow-up steps**, such as destroying any demonic objects.
 - See section “A.3: Cursing – Intentional and Unintentional” in “Module 5: Breaking Internal Strongholds.”
 - Ask God to reveal **anything within you that contributed to your decision to be involved in the occult**.
 - **Seek healing for related emotional wounds**. See “Module 6: Healing for Emotional Wounds.”
 - **Work through any other modules** that apply to your situation.
- Ask God to reveal to you **all ways in which others have been involved in the occult on your behalf** (whether they were seeking “good” or harm). If there are any:
 - **Pray through these.**
 - Take any **appropriate follow-up steps**, such as destroying any demonic objects.
 - See section “B.2: Curses - Intentional and Unintentional” in “Module 5: Breaking Internal Strongholds.”
 - **Seek healing for related emotional wounds**. See “Module 6: Healing for Emotional Wounds.”
 - **Forgive the people involved**. See “Module 7: Forgiving Others.”
 - **Work through any other modules** that apply to your situation.
- Ask God to remind you of **any other demonic objects** of yours that haven’t yet been destroyed.
 - Ask a spiritually mature person to help you **destroy** all demonic objects you possess. Ask them any questions you have. For **steps** to include in this process, along with **follow-up steps**, see step 4 of Attachment 1 in Module 4 of the standard version.
- See “Module 2: Freedom from Generational Bondage.”
- *Keep working through the Process Diagram for Confessing and Turning from Sin, in this module.*
- **Closing prayer**

Module 5

Breaking Internal Strongholds¹⁰

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).*

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 the General Process Diagram for Breaking Internal Strongholds (following).

¹⁰ Some parts adapted (with permission) from “*A Theory and Process for Christian Counseling & Inner Healing*” by Alfred Davis, pages 86-89

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 Process Diagrams (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 Process Diagrams (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.***

5.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.

5.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 (Eph 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).

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.

5.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.”¹¹ 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 ¹²

- “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.”

¹¹ Funk & Wagnalls Standard College Dictionary

¹² Adapted with permission from *Undivided Heart Prayer Ministry* by Travis, pg 11

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.*

5.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.”¹³ Curses can be intentional or unintentional.

Examples of unintentional curses¹⁴

- “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.”

¹³ ibid pg 13

¹⁴ Adapted from ibid

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**

5.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.”

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.*

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

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

5.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.

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.**

5.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,” which is in Section A.3. of 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).’*”¹⁵

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).

¹⁵ *ibid*, pg 13

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.

5.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.*

5.C.1. Fear Bonds¹⁶

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.”¹⁷ “When the [relationship] is governed by fear, anxiety builds as the time approaches to be together. Fear can also develop from being apart.”¹⁸

“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.’*¹⁹

Love bonds are “based on love and characterized by truth, closeness, intimacy, joy, peace, perseverance and authentic giving”²⁰

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.²¹

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.

¹⁶ 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.

¹⁷ “The Life Model: Living From the Heart Jesus Gave You,” pg 17.

¹⁸ *ibid*, pg 16

¹⁹ *ibid*, pg 19

²⁰ *ibid*, pg 17

²¹ summarized from *ibid*, pg18-19

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**

5.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

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 Process Diagram for “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**

5.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

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 the Process Diagram for 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**

5.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

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**

5.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

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.

Module 6

Healing from Emotional Wounds²²

Biblical Basis – Healing from Emotional Wounds

“My lover spoke and said to me, ‘Arise, my darling, my beautiful one, and come with me. See! The winter is past, the rains are over and gone. Flower appear on the earth; the season of singing has come, the cooing of doves is heard in our land” (Song of Songs 2:10-12).

*“But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you **out of darkness into His marvelous light**. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy” (1Peter 2:9-10).*

*“Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to **sympathize with our weaknesses**, but we have one who has been tempted in every way, just as we are – yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need” (Hebrews 4:14-16).*

*“And I pray that you, being **rooted and established in love**, may have power, together with all the saints, **to grasp** how wide and long and high and deep is the love of Christ, and **to know this love** that surpasses knowledge – that you may be filled to the measure of the fullness of God.” (Ephesians 3:17b-19).*

*“Surely he took up our infirmities and **carried our sorrows**...” (Isaiah 53:4a).*

*“Come to me, all you who are weary and burdened, and **I will give you rest**. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light” (Matthew 11:28-30).*

*“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).*

For a more complete Biblical basis for this module, see “Appendix 3: Brief Biblical Foundation for Seeking Healing from Emotional Wounds,” in the standard version of these modules.

²² Adapted with permission from “A Theory and Process for Christian Counseling & Inner Healing” by Alfred Davis, pages 45-50 and 143-149. Some similar concepts can also be found in “Beyond Tolerable Recovery” by Ed Smith.

Brief Explanation – Healing from Emotional Wounds

Many unpleasant emotions are experienced because of false beliefs. However, unpleasant emotions can also be rooted in truth.

6.A. Unpleasant Emotions Based on Truth

A few examples of unpleasant emotions based on truth are:

- grief over the death of a loved one
- loss of a friendship
- sadness over a lost childhood²³
- remorse for your sin

Process Diagram –

Module 6.A. Inviting God to Carry Unpleasant Emotions Based on Truth

- *Opening prayer*
- *God identify unpleasant emotions based on truth*
- *Related to grief and loss → see Attachment 1: Grieving the Losses of Life”*
- *Anger → see Attachment 2: When the Emotion is Anger*
- *Other action steps to pursue first → see relevant modules.*
- *Thank God that, as a follower of Christ,*
 - *you are yoked together with Him (Matthew 11:28-30)*
 - *He offers you rest (Matthew 11:28-30)*
 - *He carries all your sorrows (Isaiah 53:4a).*
- **For each unpleasant emotion based on truth:**

Invite God to Carry the Pain

- *Ask God to help you feel as much of the pain as He wants you to feel now, in His presence. (You might feel this pain physically, as well as emotionally.)*
- *Ask God to carry this load. Give Him your burden.*
- *Thank Him for what He has done.*

- *Share what God has done in you through this process*
- *Closing prayer*

²³ Some people feel that, because of their situation during childhood, they lost the opportunity to “just be a child.”

6.B. Emotional Wounds Based on False Beliefs

Emotional wounds are places in your heart that hurt. Emotional wounds based on false beliefs may have taken root as you misinterpreted a life experience or accepted misinformation given by others as if it were true.²⁴

You may have believed false, hurtful things that were said to or about you. Or you may have made false conclusions about yourself, others, or the world in general. The false belief seemed like the best or only conclusion to make at the time.

A few examples false beliefs are:

- “No one loves me.”
- “I’m worthless.”
- “Life is without hope.”
- “I can never change.”
- “I can never trust anyone.”

False beliefs are a *belief*. They feel true. They may have *some* truth in them. But they are ultimately *false*. (For example, the truth is that it’s not wise to trust *some* people. It may even not be wise to trust many or even all of the people that you know. There are some people in the world who are trustworthy. God is fully trustworthy.)

In addition to false beliefs, other kinds of internal strongholds may also have taken root. *Note: For more information on internal strongholds, see “Module 5: Breaking Internal Strongholds.”*

Each emotional wound of yours began at a specific point in time. Whether or not you remember where they began, one or more unresolved memories are related to each wound.

The pain contained in emotional wounds tends to be triggered by anything that’s remotely similar to the situation where they began. These “triggers” are actually opportunities for growth and healing, as you take captive the thoughts and emotions related to them, and seek God’s perspective on these. Getting God’s perspective doesn’t change what actually happened in the event, but it can dramatically change how you think and feel about what happened. This process involves:

- Identifying the negative emotion
- Finding the original (or representative) memory
- Finding the false belief(s) embedded in the memory
- Asking Jesus to reveal His truth
- Applying this truth in your life

Working through this process can help to powerfully free you from ungodly patterns of living and thinking, as you ask Jesus to identify your false beliefs and reveal where you learned them, and then get His perspective at this heart level.

²⁴ Based on *Beyond Tolerable Recovery*, Basic Video Seminar Facilitator Guide, pg 21

Out of Darkness into Light

This process is based on prayer. It involves taking your thoughts and emotions captive, then bringing them to Jesus, our Wonderful Counselor.

Analyzing your thoughts and feelings can also be helpful, but doesn't tend to be as effective for getting God's truth into the place of emotional pain. Analysis is not the focus of this module.

This module may be more easily worked through with someone. It can be hard to both focus on how you feel, and to work through the process at the same time. This is especially true if your feelings are quite strong. If you've experienced severe trauma, work through those issues with someone. Later on, you may decide to process other less painful memories on your own.

If you're facilitating this process for someone:

- Listen for negative thoughts, emotions, patterns, and conclusions.
- Write them down, if that helps you remember them. If you write them down, give the person what you've written, at the end of your prayer time together.
- Ask the person if these are things they'd like to take captive.
- Together with the person, seek God for the root of each. Then seek His perspective on that issue.
- If you don't know what to do next, ask Jesus. He's the healer and deliverer!
- Also keep in mind these general principles:
 - Know your authority (in Christ) over the evil one.
 - Remember to follow God's agenda. Submit your ideas to him.
 - Be a good listener. Don't offer advice. Let God give the answers.
 - Be gentle and humble. Be patient. Let the Holy Spirit guide the process.
 - Respond with grace and love, not judgment.
 - Respect the person.
 - Rejoice that God transforms followers of Christ (2 Corinthians 3:18).
 - Remember to maintain confidentiality.
Only tell your own story. Let others tell theirs.
 - Seek healing for yourself as well, as needed.
 - If you're praying with someone of the opposite gender, have someone else either pray along with you or close enough to see you at any time. Do not pray with anyone in a place that could provide an opportunity for sin.

Note: Some who have experienced more severe trauma, or who don't yet have a sufficiently secure foundation in Christ, may not yet be ready to bring their emotional wounds to God. Living in a healthy Christian community can help them develop this foundational security. See also "Module 1: Overview and Introduction" and "Module 11: Finding True Security."

Note: This basic training does not address Dissociative Identity Disorder (DID)²⁵.

²⁵ See footnote #3 in "Module 1: Overview and Introduction."

Basic Step-by-Step Process²⁶ – 6.B. Emotional Wounds Based on False Beliefs – See also **Detailed Step-by-Step Process – B**, in the standard version.

1. If the person receiving ministry is unfamiliar with this process, explain it to them. Then ask the person if they would like to pray with you in this way.
2. Pray an opening prayer.
3. Ask God to show the person what He wants to help them work through during this time.
4. If the thing to be worked through is not an emotion, ask Jesus to reveal any underlying emotions involved.
5. Encourage the person to take the negative emotion(s) captive now.
6. Ask Jesus to help the person feel now as much of the feeling as is needed. Then ask Jesus to bring to the person's mind *the first time they felt this way*. This is the *original memory*.
7. Ask Jesus to reveal the false belief(s) in this memory that need to be addressed.
8. Ask the person if they are presently feeling the negative emotion(s) and the apparent truth of the false belief(s). When they are connected with these feelings, ask Jesus to bring truth into the memory.
9. Ask the person if there is anything else in the memory that does not yet feel peaceful. If anything is not yet peaceful, ask Jesus to reveal any other false beliefs or negative emotions in the memory. Follow the process above to get Jesus' perspective on these.
10. Ask Jesus to reveal to the person how these truths apply now (in the present). If Jesus had brought to mind other memories before the original (or key) memory, ask Him to reveal His truth in those as well.
11. Ask Jesus what He would like to address next. Follow Jesus to any other memories He wants to take the person to; any other negative emotions He would like the person to take captive; or any other issues He would like to address.
12. Apply any relevant parts in "Module 9: Forgiving and Accepting Yourself."
13. Thank God together for the truth He has revealed. Rejoice together in what God has done.
14. Pray a closing prayer.
15. Apply sections "Introduction D.5 & Introduction D.6" in "Module 1: Overview and Introduction."

²⁶ 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.

Follow-Up – 6.B. Emotional Wounds Based on False Beliefs

1. As Jesus reveals truth to correct each false belief, that truth changes how the person feels about the original memory and any similar situations in the past. This also impacts any similar situations that may arise in the future.

However, most of us have many false beliefs. Being transformed by the renewing of our minds is an ongoing process that takes time.

Sometimes, after going through the healing process above for a specific feeling or belief, the person later experiences a similar feeling or thought to the one that was addressed.

This could mean:

- There is a related false belief that has yet to be addressed. If so, address this.
 - The new path that Jesus has revealed is not yet a habit. Ask Jesus to remind the person of the new path each time they encounter a similar situation. Encourage the person to choose this new path and reject the old one.
2. See “Module 10: Replacing Unhealthy Patterns” if:
- one or more of the negative emotions worked through might be part of an unhealthy pattern of negative emotions and unhealthy reactions
 - the person struggles with fear, an unhealthy desire for control, or perfectionism
3. The principles described in this module can also be powerfully used in everyday life. We don’t need to wait for something to be an emotional wound from the past before getting God’s perspective on it!

Some steps for using this module in everyday life are:

- a. Choose that you’d like to get God’s perspective on everything of significance.
- Ask God to help you do this.
 - Ask God to remind you to ask Him for His perspective on things.
 - Find regular times that you can ask God what these things are, then ask for His perspective on them.
 - Also ask Him about things of significance as they come up. *For example: “God, what is your perspective on this situation? What is your perspective on this person?”*
- b. Ask God to help you take your thoughts (and emotions) captive.
- Ask God to give you His perspective on each of these.
 - If you have negative emotions that are rooted in unresolved past memories, follow the process in section B (of this module).
 - If you have unpleasant emotions that are rooted in truth, follow the process in section A (of this module).
4. Ask God to reveal to you any things in you that are keeping you from loving Him with all your heart, soul, mind, and strength; and pursuing His Kingdom and His righteousness. Bring these things to Him. Ask God to help you identify what the issue really is. Seek His solution for each one. See other modules as they apply.

Process Diagram –

B. Praying through Emotional Wounds Based on False Beliefs

- *Opening prayer*
- *God identify **negative emotions***
- **For each set of negative emotions:**
 - *The person **feel** the negative emotions (as much as God desires).*
 - *Ask God to reveal to the person the **original (or key) memory**: the first time (or a key time) they felt this way.*
 - *Ask God to reveal any **false beliefs** (or **other things** to work through) in the original or key memory.*
 - Inviting God to Reveal His Truth in a Memory**
 - *The person **think and feel** (as much as God desires) **the thoughts and feelings** in the memory*
 - *Invite God to **reveal His truth** in the memory*
 - *Continue to work through the memory until **everything in the memory feels peaceful** to the person*
 - *God's **truth applied to the person's life** now and in the future*
- *Follow Jesus to any **other memories** He wants to take the person to; any **other negative emotions** He would like the person to take captive; or any **other issues** He would like to address.*
- *Apply any relevant parts in “Module 9: Forgiving and Accepting Yourself.”*
- *Thank God for the truth He has revealed. **Rejoice** in what God has done.*
- *The person **share** what God has done in them through this process*
- *Closing prayer*
- *Follow-up: see “Module 1: Overview and Introduction.” and Follow-Up for Section B.*

Worksheet for Module 6.B.

1. Presenting emotion/physical sensation:

2. Trigger event:

a. Emotions:

b. Thoughts/beliefs:

3. Original (or key) memory:

a. Emotions:

b. Thoughts/beliefs:

c. Jesus' perspective:

4. Jesus' perspective in the trigger event:

5. Application:

Attachment 1. Grieving the Losses of Life

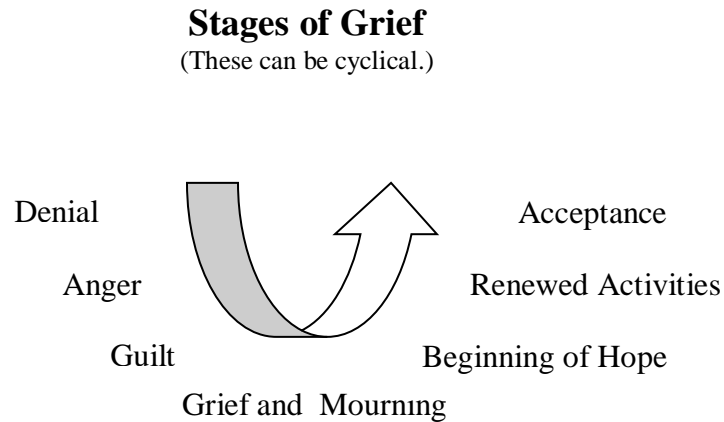
Biblical Basis – Grieving the Losses of Life

“Rejoice with those who rejoice; **mourn with those who mourn**” (Romans 12:15).

“**Blessed are those who mourn, for they will be comforted**” (Matthew 5:4).

Brief Explanation – Grieving the Losses of Life

Grief is a process with defined stages. These stages can be *cyclical*.



Times of increased vulnerability are right before the guilt stage and just after the beginning of hope.

Process Diagram

Module 6 – Attachment 1. Grieving the Losses of Life

- **Note:** *It is recommended that a **trusted friend** helps you to work through this process. **Relationship** is a very powerful part of working through grief and loss.*
- **Opening prayer**
- **Recognize** that feelings of pain, anger, guilt, loss, fear, confusion, and so on are a normal part of the grieving process. Ask God if you've repressed any of the feelings you have. Ask God to help you **identify how you feel**.
- As your feelings are identified, bring them to God. **Tell Him** how you feel. **Ask Him** your questions. **Listen for His perspective**.
- If you have **unresolved feelings**, especially of anger, guilt, or fear, pray through these.
- If any **trauma** was involved in the loss (for example, the shock of hearing about the loss), pray through **each significant part** of the trauma. Ask God to reveal His perspective at each point.
- If you are experiencing lasting **depression**, ask God to show you **why**. Pray through any unresolved emotions.
- Ask God to reveal any **"hidden losses"** involved. **Grieve these** as well.
- **Don't trivialize your losses**. Instead **bring them to God**. Tell Him how you feel. Ask Him to **carry your pain**. Ask Him to give you **His perspective** at each point.
- If you were unable to have a time for **closure**, talk to God about this. Tell Him how you feel. Pray through the **memories** where you didn't get closure. Ask God to give you **His perspective**. Ask Him to show you any additional **action steps** that would help you to get closure in a healthy way.
- Ask God to show you if you are carrying the burden of someone else's pain. **If you are, ask Him to carry this burden**, and to show you, **step by step**, any ways that He'd like you to be involved. If it's hard for you to give up this burden, ask God **why**. Work through any **issues** that He reveals. See any **modules** that apply.
- **Continue** working through section A of Module 6.
- **Closing prayer**
- **Follow-up:**
 - Remember that grieving is a **process**.
 - Ask God to continue to walk with you through the process. Ask Him to help you to keep taking the **next step**.
 - Keep **telling God** how you feel. Ask God to continue to **reveal His perspective** to you. **Search the Psalms** (and other parts of the Bible) for relevant Scriptures.
 - Ask God to help you **develop a relationship with someone who is willing to listen to you at any time**.
 - **Keep working through** each part of the grieving process, asking God for His perspective, and asking Him to carry your pain. (Isaiah 53:4-5)
 - Thank Him for His help.
 - If possible, **exercise regularly**.

Note: *If you are helping someone else work through grief and loss:*

- Be with them. (One example of this is in Job 2:13.)
- Resist the urge to "help" by giving advice or stating truth.
- Listen actively. Watch for non-verbal cues. Reflect back to them what you hear them saying. Get confirmation that you understand what they are seeking to communicate.
- Validate their feelings. Don't hush grief.
- Show that you care. Be genuine.
- Offer hope and comfort (2 Corinthians 1:4).
- Encourage them to bring their feelings to the "God of all comfort" (2 Corinthians 1:3).
- Seek to help them move the next step in the process. Wait for God's timing. Don't rush grief.

Attachment 2. When the Emotion is Anger

Brief Explanation – When the Emotion is Anger

Usually anger is not the first emotion that arises in a situation.

Some anger is rooted in truth. But, even so, we are told not to “*let the sun go down while you are still angry*” (Ephesians 4:26b).

People are not designed to carry anger around for long. It’s destructive. And “*...man’s anger does not bring about the righteous life that God desires*” (James 1:20).

Along with dealing with the anger, you (or the person you’re praying with) also need(s) to give up judging, unforgiveness and any desire to take revenge. See “Module 5: Breaking Internal Strongholds” and “Module 7: Forgiving Others.”

Process Diagram

Module 6 – Attachment 2. When the Emotion is Anger

- **Opening prayer**
- Ask God to reveal what emotion is **behind** your anger.
 - Asking God to show you how you felt **right before** you got angry (either at a representative time in the recent past, or at an earlier time) may facilitate this.
- **Follow the healing process** described in Section A or B of Module 6 (whichever you are presently working through), starting with the emotion behind your anger.
- **Decide if you are willing to give up your anger.** Sometimes giving up your anger needs to be done before continuing with the healing process. At other times, God may want to first speak truth, to correct the false beliefs that give rise to the emotion behind the anger. If you are not yet ready to give up your anger, you may feel you need it to protect you in some way.
- If you are still willing to pursue this **process**, whether or not you’re ready yet to give up your anger:
 - Ask God to show you the **original or key memory underlying the anger.** (This is often the same as the original or key memory for the underlying emotion.)
 - In that memory, ask God to reveal **whether or not you still need your anger for any reason.**
 - See if you are **now ready to give up your anger.** If you are, **give it to God.** If you aren’t, ask God to reveal to you **any other reasons** that you feel you need to hang on to your anger. Continue to **work through those.**
 - **When you are ready to give up your anger, ask God to take your anger and give you His peace.** (You may also need to forgive someone. See “Module 7: Forgiving Others”, “Module 8: Forgiving Your Parents”, and “Module 9: Forgiving and Accepting Yourself.”)
 - If you are working through **Section B** of Module 6, **continue to work through the memory until you have perfect peace** (Philippians 4:7).
 - Continue with the other steps in the section you’re working through.
- **Closing prayer**

Attachment 4. Praying through Trauma

Biblical Basis – Praying through Trauma

“Let all who seek Thee rejoice and be glad in Thee; And let those who love Thy salvation say continually, ‘Let God be magnified.’ But I am afflicted and needy; Hasten to me, O God! Thou are my help and my deliverer; O Lord, do not delay” (Psalm 70:4-5 NASB).²⁷

“You hear, O LORD, the desire of the afflicted; you encourage them, and you listen to their cry, defending the fatherless and the oppressed, in order that man, who is of the earth, may terrify no more (Psalm 10:17-18).

“I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; he saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the man who takes refuge in him” (Psalm 34:4-8).

“Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed” (Isaiah 53:4-5).

“Blessed are those who mourn, for they will be comforted” (Matthew 5:4).

²⁷ Scripture taken from the “New American Standard Bible”, The Open Bible Edition, copyright 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977 by The Lockman Foundation.

Brief Explanation – Praying through Trauma

A trauma is:

- “A severe emotional shock having a deep, often lasting effect upon the personality”²⁸
- “Something that makes you realize you could have died
- Something that makes you feel powerless, helpless, and paralyzed
- Sudden and overwhelming. It owns you, you don’t own it.
- A time when you experience extreme fear, even if only for a short while
- A time when you cannot think clearly
- More than stress. Stress does not have the sudden and life-threatening quality that trauma has.
- A shock to the system, which is why it affects the *whole* system and creates a state of emergency
- An event with a predictable aftermath.”²⁹

People respond to trauma in different ways. Normal reactions to trauma include shock, anxiety, denial, guilt, anger, shame and grief. If the trauma is similar to any unresolved emotional wounds from the past, those may be triggered as well.

Often a traumatic experience includes a sequence of traumatic events. For each event in the sequence, we can ask God to reveal His truth. (For an example of this, see “Representative Example of Truth Revealed in a Sequence of Events” in Module 6, Section B.)

God wants to reveal His perspective to those who truly seek Him. He offers all followers of Christ His peace and freedom from fear.

God also wants to carry the burden of the trauma. He invites us to “[cast] all our anxiety on Him, because He cares for [us]” (1 Peter 5:7).

Examples – Trauma

- Natural disaster
- Violence
- Accident
- Shock

²⁸ Definition from “Funk & Wagnalls Standard College Dictionary,” copyright 1977 by Harper & Row, Publishers, Inc.

²⁹ From “Aftermath, Survive and Overcome Trauma” by Mariann Hybels-Steer, Simon & Schuster, NY: 1995.

Process Diagram – Module 6 Attachment 4 Praying through Trauma

- *Opening prayer*
- **For each event in the trauma that does not yet feel peaceful:**
 - *Thoughts and feelings the person experienced in the event*
 - *Think and feel (as much as God desires) those thoughts and feelings (for a brief period of time)*
 - *The first time the person thought and/or felt that way*
 - *Thoughts and feelings of the person in that original memory*
 - Inviting God to Reveal His Truth in a Memory**
 - *Think and feel (as much as God desires) the thoughts and feelings the person had in the memory*
 - *Invite God to reveal His truth in the memory*
 - *Invite God to carry all the pain in the memory*
 - *Continue to work through the memory until everything in the memory feels peaceful to the person*
 - *Follow “Inviting God to Reveal His Truth in a Memory” to invite God to reveal His truth in the event*
- *Continue the process for each event in the memory that does not yet feel peaceful*
- *God’s truth applied to the person’s life now and in the future*
- *Are there any*
 - People who the person has not yet forgiven*
 - Feelings of loss (including hidden losses)*
 - Other things, related to the trauma, that need to be worked through*
 - Feelings of fear connected to the trauma*
- *Feel (as much as God desires) any remaining burden of the trauma. Ask God to carry this burden.*
- *Closing prayer (including commanding, in the name of Jesus, any demonic elements that had a foothold because of the trauma to go now where Jesus sends them and never return)*
- *The person share what God has done through this process*

Module 7

Forgiving Others³⁰

Biblical Basis – Forgiving Others

*“Be kind and compassionate to one another, **forgiving each other**, just as in Christ God forgave you” (Ephesians 4:32).*

“Then Peter came to Jesus and asked, ‘Lord, how many times shall I forgive my brother when he 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 talents 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. 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 denarii. 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 you 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 greatly distressed 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 turned 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 from your heart**” (Matthew 18:21-35).*

³⁰ Main module adapted with permission from “A Theory and Process for Christian Counseling & Inner Healing” by Alfred Davis, pages 71-73, 159-161, and 174

Brief Explanation – Forgiving Others

Forgiveness comes from the heart. (See Matthew 18:21-35.) It is not dependent on the person being forgiven. Forgiving someone involves releasing them from a debt they owe you. In the process you are also released.

What are indicators that you've fully forgiven someone?

- You have compassion on them.
- You don't say negative things about them.
- You can freely bless them.
- You're free from all bitterness, anger, resentment, hate, and/or rage toward them.
- You don't accuse, blame or judge them.
- You don't seek repayment or revenge.
- You let go of the offense.

What are indicators that you haven't fully forgiven someone?

- You feel negatively about them.
- You say negative things about them.
- You curse them.
- You feel bitterness, anger, resentment, hate, and/or rage toward them.
- You accuse, blame or judge them.
- You want repayment or revenge.
- You hold on to the offense.

Sometimes choosing to forgive feels impossible. Or you may try, but find yourself still angry, filled with pain, thinking negatively about the person, or experiencing other indicators that you haven't fully forgiven the person for the offense. In this case, it could be that hanging on to the offense seems a better choice than letting go, because of an underlying feeling or belief. For example, remaining angry at the person or feeling worthless may seem like your only choices.

If anger toward the person is hard for you to let go of, it's possible that you feel the anger is protecting you from something worse. Finding what emotion is behind the anger (for example fear or shame), then seeking healing for any related emotional wounds, can bring release from the underlying emotion(s). (See "Module 6: Healing from Emotional Wounds" for more information.) This then brings you to the place where you can choose to let go of your anger.

If you are in an ongoing situation that involves multiple offenses, forgiveness will be an ongoing need. Forgiveness is not the same as restoration. Restoration involves both parties.

Forgiving someone doesn't exclude learning from past experiences. "An attitude of forgiveness toward offenders does not mean that we release them from responsibility for what they did, nor that we should forget the offense and go on as if nothing ever happened... When the offender continues to be unrepentant, [we] commit them to God to deal with in His own way, not in ours."³¹

(For more information, especially about forgiveness in the context of ongoing relational problems, see also "Module 7: Forgiving Others," in the standard version of these modules.)

³¹ *Breaking the Bonds of Our Past* by Douglas Hayward, PhD. , page 16

Process Diagram

Module 7 – Forgiving Others

- **Opening prayer**
- Ask God to reveal to you the names of **people you need to forgive**. *List these.*
- For each individual, ask God to bring to your mind **any things that you've not yet forgiven them for**. *List these.*
- See if you're **able to fully give each item** to Jesus.
- For any items or emotions that you **don't feel able** to fully release, ask God to show you **why** you can't. Get **God's perspective** at the root of the emotions, conclusions, and perspectives involved. Give up any **unwise decisions** you've made.
- When you are able to, **give each item to Jesus**. As you give each item to Jesus, ask Him to **take all the hurt and pain** from the offense(s). **Forgive** the person for each offense. Give up any **resentment, anger, bitterness, hatred, rage, and judgment** against them. Give up any **remaining desire for revenge** against them.
- Ask God to help you to **see the person the way He sees them**. Ask Him to give you **compassion** for the person.
- Pray a **prayer of blessing** on the person.
- If you have **trouble** with any of these steps, ask God to show you **why**. **Work through** this as appropriate. See any modules that apply.
- If there are any **demonic elements** that had a foothold because of something that has now been forgiven, **command them in the name of Jesus to go now where He sends them, and never return**. Ask Jesus to fill with Himself any empty places in you.
- Ask God to help you continually **choose the road of forgiveness, love, and mercy**.
- **Thank Him** for all He's done!
- **Closing prayer**
- **Follow-up:**
 - Get God's perspective on whether or not you should go to the person and tell them about the offense.
 - Ask Jesus to show you what response is appropriate toward the person. Work to set good boundaries. See "Module 12: Living in the Light."
 - Grow in learning and applying how God would have you show His love to the person.
 - Continue to work through other modules as they apply to your situation.

Module 7 Attachment 1

If You Still Feel Unable or Unwilling to Forgive the Person

Biblical Basis – Regarding Feeling Unable or Unwilling to Forgive

“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 men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins” (Matthew 6:12-15).

“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 you’re your brother’s eye” (Matthew 7:1-5).

Brief Explanation – Regarding Feeling Unable or Unwilling to Forgive

Sometimes it may seem that what someone has done to hurt you is just too big to forgive. Or that you can’t forgive them for some other reason. If you feel unable or unwilling to forgive someone, it would be good to look more at the potential implications of this for your life.

When you choose not to forgive someone, you are also choosing not to be free yourself from the implications of the offense. You end up focusing overly much on the offense and acting in reaction to it. When you focus on the offense, even part of the time³², you’re not fully focused on God and on walking in His ways. You’re instead choosing to focus on the thing that hurt you.

You might be choosing not to forgive the person in order to seek revenge, prove something, punish the person who has hurt you, or for some other reason. Whatever the reason, your decisions are being negatively influenced by the person who has hurt you. You are acting in reaction *to* them, instead of being freed *from* the pain of the offense. This adds more hurt to you, in addition to the hurt you’ve already experienced.

When you choose *not* to forgive someone, or choose to judge them, you are choosing to live in bondage. This bondage pulls you downward. It usually leads to more bad choices, then to more pain and further bondage. Choosing not to forgive someone also leads to not being forgiven yourself (Matthew 6:15). Choosing to judge someone leads to being judged (Matthew 7:1). Choosing to seek revenge against someone may result in you suffering the greatest consequences of that choice.

³² This is not meant to refer to working through the offense, with God’s help, and forgiving the offender. Focusing on the offense briefly to facilitate forgiveness can be part of seeking God with all your heart, soul, mind, and strength.

When you choose to forgive someone, you benefit in many ways. You are set free from an unhealthy tie to the offense. You can ask Jesus to heal the pain of the offense and fill you with His overflowing joy. You are free to focus more fully on Christ and His great love for you.

When you choose to forgive someone, you are leaving them for God to deal with in His own way. He will take care of whatever judging or punishment needs to happen. Jesus is the one who has authority to judge. *“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).*

Step-by-Step Process³³ – Regarding Feeling Unable or Unwilling to Forgive

1. Decide whether you want to forgive the person.
2. Decide to leave to Jesus any judging or punishing of the person.
3. Ask Jesus to forgive you for previously choosing the path of unforgiveness.
4. Ask Jesus to help you *“clothe [yourself] with compassion, kindness, humility, gentleness and patience. [And to] bear with [others] and forgive whatever grievances you may have against [them]. [And to] forgive as the Lord forgave you. And over all these virtues [to] put on love...” (Colossians 3:12b-14a)*
5. Continue working through the steps in “Step-by-Step Process – Forgiving Others,” in this module.

³³ 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 8

Forgiving your Parents³⁴

Biblical Basis – Forgiving your Parents

“Honor your father and mother” – which is the first commandment with a promise – “that it may go well with you and that you may enjoy long life on the earth” (Eph 6:2-3).

“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” (Matt. 7:1-2).

“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 men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins” (Matthew 6:12-15).

Brief Explanation – Forgiving your Parents

If you haven't yet forgiven your father or your mother, you may find yourself acting in reaction to the very things you're seeking to be free from. You may either become more and more like them (such as becoming more and more bitter) or more and more different to make sure that you aren't like them at all (such as being overly lenient with your own children, to avoid being overly harsh). This can be the result of an oath made in childhood or later on, such as “I'll never be like my father”, or “I'll never speak to my mother again.” When you're acting in reaction to your parent, your focus is on them, not on God and His ways. “Apart from accepting and forgiving our parents, *as they are*, we cannot get our identities separated from them and go on to accept ourselves. We are therefore in danger of becoming more and more like them.”³⁵ As negative decisions you've made in reaction to your parents (such as oaths) are broken and you forgive your parent(s) and accept them as they are, you are freed to follow God's ways, instead of acting in reaction to your parent's ways.

One thing that can hinder your ability to forgive your parent(s) is the idea that forgiving them means accepting their sin. Children tend to see who their parents are as inseparable from their parent's sins and weaknesses. “The parent and the behavior appear to the child to be one. Later, in order to be free, the son or daughter has to separate the two. The child has to forgive the sin and accept the sinner.”³⁶

(For more information, especially about forgiveness in the context of ongoing relational problems, see also “Module 7: Forgiving Others.”)

³⁴ “Step-by-Step Process” and “Sample Prayers” adapted with permission from “*A Theory and Process for Christian Counseling & Inner Healing*” by Alfred Davis, pages 71-73, 159-161, and 174

³⁵ “*Crisis in Masculinity*” by LeAnn Payne, pg 63-64

³⁶ *ibid* pg 57

Process Diagram

Module 8 – Forgiving Your Parents

- **Opening prayer**
- *Work through this process for **each parent**, as needed.*
- *Ask God to help you **objectively see your parent** as He sees them. Ask him to help you **see your parent as distinct from their sin**.*
- *Ask God to help you to **accept the person your parent is**, and **forgive their sin**. Ask Him to give you **compassion** for your parent. **Thank God** for all the good attributes in your parent.*
- *Ask God to reveal any areas where you're **acting in reaction** to your parent. For each of these areas, ask God to reveal any **unhealthy thoughts or feelings** you have toward your parent, including any **oaths** you've made that are still in effect. **Work through** breaking these internal strongholds.*
- *Ask God to help you **list** any things that you need to forgive your parent for.*
- *See if you're **able to fully give each item** to Jesus.*
- *For any items or emotions that you **don't feel able to fully release**, ask God to show you **why** you can't. Get **God's perspective** at the root of the emotions, conclusions, and perspectives involved. Give up any **unhealthy decisions** that you made in reaction to your parent.*
- *When you are able to, **give each item to Jesus**. As you give each item to Jesus, ask Him to **take all the hurt and pain** from the offense(s). **Release** the person from each offense. Give up any **resentment, anger, bitterness, hatred, rage, and judgment** against them. Give up any remaining desire for **revenge** against them.*
- *If you have trouble with any of these steps, ask God to show you **why**. **Work through** steps and modules as appropriate.*
- *Take **responsibility** for your own reactions to your parent. **Confess and repent** of your own sins relative to the issues involved.*
- *If there are any **demonic elements** that had a foothold because of something that has now been addressed, **command them in the name of Jesus to go now where He sends them, and never return**. Bind any effects of your parent's sin on you or your offspring.*
- ***Bless** (or ask someone else to pray a prayer of blessing over) all that is good in you that was passed on by your parent.*
- *Pray a prayer of **blessing and acceptance** on your parent.*
- *Ask God to help you continually choose to **love, forgive, and bless your parent**.*
- ***Thank Him** for all He's done!*
- **Closing prayer**
- **Follow-up:**
 - *Grow in learning how to respond to your parent in a healthy way, with appropriate boundaries.*
 - *Grow in learning how to bless your parent and appropriately show God's love to them.*
 - *See also "Module 7: Forgiving Others" and "Module 3: Replacing Family Curses with God's Blessings."*
 - *Continue to work through other modules as they apply to your situation.*

Module 9

Forgiving and Accepting Yourself³⁷

Biblical Basis – Forgiving and Accepting Yourself

“Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death” (Romans 8:1-2).

“Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God” (Ephesians 5:1-2).

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you” (Ephesians 4:32).

“Accept one another, then, just as Christ accepted you, in order to bring praise to God” (Romans 15:7).

9.A. Forgiving Yourself

Brief Explanation – Forgiving Yourself

If you are a follower of Christ, you have been forgiven by God (Ephesians 4:32).

Forgiving yourself is part of imitating God and living a life of love (Ephesians 5:1-2).

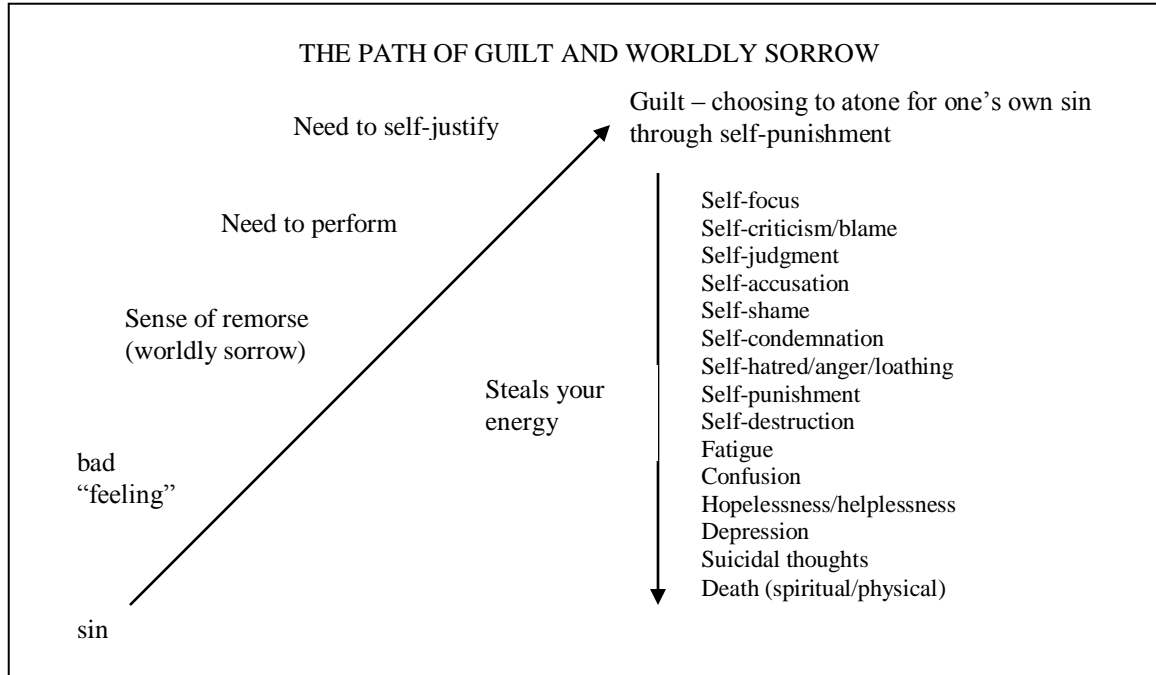
If you haven't yet forgiven yourself, you may be experiencing:

- Rigid, legalistic, black-or-white thinking (such as “If I'm not good, then I'm bad.”)
- Numbness with self-destructive behavior
- Feelings of self-disgust, self-hatred, and/or low self-esteem.

Central to all of these is unresolved guilt. Unresolved guilt tends to immobilize a person and keep the focus on the pain rather than on the change that is needed. It can make you feel as though there's a debt that must be paid and the only way for it to be paid is to do it yourself. This misses the point of Jesus' death on the cross. When you live with unresolved guilt, you feel unforgiven, even though Christ has already forgiven you.

The path of guilt and worldly sorrow is a path of bondage. (See diagram on the following page.)

³⁷ Adapted with permission from “*A Theory and Process for Christian Counseling & Inner Healing*” by Alfred Davis, pages 107-122, 164,165



The alternative to living with unresolved guilt is accepting God’s grace and forgiveness. Grace is a gift, given freely and unconditionally to you, through Christ. Accepting God’s grace and forgiveness frees you to seek productive change.

If you think that God’s grace and forgiveness are not for you, this could be because:

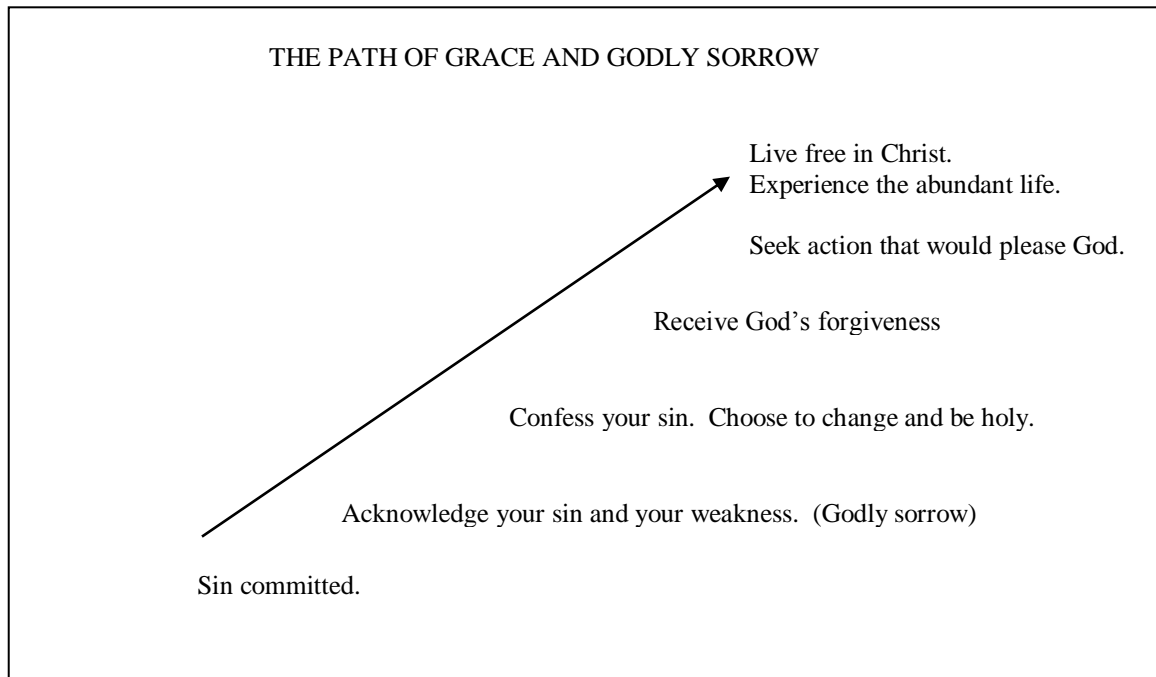
- You feel that your sins are so terrible that you do not deserve to be forgiven.
- You feel that you need to suffer to pay for your sin.

The truth is: God accepts you on the basis of what He did through Christ, not on the basis of what you try to do. Living in unforgiveness is a self-imposed punishment. It is the opposite of what God wants for you.

When you sin, God desires you to respond by confessing and turning from your sin, not by punishing yourself. *“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (1John 1:9).”* See also “Module 4: Confessing and Turning from Sin.”

Following the path of grace and godly sorrow frees you to experience abundant life in Christ. (See diagram on the following page.)

Out of Darkness into Light



Another factor that may complicate your ability to forgive yourself is false beliefs that you have about God, yourself, others, or the world in general. These false beliefs may have taken root as you misinterpreted life's experiences, or received misinformation from others. If, for example, your parents or others said things that shamed or cursed you, you may have believed them. *For example, you may have believed the message "You can't do anything right," even though Scripture teaches the ability of followers of Christ to do all things through Christ who strengthens us (Philippians 4:13).*

If it's hard, or seems impossible for you to forgive yourself, asking God *why* this is hard is a good first step. Then work through the issues He reveals, together with Him. This process may include:

- seeking healing for emotional wounds
- breaking internal strongholds
- forgiving your parents and others
- working through issues addressed in other modules.

Process Diagram

Module 9 – Forgiving and Accepting Yourself – A. Forgiving Yourself

- **Opening prayer**
- **Recognize the difference between godly sorrow and worldly sorrow.**
- Ask God to show **which path** you've been on – the path of guilt and worldly sorrow, or the path of grace and godly sorrow. If you've been on the path of **guilt and worldly sorrow**:
 - **Confess** any sin of pride that has separated you from God's grace
 - **Acknowledge** the bondage of any self-punishment you've been living in
 - **Renounce** all efforts to atone for your own sin
 - **Give up** all attempts to justify yourself
 - **Repent** of everything that has separated you from God, including any unbelief that has contributed to your feelings of guilt.

(If any of these steps are hard or seem impossible, ask God to show you why. Work through the issues He reveals, together with Him.)
- **Choose** to walk on the path of grace and godly sorrow.
- Ask God to **reveal** to you any sin(s) you need to confess.
- **Confess** your sin(s). Ask God to forgive you and to help you to change and walk in His ways. See "Module 4: Confessing and Turning from Sin."
- Ask God to show you any **emotional wounds** you have that contributed to your sin(s). Seek healing for those. See "Module 6: Healing from Emotional Wounds."
- Ask God to show you whether or not He's now **forgiven** you for the sins you've confessed. By faith, **receive** His forgiveness.
- **Choose** to forgive yourself. (Ephesians 4:32 & 5:1). **Forgive yourself.**
- **Rejoice** in the goodness of God. Meditate on verses about who you are in Christ.
- If any of these steps are hard or seem impossible, ask God to show you **why**. **Work through** the issues He reveals, together with Him.
- See also "Module 11: Finding True Security" and "Module 12: Living in the Light."
- **Closing prayer**
- **Follow-up:** See Follow-up in Module 9.

9. B. Accepting Yourself

Brief Explanation – Accepting Yourself

God chose you before the creation of the world to be holy and blameless in his sight. He now sees you this way because Jesus has taken away your sin. You have been adopted by God and accepted by Him. (Ephesians 1:4-8) Accepting yourself is part of imitating God and living a life of love (Ephesians 5:1-2).

If it's hard for you to accept yourself, that could be because you've so long believed lies about who you really are. Some of these lies may have come from hurtful things others said *to* or *about* you.

Learning to look at yourself through the eyes of Christ frees you to live more and more in the reality of who you truly are in Him. You'll also be able to see more of the gifts, talents and abilities He's given you. And you'll be able to live more in the glorious new life He's given you. (2 Corinthians 5:17)

Process Diagram

Module 9 – Forgiving and Accepting Yourself – B. Accepting Yourself

- *Opening prayer*
- **If it's hard for you to accept yourself:**
 - ***Work through the step-by-step process for forgiving yourself.***
 - ***Learn more about how God sees you through Christ.***
 - ***Ask Him to help you see yourself the way He does***
 - ***Read silently through "Sample Prayer - Accepting Yourself," Decide if it's something you'd like to pray. Modify it as you choose. Then pray it out loud.***
 - ***If you're praying with someone else, ask them to pray over you the things Jesus has shown you about who you are in Christ. If you're praying alone, you might want to ask someone to do this for you later.***
 - ***Find Scriptures that relate to the things God has shown you. Meditate on these truths. Enjoy them. Ask God to help your life and your perspective be shaped by them.***
 - ***Rejoice! You are fearfully and wonderfully made. (Psalm 139:14)***
 - ***If any of these steps are hard or seem impossible, ask God to show you why. Work through the issues He reveals, together with Him.***
- *Closing prayer*
- ***Follow-up: see Follow-up in Module 9.***

Sample Prayer – Accepting Yourself

I proclaim my faith in Jesus as my Lord and Savior. I confess that I have looked at myself through the distorted eyes of my sin, my unforgiveness, and the lies and false messages I have come to believe about myself. I have also been trapped in my incorrect feeling that I need to win acceptance and righteousness.

I renounce these lies. I choose now to see myself through the eyes of Jesus Christ and his salvation.

Please reveal to me now more of how Jesus sees me. Help me to understand who you created me to be. Help me to know who I truly am in Christ. Lord God, I choose to accept myself as [list the things God reveals to you or reminds you of].

Lord Jesus, thank you for offering yourself as a sacrifice, so that I may be free to know who I really am in you. You have forgiven and accepted me. Thank you! Because of this, I choose to accept myself as having been made worthy through Christ. I release myself from self-judgment, and I accept your truth about myself. I pray that I may bring glory to you by living in the reality of who I truly am in you.

Thank you for loving me with an everlasting love; and drawing me to yourself with loving-kindness (Jeremiah 31:3).

9.A and 9.B. Follow-up – Forgiving and Accepting Yourself

1. Continue to seek healing for any emotional wounds you have. See “Module 6: Healing from Emotional Wounds.”
2. Continue to take your thoughts captive. Get God’s perspective on them.

For more information on replacing false beliefs with truth, see “Module 5: Breaking Internal Strongholds”, “Module 11: Finding True Security”, and “Module 12: Living in the Light”.
3. If you sin, quickly confess and turn from your sin. Follow the path of grace and godly sorrow. Remember to forgive yourself. See also “Module 4: Confessing and Turning from Sin.”
4. Continue to learn more about the reality of who you are in Christ. Tell others what you’re learning.
5. Find verses that talk about who you are in Christ; how He’s forgiven and accepted you; and His grace, mercy and kindness toward you. Also find Scriptures about who God is, how much He loves you, and what He’s done for you. Meditate on these verses. Talk about them. Rejoice over the reality they proclaim. Ask God to help your life and your perspective be shaped by them. (See “Module 12: Living In the Light.”)
6. Find out more about the gifts and abilities God has given you. Continue to develop these. Thank God for who He is and who He’s created you to be.
7. 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.”

Module 10

Replacing Unhealthy Patterns

Biblical Basis – Replacing Unhealthy Patterns

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness” (Ephesians 4:22-24).

Brief Explanation – Replacing Unhealthy Patterns

People desire to experience joy³⁸. “In a child’s first two years, the desire to experience joy in loving relationships is the most powerful force in life. In fact, some neurologists now say that the basic human need is to be the ‘sparkle in someone’s eyes.’...

Wonderfully enough, that innocent, pure desire that begins in childhood continues throughout life. Life makes sense and is empowered by joy when people are in relationship with those who love them and are sincerely ‘glad to be with them.’... Joy also comes from being in relationship with God. Throughout the Bible it is established that a powerful joy comes from a relationship with God who knows everything about me and is still ‘as-glad-as-glad-can-get’ to be with me.”³⁹

“While most of the first year of development is committed to building joy, the child over 12 months begins the important task of returning to joy from every unpleasant emotion.”⁴⁰

Knowing how to return directly to joy from an unpleasant emotion facilitates healthy patterns operating your life. *Healthy patterns* are consistent with Biblical truth. They consist of mature, godly responses to situations and emotions.

If you haven’t yet learned how to return directly to joy from an unpleasant emotion, you can still learn this. The section of the brain involved in returning to joy from unpleasant emotions “is the one section of the brain that retains the ability to grow for our entire lives, which means that “joy strength” can always continue to develop!”⁴¹

Often there are unpleasant emotions from which a person hasn’t yet learned the direct way back to joy. If you have any of these, you will tend to look for an intermediate emotion to go to, one that you do know how to get back to joy from. *For example: You don’t know how to get back to joy from frustration, but do know how to get back to joy from sadness. When you get frustrated, you get sad; then you get back to joy.* Going to sadness as an intermediate emotion is more common for women. Going to anger as an intermediate emotion is more common for men.

³⁸ One definition of joy is “deep gladness and delight”.

³⁹ *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.; pg 11-12

⁴⁰ *ibid*, pg 20

⁴¹ *ibid*, pg 16

If you have *no* indirect way back to joy from the unpleasant emotion (“no way out”), you tend to wander around *lost* from negative emotion to negative emotion. *For example: You get frustrated and want to give up. You feel that if you give up you will be a failure. So, you feel you can’t give up, and you keep trying. You feel inadequate and become more frustrated. And so on.*

If you don’t have a direct path back to joy from the unpleasant emotion, you probably have an unhealthy pattern operating. An *unhealthy pattern* is a habitual sequence of unhealthy responses, made in an attempt to get back to joy from the negative emotions involved. These unhealthy responses are part of living in the patterns of the old nature, rather than those of the new nature (Ephesians 4:22-24). See “Example – Replacing Unhealthy Patterns,” in this module.

An unhealthy pattern may have many steps in its sequence, or it may have only a few. It is generally triggered by an unpleasant emotion that arises in a situation, from which there is no direct path back to joy.

If you have unhealthy patterns operating in your life, you may not know what a healthy replacement pattern would look like. Or, you may not know what a healthy *response* would be, in a given situation. *For example, if someone makes a joke about you, this may feel like a threat. A healthy response might include not feeling threatened at all, because you are so secure in Christ.* Even if you do know of a healthy response, you might be either unable or unwilling to respond in that way.

Some indications that you *might* have unhealthy patterns operating in your life are:

- You respond to some situations in unhealthy ways. You may not know why you’re responding that way.
- You can’t seem to change these unhealthy responses.
- Sometimes you don’t know how to get back to joy from how you feel.
- Others react to you in negative ways. (This could also mean they have unhealthy patterns operating in their lives.) For an example, see “Attachment 1: A Looping Bowtie Pattern,” in this module.

If you *do* have unhealthy patterns operating in your life:

- You may know about them.
- You may not be aware of them.
- You may have learned them in childhood.
- They may be the same or similar to your parents’ unhealthy patterns.
- You may feel stuck in them because:
 - You don’t know of any better way to respond.
 - You know of a better response but can’t seem to respond in that way.

Steps to *replace* an unhealthy pattern with a healthy one include:

- Identifying the pattern
- Finding the root (the first unpleasant emotion in the cycle and what triggered it)
- Finding the healthy way back to joy from initial unpleasant emotion
- Asking God to show you how to respond to the initial situation in a healthy way
- Understanding and applying a new, healthy pattern.

Out of Darkness into Light

There are a number of ways to learn healthy patterns. They include:

- Identifying people you know who have healthy patterns operating in their lives, then:
 - seeing those patterns modeled
 - asking questions to learn more about the pattern
 - talk through case studies
 - role-playing as appropriate to help you learn to apply the healthy pattern in your situation
- Learning about healthy patterns through books
- God directly helping you create and implement a healthy pattern.

Example – Replacing Unhealthy Patterns

Old Unhealthy Pattern

Situation: Tryouts for the school play were just beginning. Sandra was trying out for the lead role. Though she was *nervous*, she was enjoying talking with her friend Susan. Then she saw Dan and Barry, who were deciding who would get each part in the school play, talking together.

Sandra felt *afraid*. Her emotions started to spiral downward. *Anxious* thoughts ran through her head, one right after the other. “I’m afraid I won’t remember my lines.” “What if I don’t get the part?” “I’ll be too embarrassed to go to school tomorrow.” “What can I do?” She became more and more *afraid*.

Sandra decided to *try to control the situation* by *pushing* herself *harder*. She told herself: “You have to do this well.” “Otherwise you’ll be a failure.” She began to *panic*. When the time came for her tryout, she couldn’t think straight. Though she could act quite well and knew her lines perfectly, she forgot her lines. She *felt like a failure*. She was sure she wouldn’t get the part now. She felt *hopeless*.

Then she got *angry* and *blamed* Susan for what happened. “Why didn’t you help me practice more?” “It’s your fault I didn’t know my lines.” Susan walked away, feeling rejected. Sandra felt *empty* and *discouraged*.

New Healthy Pattern

Background: After last year’s tryouts, Susan had prayed with a friend about the unhealthy pattern above. It started with *fear*, then led to *anxiety* and a *desire for unhealthy control*. Next it led to *panic* and a sense of *failure*; then to *anger, blaming others, emptiness* and *discouragement*. God had helped her to identify this pattern and work to replace it with a new pattern. She had asked Him to help her remember and follow this new pattern. She didn’t always remember to follow it right away; but the new pattern was getting to be more of a habit, as she practiced it.

Situation: Tryouts for the school play were just beginning. Sandra was talking with her friend Susan while waiting to try out for the lead role. Dan and Barry, who were deciding who would get each part in the school play, were talking together.

Susan felt *nervous*. She started to feel *afraid*. God reminded her that she had another choice besides trying to force herself to perform well or giving up. She could follow His road in Philippians 4: 6-9. (See “Attachment 3: Living Beyond Fear,” in this module.)

She *told God of her desire* to play the lead role, then *surrendered that desire to Him*. She also *told Him of her fear*. He reminded her that He would be with her. He encouraged her to focus on pleasing Him, not other people. She became *calmer*. She *chose to trust in God*. She then *stopped thinking about herself* and *performed to the best of her ability*. She knew that she had done her best and *felt God’s pleasure*. She thanked Susan for helping her practice. She hoped to get the part, but knew that even if she didn’t there was no need for her to feel shame, fear, or a sense of failure. She *thanked God* for His goodness and for helping her. She *rejoiced* that He always is with her.

Process Diagram

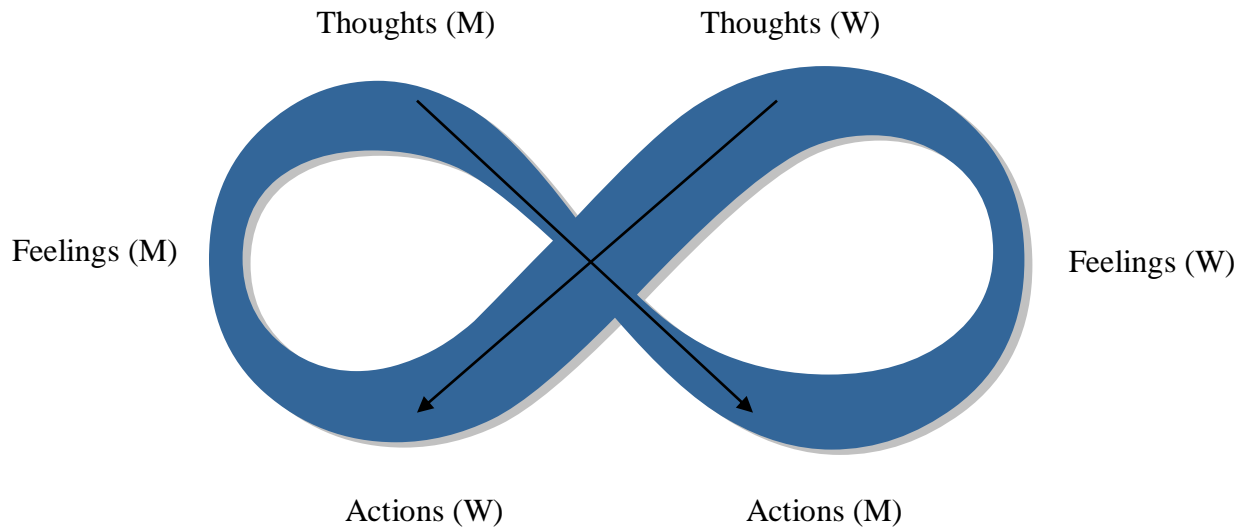
Module 10 – Replacing Unhealthy Patterns

- *Opening prayer*
- Ask God to show you any **unhealthy patterns** presently operating in your life.
- **For each unhealthy pattern:**
 - Ask God to show you **what triggered it**.
 - Seek healing for any **emotional wounds** that are related to the first negative emotion(s) in the sequence. See “Module 6: Healing from Emotional Wounds.”
 - **Work through** any other modules, as needed, to get back to joy from this (first negative) emotion.
 - If you haven’t already identified the **entire pattern**, ask God to reveal any other **steps in it that you need to be aware of**, to facilitate breaking it.
 - If the negative emotion or unhealthy pattern might be **generational**, see “Module 2: Freedom from Generational Bondage.”
 - Ask God to show you what a **healthy response** would have been to the initial situation – the one that triggered your first negative emotion and unhealthy response. See “Module 6: Healing from Emotional Wounds.”
 - Ask God to show you if this healthy response is one you feel **able and willing to choose**.
 - If so, ask Him to **help you**
 - **remember** that you can choose this new response
 - **develop** the habit of responding in this way.
 - If not, ask Him **why**. Seek healing for any emotional wounds. Also see any other modules that apply.
 - Ask God to show you a **healthy pattern** that could spring from this **new healthy response**.
 - Ask God to show you how this new, healthy pattern could **apply in similar situations** you may encounter.
 - Ask God to show you if this new pattern is one you feel **able and willing to learn to apply**.
 - If so, ask Him to **help you** walk in this new pattern.
 - If not, ask Him **why**. Seek healing for any emotional wounds. Also see any other modules that apply.
 - Ask God to **help you** walk in this new pattern. Ask Him to **gently remind you** if you start to respond in the old way.
 - **Find Scriptures** that relate to this new pattern. **Meditate** on them. **Enjoy** them.
- **Thank God** for what He’s done!
- *Closing prayer*

Attachment 1. A Looping Bowtie Pattern⁴²

Sometimes two people become stuck in an (unhealthy) continuous looping pattern.

This looping pattern is a seamless figure eight of thoughts, actions, and feelings. Underneath, each individual is experiencing *negative feelings* from the interaction. Beginning to identify a looping pattern can start at any point.



If you think you might be one member in a looping pattern:

- Seek to identify *your own* negative emotions and unhealthy responses within the looping pattern.
 - If you're stuck, start by identifying what you *think* and *do* before seeking to identify your *feelings*.
 - Once you've identified what you *think* and *do*, begin to identify your *feelings*.
 - Seek to identify first the *superficial* feelings, and then the *underlying* feelings that are part of this loop.
- Seek to change *your own* reactions within the looping pattern. Some questions you can process together with God are:
 - How can I *think* differently [about any triggers, about the person]?
 - What can I choose to *do* differently?
- For more details, see “Step-by-Step Process - Replacing Unhealthy Patterns,” in this module.
- *Don't* assume you know *why* the other person initiates or responds in a certain way. They may have different thoughts and emotions that you think they do.
- Pray that the other person will seek healing as needed.
- Ask God to help you love them (Colossians 3:13-14; 1 Corinthians 13).
- Tell the other person, as appropriate, what God has done in you.

Module 10 Attachment 2. Living beyond Fear⁴³

⁴²Adapted with permission from *A Theory and Process for Christian Counseling & Inner Healing* by Alfred Davis, pg 41-43

Biblical Basis – Living beyond Fear

“For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline” (2Timothy 1:7).

*“I sought the LORD, and he answered me; **he delivered me from all my fears.** Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; he saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the man who takes refuge in him. Fear the LORD, you his saints, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the LORD lack no good thing” (Psalm 34:4-10).*

*“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. **We love because he first loved us”** (1 John 4:18-19).*

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things” (Phil 4:6-8).

Brief Explanation – Living beyond Fear

You as a follower of Christ have been called out of darkness into God’s marvelous light (1 Peter 2:9-10). As you increasingly live in this light, you will see more of the reality of how much He loves you. As you understand more of this reality, and live in it, you will increasingly be set free from unhealthy fear (1 John 4:18-19).

Light drives out darkness. Love drives out fear. When you live in the reality of the light of God’s love, you will live beyond fear.

Like a giant tree, fear can have many roots. It can also have many branches, such as unhealthy patterns, a desire for unhealthy control, and perfectionism.

Learning to live beyond fear is a process. It includes:

- Taking fearful thoughts captive
- Seeking healing for related emotional wounds
- Learning new responses to things that trigger fear, and practicing those responses
- Applying God’s truth to each situation
- Growing in understanding of how much God loves you
- Finding true security (See “Module 11: Finding True Security.”)
- Applying God’s plan in Phil 4:6-8 for overcoming anxiety

⁴³ The word fear, as used in this attachment, refers to unhealthy fear. There is also healthy fear. Healthy fear helps people to choose what is wise, *for example, driving safely and using electricity carefully.*

“The Christian has been delivered from fear of the wrath of God (see 1 John 4:18). But the Christian has not been delivered from the *discipline* of God against his sinful conduct, and in this sense he still fears God. He works out his salvation with fear and trembling (Philippians 2:12); he lives his life as a stranger here in reverent fear (1 Peter 1:17). For the child of God, however, the primary meaning of the fear of God is veneration and honor, reverence and awe” (*The Practice of Godliness* by Jerry Bridges, pg 26).

Process Diagram
Module 10 – Replacing Unhealthy Patterns –
Attachment 2 – Living Beyond Fear

- **Opening prayer.**
- **Choose that you want to live beyond fear. Ask God to help you.**
- **If fear is a generational issue in your family, see “Module 2: Freedom from Generational Bondage.”**
- **Ask God to help you take fearful thoughts captive. In each situation where you feel fearful:**
 - Ask God if you need to be afraid in this situation
 - If not, ask Him why not.
- **Seek healing for any related emotional wounds. See “Module 6: Healing from Emotional Wounds.” Also see any other modules that apply to the issues involved.**
- **Ask God to show you what other response you could have to the thing(s) that triggered your fear. Ask Him to reveal to you His perspective on the situation, and His way to solve any dilemmas.**
- **Grow in realizing that you are safe in Christ.**
- **Grow in knowing (experientially) how much God loves you (Eph 3:14-21). Ask him to help you catch anything that hinders you from understanding this fully. Bring those things to Him. See any modules that apply to the issues involved.**
- **Ask God to hide you under the shadow of His wings. (Psalm 17:8)**
- **Choose to put your hope in God. Ask Him to help you trust fully in Him. Ask Him to show you anything within you that makes it hard for you to choose or to act on these things. Work through these issues. See any modules that apply.**
- **If your fear is part of an unhealthy pattern, work through the Process Diagram for Replacing Unhealthy Patterns.**
- **Learn to apply God’s plan for overcoming anxiety (Isaiah 30:15; Philippians 4:6-8). Ask Him to help you.**
- **Ask God to help you focus on things that are pure, lovely, of good repute, excellent, and worthy of praise (Philippians 4:8). Practice doing this.**
- **Ask God to help you live a life characterized by praise and thanksgiving. Practice doing this.**
- **Ask God to help you grow in intimate relationship with Him. Develop a habit of processing everything of significance with Him.**
- **Seek Scriptures that tell you:**
 - Not to be afraid
 - Why you don’t need to be afraid.
- **See “Module 12: Living in the Light.”**
- **Remember that learning to live beyond fear is a process.**
- **Closing prayer**

Module 10 Attachment 3. Giving Up Unhealthy Control⁴⁴

Biblical Basis – Giving Up Unhealthy Control

“This is what the Sovereign LORD, the Holy One of Israel, says: ‘In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it. You said, ‘No, we will flee on horses.’ Therefore you will flee! You said, ‘We will ride off on swift horses.’ Therefore your pursuers will be swift! A thousand will flee at the threat of one; at the threat of five you will all flee away, till you are left like a flagstaff on a mountaintop, like a banner on a hill.’ Yet the LORD longs to be gracious to you; he rises to show you compassion. For the LORD is a God of justice. Blessed are all who wait for him!” (Isaiah 30:15-18).

Brief Explanation – Giving Up Unhealthy Control

Control can be healthy⁴⁵ or unhealthy. Attempting to coerce or manipulate someone is an example of unhealthy control. Seeking unhealthy control is part of living in the patterns of the old nature, rather than those of the new nature (Eph 4:22-24). It is a bondage.

If you don’t know the way back to joy from unpleasant emotions, such as unhealthy fear, shame, pain, guilt, anxiety, or anger; you might try to avoid experiencing the painful emotion again, by trying to control a situation or another person. If this strategy doesn’t work, you might become even more controlling. If that doesn’t work, you might turn to perfectionism. If that still doesn’t work, you might develop an addiction.

Unhealthy control, perfectionism and addiction are all focused on a distorted view of who you are in Christ. This focus makes it harder for you to hear God’s voice; and to understand who you truly are in Christ.

Unhealthy control masquerades as a strength, while actually interfering with resolving the underlying painful emotion(s). The way out involves repentance and rest; and quietness and trust (Isaiah 30:15). It follows the path of trust (in God) and surrender (to God), instead of seeking to take control and choose your own way.

If you have trouble trusting God and surrendering to Him, it might be that you didn’t learn trust when you were young. If so, recognizing this fact is a good first step. Other steps include:

- walking through the process of sorting through what your parents (or others) were like, and how those characteristics are the same as or different from God’s
- forgiving your parents, if needed
- growing in understanding how much God loves you
- growing in understanding who you truly are in Christ
- learning how to respond to God, who’s full of kindness.

⁴⁴ Adapted with permission from *A Theory and Process for Christian Counseling & Inner Healing* by Alfred Davis

⁴⁵ Healthy control includes directing, regulating, governing, or restraining someone or something that you are in charge of; without attempting to coerce or manipulate them. Healthy control is needed to carry out designated responsibilities well. *For example: training up a child in the way they should go (Proverbs 22:6); driving a car; persevering in a task; exercising self-control.*

Walking in trust and surrender, and the joy that it facilitates, helps your brain to actually function better. You think more clearly when you're not stressed. This helps you to find solutions to problems more easily. And, since your own voice isn't clamoring for attention, it's easier to hear God's voice. This is the path to true strength.

Note: Overcoming addictions is not addressed in this basic training.

Process Diagram

Module 10 – Replacing Unhealthy Patterns – Attachment 3 – Giving Up Unhealthy Control

- **Opening prayer**
- Ask God to show you if **unhealthy control** is an issue for you.
- If it is, ask God to show you what **unhealthy emotions** underlie your desire for control.
- Seek healing for any **emotional wounds** that are related to these negative emotions. See “Module 6: Healing from Emotional Wounds.”
- Work through any **other modules**, as needed, to get back to joy from this emotion.
- Work through the step-by-step process in the main part of Module 10 for any **related unhealthy patterns**.
- Seek to grow in your understanding of **who you are in Christ**. Ask Him to help you.
- Seek to grow in your ability to **trust** God and **surrender** to Him. Ask Him to help you. See “Module 11: Finding True Security” and “Module 12: Living in the Light.”
- **Choose to give God full control of your life**. Ask Him to **help you** grow in living this out.
- Ask God to gently **remind you** when you start try to take control. Ask Him to **help you notice** if others respond in a way that indicates you might be acting in a controlling way.
- **Share** what God has done and is doing in you, with someone you can trust.
- **Closing prayer**
- **Follow-up**
 - If you struggle with fear, see “Attachment 1: Living beyond Fear,” in Module 10.
 - If perfectionism is an issue for you, see “Attachment 4: Overcoming Perfectionism,” in Module 10.

Module 10 Attachment 4. Overcoming Perfectionism

Biblical Basis – Overcoming Perfectionism

*“I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, and so, somehow, to attain to the resurrection from the dead. **Not that I have already obtained all this, or have already been made perfect, but I press on** to take hold of that for which Christ Jesus took hold of me” (Philippians 3:10-12).*

*“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord’s glory, are **being transformed into his likeness with ever-increasing glory**, which comes from the Lord, who is the Spirit” (2 Corinthians 3:17-18).*

*“For we do not preach ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus’ sake. For God, who said, ‘Let light shine out of darkness,’ made his light shine in our hearts, to give us the light of the knowledge of the glory of God in the face of Christ. **But we have this treasure in jars of clay** to show that this all-surpassing power is from God and not from us” (2 Corinthians 4:5-7).*

*“It is for **freedom** that Christ has set us free. Stand firm, then, and **do not let yourselves be burdened again by a yoke of slavery**” (Galatians 5:1).*

Brief Explanation – Overcoming Perfectionism

A perfectionist “demands of himself or others an exceedingly high degree of excellence.”⁴⁶ Living in this way tends to focus on law (Romans 8:1-2) instead of grace (Ephesians 1:5). It is a “yoke of slavery” (Gal 5:1).

If you struggle with perfectionism, you may:

- think that you yourself, others, and situations should already *be* perfect
- condemn whatever you don’t think is perfect
- be demanding of yourself or others
- struggle with judging others
- lack joy
- believe that, if you do anything wrong, something terrible will happen
- not be able to acknowledge or accept
 - your imperfections
 - being wrong about something
 - doing something wrong

The truth is that we’re all in process. If we’re in Christ, we’re being perfected, but we are not yet perfect. God is rejoicing in this process (Ephesians 1:4-5)), and He encourages us to as well (Philippians 4:4; 1 Thessalonians 5:16, Ephesians 5:1).

⁴⁶ Funk & Wagnalls Standard College Dictionary

Not being able to hear when you're doing something imperfectly gets in the way of the process of being perfected. When you can't see that you're doing something wrong, you don't address it. Thus perfectionism gets in the way of *actually* being perfected. It hinders the very goal it claims to seek.

The path to overcoming perfectionism includes:

- recognizing that its part of the old self, not the new (Ephesians 4:22-24)
- recognizing that it gets in the way of truly being perfected
- recognizing that its part of an unhealthy desire for control
- working through related issues of unhealthy control
- finding the underlying emotion(s) that trigger it
- seeking healing for underlying emotional wounds
- forgiving yourself and others
- accepting yourself and others as imperfect
- finding true security in Christ
- growing in living in truth

This life therefore
Is not righteousness
But growth in righteousness
Not health but healing
Not being but becoming
Not rest but exercise.
We are not yet what we shall be
But we are growing toward it,
The process is not yet finished
But it is going on,
This is not the end
But it is the road
All does not yet gleam in glory
But all is being purified.

Martin Luther

Module 11

Finding True Security

Biblical Basis – Finding True Security

*“So this is what the Sovereign LORD says: “See, I lay a stone in Zion, a tested stone, a precious cornerstone for a **sure foundation**; the one who trusts will never be dismayed” (Isaiah 28:16).*

*“I sought the LORD, and he answered me; **he delivered me from all my fears**. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the LORD heard him; he saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. Taste and see that the LORD is good; blessed is the man who takes refuge in him. Fear the LORD, you his saints, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the LORD lack no good thing” (Psalm 34:4-10).*

Brief Explanation – Finding True Security

Deep down we long for true security - to know that we're truly loved, accepted, and safe. If you didn't experience that in sufficient measure when you were young, it may be very hard now to trust God with all that you are.

If it's hard for you to fully trust in God as your true security, recognizing this fact is a good first step. Finding Scriptures that talk about His faithfulness can help. But there could also be other factors involved. You may not feel like you can trust anyone. Or you may find yourself disappointed with God when He doesn't act in the ways you think are best.

You may also be looking for someone to fulfill *your* definitions of love, acceptance or safety. These definitions may not be the same as God's definitions. God offers *true* love, acceptance and safety to those who choose it. God *loved* us so much that He sent His Son to die for us. God *accepts* those of us who choose to follow Christ. And He offers eternal *safety* to all who believe on His Name. He doesn't offer to accept those who chose their own way, or define love as being without discipline, or safety as having nothing you think is bad ever happen to you in this life.

You might also be pursuing counterfeit desires to seek satisfaction. These are things that you may think you want, but which really are a substitute for deeper and more substantial longings. Some examples are: seeking control instead of trust and surrender, sexual encounters instead of true intimacy, or earthly riches instead of heavenly ones. Seeking counterfeit desires can be a strategy, often unconscious, for dealing with painful emotions. But instead of helping to resolve the painful emotions, they actually hinder this process. They may seem to work for a time, but God offers a better way.

The good news is that the answer to all of your true longings is found in Christ. As you delight yourself in Him, He will give you, in His time, the true desires of your heart (Psalm 37:4). These may be quite different than what you thought they were. Contrasted with seeking earthly power, wealth or intimacy are the heavenly realities: *"I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you (true intimacy, love, acceptance, and security), the riches of his glorious inheritance in the saints (true wealth), and his incomparably great power for us who believe (true power)."* (Ephesians 1:18-19a)

You're invited to grow in your experiential understanding of who God is and how much He loves you. As you do, you'll grow in your ability to love and trust Him. And you'll find your true security, more and more, in Him. From this place of security, you'll be more able to focus outwardly and love others. You'll also be better able to hear God's voice, and to live in your heritage of joy and freedom. (1Peter 1:8; 2:16)

Part of finding your true security in Christ may come as you learn more from other people what a secure relationship based on trust looks like. Other growth may come as you take your thoughts captive, get God's perspective on those, and learn to walk in new ways. Other parts of the process could include: sorting through what your parents (or others) were like and how that's the same or different from what God is like; forgiving your parents; and learning how to respond to your God who's full of kindness.

Process Diagram

Module 11 – Finding True Security

- **Opening prayer**
- **Decide** whether or not you would like to trust God to be your firm foundation. If so, ask Him to **help you** grow in this.
- Ask God to show you where you've seen a **secure relationship modeled** in some form, even though imperfect.
 - If you haven't experienced or seen a relationship that's even somewhat secure, ask God to help you to **find one**.
- Ask God to show you **what kind of safety and security He offers you**, and how that compares to secure relationships you've seen on earth.
- **Choose to trust God** (as much as you're presently able to).
- Ask God to show you **anything in you that makes it hard for you to trust Him**.
- If it has been hard for you to trust significant people in your past, ask God if there are any ways you've **assumed that God's character is similar to theirs**. If so, ask God to help you **separate your understanding of their character from your understanding of His character**.
- As God helps you see more of the reality of His character, **choose to trust Him** in these new ways. Ask God to help you walk in this new path.
- Ask God to help you **delight** yourself in Him.
- Ask God to help you **trust** Him with your **desires**.
- Ask God to show you if you have chosen to follow after any **counterfeit desires**. If you have,
 - **Confess** these.
 - Ask Him to show you what **true desires** you have that are hidden underneath these.
 - Ask Him to help you **pursue these true desires** instead of the false ones.
 - Ask Him to show you **anything that makes it hard for you to choose to seek after the true desires instead of the counterfeits**.
 - For each thing He reveals, ask Him where you **first felt this**, or thought this was true. Get **God's perspective** on this.
 - As He reveals His perspective, decide if you'd like to
 - **choose to follow His ways**
 - **trust Him with your true desires** in this area
 - Continue working through this process as needed.
- **Find Scriptures** that relate to the truths God's showing you. **Meditate** on them, **enjoy** them, **apply** them, **memorize** some of them.
- Ask God to continue to show you **anything in you that hinders you from putting your complete trust in Him**. Also ask Him to continue to reveal to you any **counterfeit desires** that you're still seeking after. Continue to take your thoughts and feelings captive. Remember that you're in **process**. **Press on!**
- **Closing prayer**
- **Share** with someone what God has done and is doing in you, including where you still struggle.
- **Follow-up:** see Module 11.

Follow-up – Finding True Security

1. Work through other modules as they apply to your specific needs.
2. Remember what God’s done for you in the past. Thank Him. Tell others of His goodness to you.
3. Find Scriptures that show God’s character. Meditate on these.
4. Spend time in praise and worship.
5. Tell others how wonderful God is.
6. Continue to grow in Christ. Learn more and more of what it means to follow God and walk in His ways.
7. Find fellow followers of Jesus that you can talk with about Him.
8. Ask God to help you “take your thoughts captive” and get His perspective on everything.
9. Talk to God about everything of significance in your life.
10. *“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”*
(*Philippians 4:6-7*).

Whenever you feel anxious, follow the principles in *Philippians 4:6-7*. Pray, with thanksgiving. Ask God for what you need. If you still feel anxious, ask Him why. Learn to apply God’s plan for overcoming anxiety (*Isaiah 30:15*; *Philippians 4:6-8*). Ask Him to help you.

- Recognize that you’re feeling anxious
- Tell God about it
- Ask Him for what you need
- Ask Him to give you His perspective on the situation
- Trust your desires to Him (*Psalm 37:4*)
- Surrender the outcome to Him
- Thank Him:
 - For His goodness (and for His goodness to you in the past)
 - That He is in control
 - That He loves you
 - That He works all things together for good (*Romans 8:28*)
- Follow through with any other steps He shows you
- Keep working through the steps in this plan until you have the peace that passes understanding (*Philippians 4:7*)
- Thank God for giving you His peace
- Follow-up: Remember to thank God for what He does in the situation.

Also see “Module 5: Breaking Internal Strongholds”, “Module 6: Healing from Emotional Wounds” and “Module 10: Replacing Unhealthy Patterns.”

11. *“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you”*
(*Philippians 4:8-9*).

Think about good things. Put into practice the things you’ve learned about God and His ways. Ask Him to help you.

12. 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.”

Module 12

Living in the Light

Biblical Basis – Living in the Light

“For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins” (Colossians 1:13-14).

*“But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you **out of darkness into his wonderful light**. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy” (1Peter 2:9-10).*

Brief Explanation– Living in the Light

If you are a follower of Christ, you have a glorious reality. Part of this reality is:

- Jesus is the light of the world (John 8:12).
- You have been rescued from the dominion of darkness and brought into the kingdom of the Jesus (Colossians 1:13-14).
- You have been called “*out of darkness into his wonderful light*” (1 Peter 2: 9-10)
- You are empowered to “*walk in the light, as he is in the light*” (1 John 1:7; Ephesians 1:3,19).
- You are the light of the world and are to let your light shine before men (Matthew 5:14-16).
- You have a heritage of joy, grace, and freedom from bondage.

As you come out of the darkness into His marvelous light, you take off the old things (which were part of the darkness) and put on the new (which are part of the light: Ephesians 4:22-24). This is part of what it means for His kingdom to come and His will to be done, on earth as it is in heaven (Matthew 6: 9b-10).

This has glorious implications for your relationship with God, and with others. While on earth, Jesus prayed that “*they may be one as we are one: I in them and you in me*” (John 17:22b-23a). And He taught that the greatest commandments are to “*Love the Lord your God with all your heart and with all your soul and with all your mind,*” and to “*Love your neighbor as yourself*” (Matthew 22:37&39).

God desires an intimate relationship with you. He is with you always. He wants to partner with you for life:

- Interacting with you about everything of significance in your life. These include:
 - God’s glory, character & purposes
 - Ideas, theories, concepts
 - Values, choices, and decisions
 - Family & significant other people

- Time, work & ministry
- Dreams & struggles
- Personal growth
- Walking with you, moment by moment
- Inviting you to cast all your cares on Him
- Empowering you to love other follower of Christ and live in unity with them
- Empowering you to tell people who haven't heard the good news about His love.

Partnering with God and increasingly living in the light facilitates:

- God's kingdom coming and His will being done on earth
- Darkness being exposed and cast out
- Living in truth and freedom
- God's light and glory being seen by those around you
- Growing in your understanding of God's great love for you
- Loving Him in response, with all your heart, soul, mind, and strength (Deuteronomy 6:5; Matthew 22:37)
- Loving others
- Growing in maturity
- Healthy relationships
- Seeking first His kingdom and His righteousness (Matthew 6:33)

Process Diagram

Module 12 – Living in the Light

- **Opening prayer**
- **Decide** you'd like to live in the light. **Tell God** this.
- Ask God to **help you** live more and more in His light.
- Ask God to show you **more of His truth**.
- Ask God to show you **any ways you are not walking in His light**. For each of these ways: work through step 4 of Module 12.
- Ask God to help you **take your thoughts captive**. When you feel stuck in a negative emotion, such as unhealthy fear, ask Him to show you:
 - Why you feel this way
 - Whether or not you need to feel this way
 - If not, what other way you could feel
 - Find scriptures that relate to what He shows you.
- Ask God to help you continue to grow in intimate relationship with Him.
- Ask God to help you continually grow in
 - **understanding** (experientially) His great love for you
 - **receiving** His love
 - Ask God to show you **anything within you that keeps you from experiencing this in its fullness**. Work through any issues involved. Take any action steps He shows you. See any modules that apply.
- **Choose** to give **God first place** in your life. Choose to **love Him** (in response to His great love for you), with all your heart, soul, mind, and strength (Deuteronomy 6:5; Matthew 22:37). Ask God to **help you**.
- **Choose** to **love others** as you love yourself. Ask God to **help you**. Ask God to help you **see others through His eyes**.
- **Decide** you want to live as “the light of the world” (Matthew 5:14). **Tell God** this. Ask Him to **help you** live this way; and to **show you** what this means, day by day.
 - Ask God how he would like you to **make Him known among the nations**.
 - Ask God that **His Kingdom would come, and His will be done, on earth as it is in heaven** (Matthew 6: 10).
- **Choose** to partner with Jesus for life.
- **Rejoice!** Remember that you're in **process**, and the process is good because God is the one doing the processing! Enjoy the journey. **Give God the glory**.
- **If you struggle** with choosing or to following through with any of the steps above:
 - Ask God to show you **why**.
 - **Find scriptures** that apply.
 - Work through any **issues** involved.
 - Take any **action steps** He shows you.
 - See any **modules** that apply.
- **Closing prayer**
- **Follow-up:** see Module 12.

Follow-up – Living in the Light

1. Seek to consistently apply the principles in the process diagram above and in “Step-by-Step Process – Living in the Light,” in Module 12 of the standard modules. Follow through with action steps.

2. See “Attachment 1: No Longer a Victim – Empowered by a Loving God”
“Attachment 2: In Christ We Are...”
“Attachment 3: “One Anothering” Passages” and
“Attachment 4: Truth for Everyday Life.”

Ask God to help you walk in these truths.

(The complete version of Attachment 4 is in the standard version of these modules.)

3. Ask God to *continually* fill you with His light and His truth.

4. Ask God to *continually* show you any ways you are *not* walking in His truth. For each of these ways:

- Ask His forgiveness. See the module “Confessing and Turning from Sin.”
- Seek His truth, as it relates to the situation(s). Find scriptures about the issues involved.
- Ask God to show you if anything within you is hindering you from applying this truth. Work through the issues involved. Take any action steps He shows you. See any modules that apply.
- Choose to apply his truth. Ask Him to help you.
- Take any action steps He shows you.

See also “Attachment 4: Truth for Everyday Life,” in this module. (The complete version of Attachment 4 is in the standard version of these modules.)

5. *Learn* more of God’s truth. This includes:

- Asking God to continually reveal His truth to you
- Reading, studying, and applying the Bible
- Being taught by mature followers of Christ
- Fellowshiping together with other followers of Christ
- Seeking God’s truth for specific situations, and how to apply it
- Testing any teachings, ideas, and/or suggestions you receive, by the Word of God. Truth is always consistent with Scripture.
- Applying God’s truth in your life.

6. Seek to *understand* and *apply* more of God’s truth for any issues you’re working through.

7. 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.”

Module 12 Attachment 1

No Longer a Victim – Empowered by a Loving God

Biblical Basis - No Longer a Victim

*“It is for freedom that Christ has set us free. **Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery**” (Gal. 5:1).*

*“Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him. **You are my hiding place; you will protect me from trouble and surround me with songs of deliverance**” (Psalm 32:6-7).*

*“I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you **the Spirit of wisdom and revelation, so that you may know him better**. I pray also that the eyes of your heart may be enlightened in order that you may **know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe**. That power is like the working of his mighty strength, which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come” (Ephesians 1:17-21).*

Brief Explanation – No Longer a Victim

As a follower of Christ :

- You have been
 - Rescued from the dominion of darkness. *“For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins” (Col 1:13-14).*
 - Redeemed by the blood of the lamb.
 - Reconciled with God.
- Your heritage includes
 - Rejoicing always (Phil 4:4)
 - Persevering in suffering (Acts 14:22; Romans 12:12)
 - Overcoming the evil one – “by the blood of the lamb, the word of their testimony, they did not love their lives even to death (Rev 12:11)
 - Freedom from bondage – out of darkness into light (1 Pet 2:9)
- You are the recipient of a love so great it surpasses knowledge (Eph 3:19).
- You have a hiding place. You are protected (Psalm 32:6-7).
- You are no longer powerless. God’s power is at work in you (Eph 1:19).
- You need no longer feel hopeless (Ephesians 1:18). You have been born again into a living hope (1 Peter 1:3).
- You are no longer a victim. You have been set free. (Gal 5:1)

God loves you, has rescued you, and wants to *empower* you. You no longer need to be in bondage. God wants to train you for spiritual battle and give you victory.

Process Diagram

Module 12 – Living in the Light –

Attachment 1. No Longer a Victim – Empowered by a Loving God

- **Opening prayer**
- Ask God to help you **understand that you no longer need to be a victim**. If this is hard for you to understand, ask God to show you **why**. Seek healing for any related **emotional wounds**. See the module “Healing from Emotional Wounds.” Also see any **other modules** that apply to your situation. Follow through with any **follow-up steps** God gives you.
- Ask God to:
 - **Be your hiding place and protect you from trouble** (Psalm 32:6-7; 91:1-2).
 - **Surround you with songs of deliverance** (Psalm 32:7).
 - Give you “**the Spirit of wisdom and revelation, so that you may know him better**” (Ephesians 1:17).
 - **Enlighten the eyes of your heart** “in order that you may know the **hope** to which he has called you, the riches of his **glorious inheritance** in the saints, and his **incomparably great power** for us who believe” (Ephesians 1:18-19).
- If you feel attacked, apply the **strategy in Psalm 18**. Also:
 - Ask God to show you **anything within you that could be part of why you feel attacked**. **Work through** any modules that apply.
 - **Seek God for His solution** to the problem.
- If you feel fear or other **negative emotions**, ask God to show you **why**. Seek healing for any related **emotional wounds**. See the module “Healing from Emotional Wounds.” Also see any **other modules** that apply to your situation. Follow through with any **action steps** God gives you.
- Ask God for **His strategy** for your situation. **Find verses** that relate to this.
 - If **another person** is the issue, you may need to develop **appropriate boundaries**. See “Follow-up – No Longer a Victim,” step 2.
- If you have **felt intimidated by the evil one**:
 - Grow in knowing **who you are in Christ**. See “Attachment 2: In Christ We Are...” in this module.
 - Grow in knowing **your authority in Christ**. Key verses include: Matthew 18:18-20; Luke 10:19&20; 2 Corinthians 10:3-5; Ephesians 1:19-23; 2:6&7; 3:20; 2 Timothy 1:7; and 2 Peter 1:3.
 - Ask God to show you if there are **any strongholds in your life that haven’t yet been dealt with**. See the “Module 5: Breaking Internal Strongholds.”
 - Ask God to if there is **anything else in you that is giving the devil a foothold** (Ephesians 4:27). **Work through** the modules that apply. Follow through with any **action steps** God gives you.
- **Rejoice!** Your heritage is one of glorious joy (1 Peter 1:8-9).
- **Follow-up:** see Attachment 1 of Module 12.
- **Closing prayer**

Follow-up – No Longer a Victim

1. Sing to the Lord.
2. Continue to grow in knowing who you are in Christ. See “Attachment 2: In Christ We Are...” in this module.

If you have felt intimidated by the evil one:

- Grow in knowing who you are in Christ. See “Attachment 2: In Christ We Are...” in this module.
- Grow in knowing your authority in Christ. Key verses include: Matthew 18:18-20; Luke 10:19&20; 2 Corinthians 10:3-5; Ephesians 1:19-23; 2:6&7; 3:20; 2 Timothy 1:7; and 2 Peter 1:3.
- Ask God to show you if there are any strongholds in your life that haven’t yet been dealt with. See the “Module 5: Breaking Internal Strongholds.”
- Ask God to if there is anything else in you that is giving the devil a foothold (Ephesians 4:27). Work through the modules that apply. Follow through with any action steps God gives you.

3. Continue to grow in understanding your authority in Christ. Find Scriptures that apply.

For example, Eph 1:2-8 tells us that followers of Christ are:

- *blessed with every spiritual blessing in the heavenly realms in Christ*
- *chosen in Him before the foundation of the world*
- *holy and blameless before Him*
- *loved*
- *predestined to adoption as sons*
- *redeemed through His blood*
- *forgiven their trespasses*

And that they have:

- *grace freely bestowed on them in the Beloved*
- *His grace lavished upon them.*

4. Use Psalm 18 principles to partner with God in spiritual warfare, in situations where you are not directly involved:
 - Learn to do battle in the heavenly realms.
 - Do battle, alongside God and empowered by Him.
 - Get total victory.
 - Give God the glory.
 - Praise Him, trust Him and worship Him throughout the process.

5. Apply spiritual warfare principles found in other Bible verses.

For example, in 2 Chronicles 20:3-22, the following principles can be found:⁴⁷

- Draw near to God (vs. 3,4).
- Acknowledge God (vs. 6).
 - Affirm His nature.
 - Affirm His sovereignty over all nations, and how that sovereignty is relevant to the situation about which you're praying.
 - Affirm His past mighty deeds and their relevance to the situation. (Ask yourself, "How has He already done in the past something like what I want to see Him do here?")
- Invite God to move in power. Confess your weakness. Look to him for a glorious answer (vs. 12, 13).
- Respond to God with your whole self (vs. 18,19).
- Release God's power through praise (vs. 21,22). This:
 - Brings us into closer touch with heaven's constant reality.
 - Brings heaven's reality into more concrete experience and application on earth, related to the situation's we touch.

Application for group worship as warfare:

- Ask God, "Where is today's battle? Where shall we focus our intercession?"
- Keep your mind focused on God, and on His glory being released.
- Worship Him. Between worship songs either pray, listen to God, or speak what you think He might be saying.

6. Many Scriptures can be used to pray for yourself, others, and various situations. For example:

- Psalms can help you pour out your heart to God.
- Many verses can be used to pray for yourself and others. For example, Psalms, Ephesians 1:3-12; 3:14-20, Philippians 1:9-11, and Colossians 1:9-12.

7. Tell others the marvelous things God does.⁴⁸ Give Him glory!

⁴⁷ Adapted with permission from *Worship as Warfare*, DC

⁴⁸ Remember not to share others stories without their permission.

Out of Darkness into Light

8. Develop healthy boundaries (as needed).

- When possible, seek to know what healthy boundaries are before you get into a situation. Starting with good boundaries is easier than trying to establish them later. It is easier to loosen boundaries than to tighten them.

To develop healthy boundaries:

- Find out what they are in your context.
 - Search His Word for relevant principles (you can ask others to help you).
 - Ask mature followers of Christ who understand your context.
 - Ask Him to help you know healthy boundaries for your situation. Keep in mind the bigger picture.
 - Submit the results of the above interactions to God and test the boundaries by His Word.
- Apply the healthy boundaries God has given you.
 - Ask God to help you.
 - If anything within yourself is hindering you from applying these healthy boundaries, work through those issues.
 - If someone else is hindering you from applying them, seek wisdom on how to proceed. Seek wisdom by:
 - Asking God for it
 - Asking Him how to apply the wisdom He gives
 - Asking mature followers of Christ for advice
 - Testing their advice to see if it's consistent with His word.
 - Share with someone. Keep them posted on how you're doing. Ask them to ask you how you're doing.

Examples of areas where you may need to develop healthy boundaries are:

- Balance of work and rest
- Holiness, including sexual purity
- Knowing what's your job and what's someone else's
- Holding on to what you know is true, even if others disagree
- Not following "the crowd" into sin or unwise choices

Module 12 Attachment 2. In Christ We Are...

<i>A chosen people</i>	<i>1 Pet 2:9</i>
<i>A holy nation</i>	<i>1 Pet 2:9</i>
<i>A people belonging to God</i>	<i>1 Pet 2:9</i>
<i>A royal priesthood</i>	<i>1 Pet 2:9</i>
<i>Able to approach God with freedom and confidence</i>	<i>Eph 3:12</i>
<i>Able to do all things through Christ who gives us strength</i>	<i>Phil 4:13</i>
<i>Able to stand firm in Christ</i>	<i>2 Cor 1:21</i>
<i>Accepted</i>	<i>Rom 15:7</i>
<i>Adopted into God's family</i>	<i>Eph 1:5</i>
<i>At peace with God</i>	<i>Rom 5:1</i>
<i>Baptized into Jesus's death that we might live a new life</i>	<i>Rom 6:3-4</i>
<i>Being renewed day by day</i>	<i>2 Cor 4:16</i>
<i>Being transformed into His likeness</i>	<i>2 Cor 3:18</i>
<i>Beloved of God</i>	<i>Rom 1:7</i>
<i>Blameless</i>	<i>1Cor 1:8</i>
<i>Born again</i>	<i>1Pet 1:23</i>
<i>Called to be saints</i>	<i>Rom 1:7</i>
<i>Called to belong to Jesus Christ</i>	<i>Rom 1:6</i>
<i>Children of God</i>	<i>John 1:12</i>
<i>Children of Promise</i>	<i>Gal 4:28</i>
<i>Chosen in Him</i>	<i>Eph 1:4, 11</i>
<i>Citizens of heaven</i>	<i>Phil 3:20</i>
<i>Clothed with Christ</i>	<i>Gal 3:27</i>
<i>Dead to sin and alive to God in Christ Jesus</i>	<i>Rom 6:11</i>
<i>Each a part of the body of Christ</i>	<i>1 Cor 12:27</i>
<i>Empowered by God</i>	<i>Eph 3:20</i>
<i>Encouraged to approach the throne of grace with confidence</i>	<i>Heb 4:16</i>
<i>Forgiven</i>	<i>Eph 1:7, Col 1:14</i>
<i>Friends of God</i>	<i>John 15:15</i>
<i>Given victory through Jesus Christ</i>	<i>1 Cor 15:56</i>
<i>God's temples</i>	<i>1 Cor 3:16</i>
<i>God's workmanship</i>	<i>Eph 2:10</i>
<i>Holy</i>	<i>Heb 3:1</i>
<i>Justified through faith</i>	<i>Rom 5:1</i>
<i>Kept safe from being harmed by the evil one</i>	<i>1 John 5:18</i>
<i>Lavished with the riches of God's grace</i>	<i>Eph 1:7-8</i>
<i>Light of the world</i>	<i>Matt 5:14</i>
<i>Ministers of reconciliation</i>	<i>2 Cor 5:18</i>
<i>New creations</i>	<i>2 Cor 5:17</i>
<i>One in Christ Jesus</i>	<i>Gal 3:28</i>
<i>Partakers of the Divine nature</i>	<i>2 Pet 1:4</i>

Out of Darkness into Light

<i>Raised with Christ</i>	<i>Col 3:1</i>
<i>Redeemed</i>	<i>Col 1:14</i>
<i>Rescued from the dominion of darkness</i>	<i>Col 1:13</i>
<i>Salt of the earth</i>	<i>Matt 5:13</i>
<i>Saved by grace through faith</i>	<i>Eph 2:8</i>
<i>Seated with Christ in the heavenly realms</i>	<i>Eph 2:6</i>
<i>Servants of God</i>	<i>1 Peter 2:16</i>
<i>Set free by Christ</i>	<i>Gal 5:1</i>
<i>Set free from the law of sin and death</i>	<i>Rom 8:2</i>
<i>Temples of the Holy Spirit</i>	<i>1 Cor 6:19</i>
<i>Vessels of honor</i>	<i>2 Tim 2:21</i>

“Rejoice in the Lord always. I will say it again: Rejoice!” (Phil 4:4).

Module 12 Attachment 3. “One Anothering” Passages

“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 whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity”(Col 3:12-14).

Romans 12:10—Be devoted to one another and honor one another above yourselves

Romans 12:16—Live in harmony with one another

Romans 13:8-10—Love one another

Romans 14:13—Stop passing judgment on one another

Romans 15:1—The strong are to bear with the failings of the weak

Romans 15:7—Accept one another as Christ accepted you

II Corinthians 1:11 – Pray for one another.

II Corinthians 6:11—Share affection with one another rather than withholding

II Corinthians 7:5-7—Comfort and show concern for one another in practical ways

Galatians 6:2—Bear one another's burdens and thus fulfill the law of Christ

Ephesians 4:2—Be patient, bearing with one another in love

Ephesians 4:15, 25—Speak truth with one another

Ephesians 4:29—Speak what is helpful for building others up according to their needs

Ephesians 4:32—Be kind and compassionate and forgiving of one another

Ephesians 5:21—Submit to one another out of reverence for Christ

Colossians 3:16—Teach and admonish one another with all wisdom

I Thessalonians 4:18—Encourage/comfort one another

I Thessalonians 5:11 – Encourage one another, build one another up

James 1:19—Listen to one another

James 5:16—Confess your faults to one another and pray for one another

Module 12 Attachment 4. Truth for Everyday Life (first page only)

The verses below are only a small sampling. The Bible is *full* of answers for all kinds of everyday life questions. When you have a problem, tell God about it. Ask Him to give you His perspective. If you stuck, ask God why. Work through any modules that apply to your situation. Follow through with any action steps God reveals. Find relevant Biblical principles and apply them in your life.

Walk in the light as He is in the light. (1 John 1:7)

Out of Darkness – Emotional	Into His Marvelous Light
Anger	<p><i>“Everyone should be quick to listen, slow to speak and slow to become angry, for man’s anger does not bring about the righteous life that God desires” (James 1:19b-20).</i></p> <p><i>(Ephesians 4:15b, 25-27)</i></p> <p><i>(Matthew 5:22a)</i></p>
Anxiety	<p><i>“Cast all your anxiety on him because he cares for you” (1 Peter 5:7).</i></p> <p><i>(Philippians 4:6-7)</i></p>
Bitterness	<p><i>“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice” (Ephesians 4:31). See also Ephesians 4:32.</i></p> <p><i>(Colossians 3:13-14)</i></p>
Confusion	<p><i>(1 Corinthians 14:33a)</i></p> <p><i>“the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you” (John 14:26).</i></p>
Discouragement	<p><i>“Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go” (Joshua 1:9).</i></p> <p><i>(2 Corinthians 4:7-9)</i></p>
Fear	<p><i>“I sought the LORD, and he answered me; he delivered me from all my fears” (Psalm 34:4)</i></p> <p><i>(Joshua 1:9)</i></p> <p><i>(John 14:27)</i></p> <p><i>(1 John 4:18-19)</i></p> <p><i>(Isaiah 41:10)</i></p> <p><i>(Isaiah 12:2)</i></p>

Out of Darkness into Light

Worksheet for Module 6B

Out of Darkness into Light – Wholeness Prayer Basic Modules

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1. Presenting emotion/physical sensation:

2. Trigger event:

a. Emotions:

b. Thoughts/beliefs:

3. Original (or key) memory:

a. Emotions:

b. Thoughts/beliefs:

c. Jesus' perspective:

4. Jesus' perspective in the trigger event:

5. Application:

Schematic and Basic Steps in the Process for *Out of Darkness into Light – Freedom for the Captives Basic Modules*

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1 Peter 2: 9

Personal Restoration Facilitating Transformation

This schematic is a simplified picture. There is much crossover between the categories.

Introduction: Module 1

Out of Darkness – Put off the Old

- **External**
 - *Generational Bondage* – Module 2
 - *Family Curses* – Module 3
- **Internal**
 - *Sin* – Module 4
 - *Strongholds* – Module 5
 - *Emotional Wounds* – Module 6

Into Light – Put on the New

- **Internal**
 - *Forgiveness* – Modules 7, 8, and 9
 - *Healthy Patterns* – Module 10
 - *True Security* – Module 11
- **External**
 - *Godly Living and Kingdom Advance* – Module 12

Basic Steps in the Process

- **Recognize:** With God’s help, identify (take captive) your negative feelings, thoughts, and actions
 - “Where do I struggle with negative feelings, unhelpful thoughts, or to follow your ways?”
- **Recent:** Bring these to God and ask Him to reveal a related recent memory
 - “When did I recently struggle in this way?”
- **Root:** Ask God to reveal any root(s) – the first time (or pattern) when you thought, felt, and/or acted this way
 - “When did I first struggle in this way (or has it been a pattern in my life)?”
 - “Why am I struggling in this way?”, “What do I believe at a heart level?”
- **Receive:** Receive His perspective - first at the root, if there is one
 - “What is your perspective?”, “What is your truth?”
 - “What Biblical principles apply?”, “How do these principles apply in this situation?”
- **Renew:** Apply this perspective in everyday life.

Out of Darkness into Light

Guide to Identifying which Modules to Use⁴⁹

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Indicator	Module
Bondage in some way similar to an ancestor's bondage	Freedom from Generational Bondage (2)
Absence of blessing, lack of empowerment	Replacing Family Curses with God's Blessings (3)
Conviction of sin, confusion, inability to find memories or discern lies from truth	Confessing and Turning from Sin (4)
Rigid and inflexible thinking, vows, curses, judgments, unhealthy relationships	Breaking Internal Strongholds (5)
Anxiety, fear, anger, depression, pain, hurt, discouragement, other unhealthy emotions, inability to overcome sinful patterns	Healing from Emotional Wounds (6)
Hurt, frustration, anger, rage, hate, bitterness, resentment, judgment, desire for revenge	Forgiving Others (7)
Stuck in same unhealthy patterns as parents, feeling any of the emotions listed immediately above toward parents	Forgiving your Parents (8)
Guilt, shame, pride, self-punishment, unbelief, self-justification, difficulty accepting the truth of who you are in Christ	Forgiving and Accepting Yourself (9)
Stuck in unhealthy patterns, lack of joy, fear, unhealthy control, perfectionism	Replacing Unhealthy Patterns (10)
Insecurity, fear, seeking unhealthy control, following after counterfeit desires	Finding True Security (11)
Feeling like a victim, not yet fully walking in the light, wanting to learn more about partnering with God	Living in the Light (12)

Note: If more than one module applies to the existing need, start with the first one that applies. From there, go to other modules, in sequence, as referred, or as you feel led.

Issues are often interrelated. Some problems seem like a large knot of many cords. As you work on one cord (such as forgiveness), you may find that next another thread (such as breaking an internal stronghold) needs to be addressed. Go back and forth between modules as needed to loosen the knot. Persevere, with God's help, until you find freedom. Ask Him for wisdom on how to proceed.

⁴⁹ Some parts adapted (with permission) from "A Theory and Process for Christian Counseling & Inner Healing" by Alfred Davis, pg 202

Prayer Team Schematic

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Function	Definition and Explanation of Role	Gifts and Characteristics Needed
Pray-ee	<i>The person receiving prayer ministry: This person is being empowered to hear Biblical truth directly from God at their place of need.</i>	Awareness of need. Desire for change. Willingness to be prayed for in this way.
Pray-er	<i>The person facilitating the prayer time: This person is partnering with God to facilitate the pray-ee hearing directly from Him at their point of need. (This is very different from praying for or over the person.</i>	Ability to facilitate the process. <i>(This includes a working knowledge of the process.)</i> Good listening skills. Sufficient faith, hope, love and wisdom. Ability to communicate sincere affirmation. Basic knowledge of Biblical truth. Ability to discern truth.
Prophetic Seer	<i>This person may receive pictures (or other information) from God that reveals the point of need (or other information).</i>	Ability to keep quiet unless called on. (This person is encouraged to communicate with the pray-er by writing notes, or whispering when appropriate.) <i>Note: The more difficult the issue, the more need for this function to be done by a separate person.</i>
Knowledge of Biblical Truth	<i>This person may receive Scriptures from God that either reveal or speak to the point of need. They may also be used by God to teach Biblical truth regarding the point of need..</i>	Same as Prophetic Seer.
Discernment of Spirits	<i>This person may receive information from God about the spiritual dynamics involved.</i>	Same as Prophetic Seer.
Backup Pray-er	<i>This person may or may not be present. They may pray at the exact time of ministry and/or at other times.</i>	Same as Prophetic Seer.

Out of Darkness into Light

Goal of this ministry: *To empower “ordinary” followers of Christ to partner with our extraordinary God to see spiritual and emotional captives set free.*

Additional gifts and characteristics needed for all involved except the pray-ee:

- Commitment to and ability to keep confidentiality (not tell others stories).
- Sufficient spiritual maturity.
- Moral purity. Holiness.
- Compassionate detachment: The ability to *care* about the person but not *carry* their burden. Let God carry the burdens.
- Respect for the pray-ee – they are precious to God and not a project or something to “fix”.
- Patience to let the Holy Spirit guide the process.
- Ability to respond with grace and love – not judgment.
- Working knowledge of your authority (in Christ) over the evil one.
- Humility. Giving all the glory to God.

The more difficult the issue being prayed through, the more need for:

- *Before the prayer time:*
 - Individual prayer
 - Prayer and fasting
 - Group prayer
- *During the prayer time:*
 - Team conferencing without the pray-ee. (Someone may stay with the pray-ee, or take turns staying with them, as needed.)
- *After the prayer time:*
 - Group prayer and debriefing.
 - Spiritual “bathing”.
 - Individual prayer.
 - Prayer for any issue that was triggered in any member of the prayer team.
- *Follow-up:*
 - Continuing prayer for any issue that was triggered in any member of the prayer team.
 - Checking on progress of pray-ee.
 - Continuing prayer for pray-ee as God leads.
 - Encouraging the pray-ee to share his/her story as appropriate.
- *In general:*
 - A healthy community.