

Out of Darkness into Light

Guide to Identifying which Modules to Use¹

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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.

¹ Some parts adapted (with permission) from "A Theory and Process for Christian Counseling & Inner Healing" by Alfred Davis, pg 202