

# Out of Darkness Into Light

Wholeness Prayer Basic Modules

## Simplified Overviews

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

© 2014, 2004 Freedom for the Captives Ministries

Permission is granted to copy these overviews for non-commercial use, provided that copyright and source statements remain intact, and the Bible verses copied account for less than 25 percent of the total portion of the copied text.

Scripture taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®. Copyright©1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan. All rights reserved.

Freedom for the Captives Ministries

[ffcm@emailglobe.net](mailto:ffcm@emailglobe.net)

# Out of Darkness into Light

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.

## Simplified Overviews of Each Module

*Note: 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.*

### Module 1: Overview and Introduction

#### General Steps

- **Opening and closing prayers:** asking God
  - To lead you
  - To accomplish His purposes
  - To help you live in His truth
  - To completely remove any demonic elements that had been connected with issues that have now been addressed.
- **Developing a life pattern of:**
  - Continually taking thoughts (including emotions) captive, bringing them to God, and seeking His perspective.
- **Following Biblical principles to joyful victory.**
  - Following God's leading.
  - Growing in focusing on God and worshipping Him.
  - Growing in knowing God, and knowing and following His ways.
  - Sharing with others, as appropriate, what God has done and is doing in you.
  - Thanking God and continuing to partner with Him in the restoration process.

### Module 2: Freedom from Generational Bondage

#### Indicator

- Bondage in some way similar to your ancestor's bondage.

#### Key Verses

*"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).*

#### Basic Steps Applied

- **Recognize / recent / root:**
  - Ask God to reveal to you any generational sins or patterns that need to be prayed through.
- **Receive:**
  - Confess these sins and ask God to break their effects and the effects of any negative generational patterns in your life.
  - Choose to follow Christ.

## Out of Darkness into Light

- **Renew:**
  - Ask God to protect you and help you to follow His ways.

## Module 3: Replacing Family Curses with God’s Blessings

### Indicators

- Absence of blessing, lack of empowerment

### Key Verse

*“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).*

### Basic Steps Applied

- **Recognize / root:** Ask God to reveal to you
  - Significant times in your life when you felt blessed by your parents.
  - Significant times in your life when you felt cursed or felt a lack of blessing.
- **Receive:**
  - Ask God to replace any curses (or lack of blessing) with His blessing.
  - Receive the blessings.
- **Renew:**
  - Bless others.

## Module 4: Confessing and Turning from Sin

### Indicators

- Conviction of sin, confusion, inability to find memories or discern lies from truth

### Key Verses

*“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).*

### Basic Steps Applied

- **Recognize:** Ask God to reveal to you
  - Any sins you need to confess and turn from. (“Where am I struggling to follow your ways?”)
- **Recent:** Ask God to reveal to you
  - A recent time you sinned in this way.
  - Anything within you that contributed to your choice to sin. (“Why am I struggling in this way?”)
- **Root:** Ask God to reveal to you

## Simplified Overviews

- The first time you struggled in this way (or if it's been a pattern in your life):  
“When did I start to struggle in this way?”
- **Receive:** Ask God
  - “What is *your perspective?*”, “What is *your truth?*”
  - Confess your sin(s) to God and ask for His forgiveness.
  - Seek healing for related emotional wounds.
  - Work through anything else within you that contributed to your choice to sin.
- **Renew:**
  - Turn from your sin. Ask God to help you not to sin in this way again.
  - Follow through with any follow-up steps God reveals.

## Module 5: Breaking Internal Strongholds

### Indicators

- Rigid and inflexible thinking, vows, curses, judgments, unhealthy relationships

### Key Verses

*“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).*

### Basic Steps Applied

- **Recognize:** Ask God to reveal to you
  - Any internal strongholds you have: “Where am I struggling to follow your ways?”
- **Recent:** Ask God to reveal to you
  - A recent time you struggled in this way.
  - Anything within you that contributed to this stronghold: “Why am I struggling in this way?”
- **Root:** Ask God to reveal to you
  - “When did I start to struggle in this way?”
  - Anything else you need to know before asking Him to break this stronghold.
- **Receive:** Ask God
  - “What is *your perspective?*”, “What is *your truth?*”
  - Confess and turn from any sin involved.
  - Seek healing for related emotional wounds.
  - Work through anything else within you that contributed to this stronghold.
  - Ask God to break this internal stronghold and its effects, and replace it with blessing.
- **Renew:**
  - Ask God for His protection.
  - Continue to grow in understanding who you are in Christ.
  - Follow through with any other steps God reveals.

## Out of Darkness into Light

# Module 6: Healing from Emotional Wounds

### Indicators

- Anxiety, fear, anger, depression, pain, hurt, discouragement, other unhealthy emotions, inability to overcome sinful patterns

### Key Verses

*“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).*

### Basic Steps Applied

- **Recognize**
  - With God’s help identify and acknowledge your unpleasant or negative emotions and/or false beliefs.
- **Recent:** Ask God to reveal to you
  - A recent time you had any unpleasant or negative emotions and/or false beliefs
  - *Why* you feel this way / believe this is true at an emotional level.
- **Root:** Ask God to reveal to you
  - *When* you first felt this way / believed that this was true.
- **Receive:** Ask God
  - “What is *your perspective?*”, “What is *your truth?*”
  - Ask God to carry your burden.
- **Renew:**
  - Apply God’s truth to your life.

## Modules 7 and 8: Forgiving Others and Forgiving your Parents

### Indicators

- Hurt, frustration, anger, rage, hate, bitterness, resentment, judgment, desire for revenge, stuck in same unhealthy patterns as parents

### Key Verse

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

### Basic Steps Applied

- **Recognize**
  - Any offenses you haven’t yet forgiven. (“*Where* am I struggling to follow your ways?”)
- **Recent**
  - Whether or not you’re ready to forgive the person from your heart.

- **Root**
  - If not, *why* you feel this way. (“*Why* am I struggling in this way?”)
- **Receive:** Ask God
  - “What is *your perspective?*”, “What is *your truth?*”
- **Renew:**
  - Ask God to help you see the person the way He does.
  - Leave to Jesus any judging or punishing of the person.
  - Forgive the person.
  - Ask God to bless them.
  - Follow through with any action steps God shows you.

## Module 9: Forgiving and Accepting Yourself

### Indicators

- Guilt, shame, pride, self-punishment, unbelief, self-justification, difficulty accepting the truth of who you are in Christ

### Key Verses

*“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).*

### Basic Steps Applied

- **Recognize:** Ask God to reveal to you
  - Anything that makes it hard for you to forgive yourself: “*Where* am I struggling to follow your ways?”
- **Recent:** Ask God to reveal to you
  - “*Why* am I struggling in this way?”
- **Root:** Ask God to reveal to you
  - “*When* did I start to struggle in this way?”
- **Receive:**
  - Ask God “What is *your perspective?*”, “What is *your truth?*”
  - Recognize the difference between godly sorrow and worldly sorrow.
  - Give up all attempts to justify yourself.
  - Seek healing for any related emotional wounds.
  - Confess any sins you need to confess.
  - By faith, receive God’s forgiveness.
  - Choose to forgive yourself.
- **Renew:**
  - Learn more about how God sees you through Christ.

## Out of Darkness into Light

# Module 10: Replacing Unhealthy Patterns

### Indicators

- Stuck in unhealthy patterns, lack of joy, fear, unhealthy control, perfectionism

### Key Verses

*“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).*

### Basic Steps Applied

- **Recognize:** Ask God to reveal to you
  - Any unhealthy patterns presently operating in your life. (“Where am I struggling to follow your ways?”)
- **Recent:** Ask God to reveal to you
  - What triggered this unhealthy pattern.
  - Why you felt and reacted the way you did. (“Why am I struggling in this way?”)
- **Root:** Ask God to reveal
  - “When did I start to struggle in this way?”)
- **Receive:** Ask God
  - “What is your perspective?”, “What is your truth?”
  - “What would a healthy response and pattern be in this situation?” (“What Biblical principles apply?”, “How do these principles apply in this situation?”)
  - Seek healing for any related emotional wounds.
  - Work through any other related issues.
- **Renew:**
  - Ask God to help you walk out this new healthy response and pattern in your life.
  - Apply the new healthy response and pattern in your life.
  - Grow in understanding who you are in Christ.

## Module 11: Finding True Security

### Indicators

- Insecurity, fear, seeking unhealthy control, following after counterfeit desires

### Key Verse

*“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).*

### Basic Steps Applied

- **Recognize**
  - Whether or not you would like to trust God to be your firm foundation.
    - If you would, ask Him to help you grow in this.
- **Recent:** Ask God to reveal to you
  - *“In what ways am I struggling to trust you?”*
  - *“Why am I struggling in these ways?”*
- **Root:** Ask God to reveal to you
  - *“When did I start to struggle in these ways?”*
- **Receive:** Ask God
  - Ask God *“What is your perspective?”*, *“What is your truth?”*
  - Ask God what kind of safety and security He offers you, and how that compares to secure relationships you’ve seen on earth.
  - Ask God if you have chosen to follow after any counterfeit desires.
  - Choose to trust God (as much as you’re presently able to).
    - Ask God to help you grow in trusting Him.
    - Ask God to continue to show you anything in you that hinders you from putting your complete trust in Him.
  - With God’s help, confess and turn from counterfeit desires.
    - Ask God to continue to reveal to you any counterfeit desires that you’re still seeking after.
  - Seek healing for related emotional wounds.
- **Renew:**
  - 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.

## Out of Darkness into Light

# Module 12: Living in the Light

### Indicators

- Feeling like a victim, not yet fully walking in the light, wanting to learn more about partnering with God

### Key Verses

*“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).*

### Basic Steps Applied

- **Recognize:** Ask God to reveal to you
  - Any ways you are not walking in His light. (“Where am I struggling to follow your ways?”)
  - Anything within you that is hindering you from walking in His truth.
- **Recent:** Ask God to reveal to you
  - “Why am I struggling in this way?”
- **Root:** Ask God to reveal to you
  - “When did I start to struggle in this way?”
- **Receive:**
  - Ask God
    - “What is your perspective?”, “What is your truth?”
    - “What Biblical principles apply?”
    - “How do these principles apply in this situation?”
  - Decide you’d like to live in the light.
    - Tell God this.
    - Ask Him to help you.
  - Seek healing for any emotional wounds that hinder you from living in God’s truth.
  - Work through any other issues that hinder you from living in God’s truth.
- **Renew:**
  - Learn more of God’s truth.
  - Take any other action steps God shows you.
  - Continue to grow in an intimate relationship with Christ.
  - Continue to grow in loving God and loving others.
    - Ask God to continually show you how to *actively* live out your love for Him, and your love for others.
  - Choose to partner with Jesus for life.
  - Grow in understanding your authority in Christ.
  - Partner with God in spiritual warfare.
  - Tell others the marvelous things God does.
  - Give Him glory!