

Out of Darkness Into Light

Wholeness Prayer Basic Modules Module 4

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

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Confessing and Turning from Sin

Biblical Basis – Confessing and Turning from Sin

“...if you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved. As the Scripture says, ‘Anyone who trusts in him will never be put to shame.’ For there is no difference between Jew and Gentile – the same Lord is Lord of all and richly blesses all who call on him, for, ‘Everyone who calls on the name of the Lord will be saved’” (Romans 10:9-13).

“For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – not by works, so that no one can boast. For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do” (Ephesians 2:8-10).

*“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).*

*“My dear children, I write this to you so that you will not sin. **But if anybody does sin, we have one who speaks to the Father in our defense – Jesus Christ, the Righteous One.** His is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world” (1 John 2:1-2).*

*“Search me, O God, and know my heart; test me and know my anxious thoughts. **See if there is any offensive way in me, and lead me in the way everlasting**” (Psalm 139:23-24).*

*“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 – Confessing and Turning from Sin

“...if you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved” (Romans 10:9). If you have done these things, which include the kind of belief that gives your whole life to God:

- You have new life in Christ. “Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!” (2Corinthians 5:17)
- You “...have been made holy through the sacrifice of the body of Jesus Christ once for all” (Hebrews 10:10).
- You will seek to “walk in the light, as he is in the light”. (1John 1:7b)
- You “have one who speaks to the Father in [your] defense” (1 John 2:1b).
- “If [you] confess [your] sins, he is faithful and just and will forgive [you your] sins and purify [you] from all unrighteousness” (1 John 1:9).
- You’re “being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit” (2 Corinthians 3:18b).
- You’ve been “...raised... up with Christ and seated...with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to [you] in Christ Jesus” (Ephesians 2:6-7).
- You have eternal life: “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life” (John 3:16).

There are also many other promises in Scripture for those who are in Christ!

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.

One way of defining *sin* is “anything we do that grieves the Lord Jesus.” It could be something you have not done since giving your life to Jesus, but which you have not yet dealt with in any specific manner. Or it could be a sin where you still struggle and fall. It could be something you did not fully recognize at the time as sin.¹

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.”)

Seeking reconciliation or offering restitution may be another part of the process of turning from your sin. Like Zacchaeus who returned four-fold what he had stolen, the Lord Jesus sometimes whispers in our heart the importance of reconciling relationships or making restitution for certain actions.²

¹ Adapted with permission from *Undivided Heart Prayer Ministry* by Anna Travis, pg 22

² *ibid*

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Step-by-Step Process³ – Confessing and Turning from Sin

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

1. Ask God to reveal to you any sins that you need to confess and turn from. *“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting” (Psalm 139:23-24).*

For ideas of sins that you may have been involved with, and not yet confessed and turned from see “Attachment 1: List of Potential Generational Sins, Negative Patterns, or Inherited Traits” in “Module 2: Freedom From Generational Bondage” and “Attachment 4: Truth for Everyday Life” in “Module 12: Living in the Light.”

2. If you have not yet given your life to God, it would be good to do that now. See “Sample Prayer (and Follow-up) for Giving Your Life to God,” in this module.

3. If you have been involved in any occult activity, work through “Attachment 1: Occult Involvement,” in this module. *Note: It is recommended that you work through this attachment with another follower of Christ (who is reasonably mature) present.*

4. If you have sinned sexually, see “Sample Prayer for Step 4: Confession of Sexual Sin,” in “Sample Prayers – Confessing and Turning from Sin,” in this module. Seek healing for related emotional wounds. See “Module 6: Healing from Emotional Wounds.” Also work through any other modules that apply. See “Attachment 1: Guide to Which Modules to Use” in “Module 1: Overview and Introduction.”

5. If you have sinned in the area of pride, see “Sample Prayer for Step 5: Confession for the Sin of Pride,” in “Sample Prayers – Confessing and Turning from Sin,” in this module. Seek healing for related emotional wounds. See “Module 6: Healing from Emotional Wounds.” Also work through any other modules that apply. See “Attachment 1: Guide to Which Modules to Use” in “Module 1: Overview and Introduction.”

6. Ask God to show you anything within you that contributed to your choice to sin. Seek healing for related emotional wounds. See “Module 6: Healing from Emotional Wounds.” Also work through any other modules that apply. See “Attachment 1: Guide to Which Modules to Use” in “Module 1: Overview and Introduction.”

7. 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. These may include asking forgiveness of someone or offering restitution. See “Sample Prayer for Step 6,” in “Sample Prayers – Confessing and Turning from Sin,” in this module. *Note: If someone is helping you pray through this module, tell them only **your** story. Don’t give names or specifics of others involved.*

³ 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 4: Confessing and Turning from Sin

8. 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.
9. Learn more about what God's ways are. The Bible is the best source from which to learn these! Ask God to help you walk more and more in His ways. Continue to partner with Him in your transformation process.
10. Decide that you don't want to sin anymore. Ask God to help you not to sin.
11. Ask God to continue to show you when you do sin. When He shows you, quickly confess it to Him and turn from it. Work through the steps above as appropriate.
12. Thank God for who He is and for all He has done, is doing, and will do in you!
13. Work through "Follow-up – Confessing and Turning from Sin," in this module.

Sample Prayers – Confessing and Turning from Sin

Sample Prayer (and Follow-up) for Giving Your Life to God

God, I realize that I have sinned and am separated from you as a result. I believe that Jesus died to pay for my sin, and was then raised from the dead by your power. I ask you now to forgive me and rescue me from all my sin. I give my life to you. Please come live in me, and help me to love and follow you with all of my heart, soul, mind, and strength.

As a follow-up to this prayer, tell someone that you've decided to follow Christ. Find other believers in Christ that you can talk with about Him. Read the Bible and pray. (If you are just starting to read the Bible, here's a suggestion: Start with the book of John. Then read Psalms. Then read the rest of the New Testament. Then read Proverbs and Isaiah. Then read the rest of the Old Testament.) Learn more about following Christ. Ask God to help you "take your thoughts captive" and get His perspective on everything. Continue to work through this and other modules, as they apply to your existing needs.

Sample Prayer for Step 4: Confession of Sexual Sin⁴

I proclaim my faith in Jesus Christ as my Lord and Savior.

Lord God, I come before you to acknowledge that I have sinned sexually. I seek your forgiveness and cleansing as promised in 1 John 1:9, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

I acknowledge that I have given in to fleshly lusts and that I have offered parts of my body to sin as instruments of wickedness (Romans 6:13). I do not want sin to be my

⁴Adapted with permission from *A Theory and Process for Christian Counseling & Inner Healing* by Alfred Davis, pg 152-153

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master (Romans 6:14). I do not want any longer to give the devil a foothold in my life (Ephesians 4:27).

God, I pray that your Holy Spirit would reveal to me now all the situations in my life where I have used my body sexually as an instrument of unrighteousness. Please show me all the times in my life where I have transgressed your holy law so that I may lay them before you now.

For each incident, pray:

Lord God I acknowledge, confess and take responsibility for sexually sinning when I participated in _____ with _____. I renounce my sexual involvement with _____. I bind this sin to your cross and ask for your forgiveness. I now receive the forgiveness that only you can give. Purify me now Lord Jesus from my unrighteousness. Cleanse me and set me free by your grace and mercy.

Lord God, I turn to you now and ask for your help. I choose to turn from this sin of _____. Remove from me any further desire to sin in this way. I now commit to being obedient to your holy ways. I ask you to break any bondage or foothold that Satan obtained through this involvement. I also ask that you break any one-flesh bonds or other ties that resulted from this relationship. I place the cross of Jesus Christ between myself and _____. I pray this in the name of the Lord Jesus Christ.

Please reveal to me any emotional wounds I have that contributed to this sin. Help me not to sin in this way again, but instead to know your ways and walk in them. Thank you, my God and my King. Amen.

After praying through all of the above incidents, pray:

Lord God, I now present my body to you as a living sacrifice, holy and acceptable to you. I choose to reserve the sexual use of my body only for marriage. I ask you to totally cleanse me. I renounce the lie of Satan that my body is still unclean, dirty or unacceptable as a result of these past experiences. Lord Jesus, I receive your forgiveness for my sins. I thank you for totally cleansing me, for removing all condemnation, and for accepting me unconditionally. I release to you all guilt and shame that has been connected to these sins, and I now choose to accept myself as purified.

Thank you, Lord God, for your love. Thank you for forgiving me and setting me free. I choose now to be obedient to your Word and I place my confidence in you. Please help me to live in holiness and to love you with all of my heart, soul, mind, and strength. I pray this in the wonderful name of the Lord Jesus. Amen.

Sample Prayer for Step 5: Confession of the Sin of Pride⁵

I proclaim my faith in Jesus Christ, as my Lord and Savior.

Lord God, I humble myself before you now as a sinner who has been living independently, seeking control, and full of pride. In Jeremiah 2:13 you said, “My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.”

Lord God, I admit that I have turned my back on you and have tried to live life in my own strength and resources. I have believed that I could be the master of my own destiny and have succumbed to the worship of myself.

I have blinded myself to the truth of the forgiveness of the cross of Jesus Christ and I have pridefully taken charge of trying to justify myself by atoning for my own sin through performance and works.

Lord God, you have said in Proverbs 16:18, “Pride goes before destruction, a haughty spirit before a fall.” I come before you now broken in spirit and contrite in heart. I have been trying to live my life alone, without anyone’s help and especially without you.

Lord God, in James 4:10 you say, “Humble yourselves before the Lord, and he will lift you up.” I come to you now destitute and broken. Please help me. I need you now. Please show me how my pride has transgressed your holy ways.

Lord God, I acknowledge, confess and take full responsibility for the following ways that I have pridefully sinned against you: [Select the ones that relate to you]

- *seeking to do my will instead of yours*
- *relying on my own strength and resources instead of you*
- *comparing to, competing with and arrogantly believing that I am better than others*
- *believing that I am always right*
- *considering myself first ahead of others*
- *seeking to control others instead of controlling myself*
- *thinking I am perfect; without weaknesses*
- *overly concerned with fame, fortune, power and pleasure*
- *believing that I am a better Christian than others*
- *Other _____*

Lord God, I renounce all the ways that I have been living an arrogant, self-centered prideful life. I choose to humble myself now. I submit myself to you and pray that you will work through my weaknesses.

I bind my sin of pride to the cross of Jesus and receive your forgiveness. Purify me now from my unrighteousness. Set me free by your grace and mercy. Please reveal to me any emotional wounds I have that contributed to this sin.

⁵ *ibid*, pg 157-158

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Lord God, I turn to you now and ask for your help in dealing with this persistent struggle. I choose to turn from all my prideful ways. Remove from within me this desire to be prideful. Help me to be humble and manifest the compassion of Christ. I now commit to loving others sacrificially, as described in John 15:11-12, "Love others as I have loved you. Greater love has no one that this, that one lay down his life for his friends."

Lord God, break the stronghold of pride in my life. Help me to become a good and faithful servant who is living out your will and not my own. I release my arrogance to you and thank you that you are all I need. Free me now from my perfectionism and striving.

Lord Jesus, thank you for the gift of your sacrifice on the cross. Thank you that you died for me and paid the price for my sin of pride, so that I may be free. Thank you for your grace and mercy. I now accept myself as cleansed, free and ready to serve you. Please help me to walk in this freedom.

Please continue to show me any ways where I am tempted to choose the way of pride. Please help me to instead choose humility. If there are places where I am emotionally wounded that influence me toward choosing pride, please continue to reveal those to me. I want to follow your ways and be free from all unhealthy patterns from my past.

I praise you as the wonderful God of love and peace. I bow my knee to you in submission, humility and hope. I pray this in the wonderful name of the Lord Jesus Christ. Amen.

Sample Prayer for Step 6 ⁶

Lord God, I confess my sin of [type of sin] against [name of person]. Please forgive me. Please also show me if I need to ask forgiveness of [name of person]. If so, please give me the courage to do so, in a way that brings honor to you.

Please also show me if I need to make restitution of any kind. Even if I feel unable to make full restitution, please give me the determination to begin to do this. I trust in you Jesus, to help me step by step.

Please also reveal to me any emotional wounds I have that contributed to this sin. Please help me not to sin in this way again, but instead to know your ways and walk in them. Thank you, my God and my King.

⁶ Adapted with permission from *Undivided Heart Prayer Ministry* by Travis, pg 23

Follow-up – Confessing and Turning from Sin

1. 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.
 2. If God has revealed any emotional wounds you have, seek healing for those. See “Module 6: Healing from Emotional Wounds.”
 3. If you struggle to turn completely from your sin, ask God to reveal why this is. If you don’t yet see a new path that you could walk in instead of the old one, or see the new path but aren’t able to walk in it, you may have emotional wounds that have not yet been healed. See “Module 5: Breaking Internal Strongholds” and “Module 6: Seeking Healing from Emotional Wounds.”
 4. Ask God to help you *continually* choose not to sin. Ask Him to show you anything within you that could contribute to you choosing to sin. Work through these issues. See any modules that apply.
 5. Ask God to help you continually take your thoughts captive (including your emotions). Get His perspective on these. Seek healing from any emotional wounds. See “Module 6: Seeking Healing from Emotional Wounds.” Also work through any other modules that apply. See “Attachment 1: Guide to Which Modules to Use” in “Module 1: Overview and Introduction.”
 6. *“Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective” (James 5:14-16).*
- Note: When confessing your sins to another person, tell them only your story. Don’t give names or specifics of others involved.*
7. Seek to have healthy boundaries in your life. Ask God to help you know and apply these. 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 “Follow-up – No Longer a Victim” in “Module 12: Living in the Light.”
 8. Continue to work through other modules as they apply to your situation. See “Attachment 1: Guide to Which Modules to Use” in “Module 1: Overview and Introduction.”

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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, see steps 4 and 5 in the Step-by-Step Process section of Module 4.*
- *Ask God to show you **anything within you that contributed** to your choice to sin. Work through these. See related modules.*
- ***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.*
- ***Decide** that you don’t want to sin anymore. **Ask God to help you not to sin.***
- *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:**
 - *Share with someone what God has done for you.*
 - *Continue to work through other modules as they apply to your situation.*
 - *Work through “Follow-up – Confessing and Turning from Sin,” in Module 4.*

Attachment 1. Occult Involvement⁷

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 Involvement⁸

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).

Bondage can result from a wide range of activities: from something as simple as placing a protective object over the door, to something as involved as performing intentional rituals for obtaining influence in the spiritual realm. We regularly encounter opportunities to obtain benefits via the occult. A few examples would be: words on paper worn on the body or tucked into clothing for health or success, healing incantations, objects inserted into the body by magical power for physical beauty, pacts made for wealth, the drinking of healing water, the eating of certain animal parts for power, the eating of food offered to ancestors who have died, meditating in grave yards, hearing our fortune told, having a spiritual ‘guard’ assigned to us, help in finding lost or stolen items, controlling others, preventing infidelity in marriage, obtaining power to heal others, absorbing spiritual power from the land, getting wisdom from relatives who have died, and even participation in certain life cycle rituals or cultural rites.

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.

⁷ This attachment was written for a non-western context. Many parts also apply to a western context.

⁸ Adapted with permission from *Undivided Heart Prayer Ministry* by Anna Travis, pg 16-17

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Step-by-Step Process⁹ - Regarding Occult Involvement

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

It is recommended that you work through this process with another follower of Christ (who is reasonably mature) present.

1. Ask God to reveal to you all ways in which you have been involved in the occult. If there are any:
 - See “Sample Prayer for Occult Involvement” and “Sample Prayer for Confession of Idolatrous Worship,” in this attachment.
 - Take any appropriate follow-up steps, such as destroying any demonic objects. (See step 4.)
 - 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.
2. 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:
 - See “Sample Prayer for Occult Oppression” in this attachment.
 - Take any appropriate follow-up steps, such as destroying any demonic objects. (See step 4.)
 - 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.
3. Ask God to remind you of any *other* demonic objects of yours that haven’t yet been destroyed.
4. Ask a spiritually mature person to help you destroy *all* demonic objects you possess. Ask them any questions you have.

For each demonic object, the process to destroy it includes:

- Praying together over the object to totally break its power.
- Asking God to totally break any power that the object has had over you.
- Burning or breaking the object beyond recognition and usefulness.
- Disposing of it somewhere where no one will be tempted to retrieve it.

⁹ 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 4: Confessing and Turning from Sin

In addition:

- Don't think about the object again. Instead think about things that are good, lovely, pure and true (Phil 4:8). Ask God to help you.
- Fellowship often with other followers of Christ.
- Keep growing in Christ. See "Module 11: Finding True Security" and "Module 12: Living in the Light."

5. See "Module 2: Freedom from Generational Bondage."

6. Keep working through "Step-by-Step Process – Confessing and Turning from Sin," in this module.

Sample Prayers – Regarding Occult Involvement

Sample Prayer for Occult Involvement (for a follower of Christ)¹⁰

Lord God, I repent of grieving you through my involvement in the occult. Forgive me for any practices by which I knowingly or unknowingly invited the involvement of evil spirits in my life.

I sought help through the occult in this way: [state type of involvement]. Forgive and cleanse me. Save me from the consequences of my sin. I confess that any spirits that came to me which I thought were for my benefit, are really evil spirits that want to destroy me.

In the name of Jesus I reject all benefits, abilities, blessings or powers: [speak out anything that you are reminded of] obtained through occult encounters. In the name of Jesus I rescind any occult pacts or covenants I... made: [speak out any agreements made]. I am under the new covenant brought by Jesus Christ. In Jesus' name I renounce the taking in of any occult substance – food, drink or potions. I receive the forgiveness and cleansing of Jesus.

We command all items inserted by magical power to come out now in Jesus' name. I bring to You, Lord God, any items connected to the occult. We break their power in the name of Jesus. Give me strength to destroy¹¹ charms, amulets or any other object that is associated with dark powers. (These should be destroyed as soon as possible.)

In the name of Jesus we command all evil spirits connected with this occult involvement to go immediately to the place where Jesus sends you. We forbid you to touch me, my family, or any of my descendants. Lord God, I receive from You alone all help, blessings, healing, abilities, power, gifts or protection that You want to give me, to replace what the enemy had given me. Show me any inner wounds that may have influenced me to turn to the occult. I want to see my heart the way you see it.

¹⁰ Adapted with permission from *Undivided Heart Prayer Ministry* by Anna Travis, pg 17-18

¹¹ See step 4 in "Step-by-Step Process – Regarding Occult Involvement," in this attachment.

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Sample Prayer for Occult Oppression (for a follower of Christ)¹²

Oh God, I believe that others have used magical powers to try to help me. Help me to forgive [name of person] for what they did [state type of involvement] in order to obtain something on my behalf [state type of help being sought]. I turn [state name] over to you.

In the name of Jesus I reject any help, benefit, blessing, healing, protection, ability or power supplied by evil spirits. In the name of Jesus we break the power of any mantras or spells that were said on my behalf. In the name of Jesus we break the power of any pacts or vows made on my behalf. In Jesus' name I renounce the taking in of any occult substance – food, drink or potions. I trust in the sacrifice and blood of Jesus Christ which is stronger than anything else.

In the name of Jesus we order out any evil spirits that may have come to me as a result of someone else's involvement in the occult.

Lord Jesus, I receive from You all help, blessings, healing, abilities, power, gifts or protection that You want to give me, to replace what the enemy had given ... Thank You for coming to destroy the works of the devil, and giving me abundant life. Please show me any hurts connected with this occult oppression. I open my heart to you.

Sample Prayer for Confession of Idolatrous Worship (for a follower of Christ)¹³

I proclaim my faith in Jesus Christ, as my Lord and Savior.

Lord God, I come before your presence to acknowledge that I sinned against you when I knowingly and unknowingly turned from you by not following your greatest commandment, "Love the Lord your God with all your heart and with all your soul and with all your mind" (Matthew 22:37).

In rebellion and ignorance I chose to follow false teachers, and I have participated in occult practices and idolatrous worship. Have mercy on me God!

I recognize that there is only one true and living God (Isaiah 45:22), who exists as the Father, Son (Jesus Christ of Nazareth) and Holy Spirit. I acknowledge that you are the only omniscient (all-knowing), omnipotent (all-powerful) and omnipresent (always and everywhere present) God.

I also acknowledge that the resurrected Lord Jesus Christ has been given all authority in heaven and on earth and that he has supremacy in everything (Colossians 1:15-18).

¹² Adapted with permission from *Undivided Heart Prayer Ministry* by Anna Tra, pg 18-19

¹³ Adapted with permission from *A Theory and Process for Christian Counseling & Inner Healing* by Alfred Davis, pg 155-156

Module 4: Confessing and Turning from Sin

I have invited Jesus Christ into my life as my Lord and Savior and I believe that I am now a child of God (1John 3:1-3). I believe that by faith and the grace of God, I am seated with Christ in the heavenly realms (Ephesians 2:6); and that when I was still a sinner, Christ died for me (Romans 5:8). I believe that Jesus has delivered me from the domain of darkness and transferred me to His Kingdom and that in Him I have redemption, the forgiveness of sins (Colossians 1:13-14).

Lord God, I acknowledge that you are the God of truth. I have been deceived by the father of lies (John 8:44) and I have deceived myself. I pray that, with the help of your Holy Spirit, you would lead me into all truth and reveal to me now all the ways that I have turned from you and either knowingly or unknowingly participated in or been involved in false religions, cultic or occult practices, or worshipped and followed false teachers and false gods.

For each activity, pray:

Lord God, I acknowledge, confess and take full responsibility for sinning against you when I participated in _____. I renounce my participation in and involvement with _____ and I commit myself to the Lord Jesus Christ, who is the way and the truth and the life (John 14:6).

I bind my sin of idolatry to the cross of Jesus Christ. Lord God, I humble myself and ask for your forgiveness for all my unholy thoughts, behaviors and activities. I now receive your forgiveness. Please purify me from my unrighteousness. Set me free by your grace and mercy.

Lord God, I turn to you now and repent of my sin of idolatry. Remove from me any further desire to separate myself from you. I commit to worshipping only you, the one true God – the Creator, the Sustainer, the Protector, the True God of Love and Life.

Lord God, I ask you now to break any rights, grounds or privileges that were gained in my life as a result of this inappropriate spiritual worship. Amen.

After addressing all of the above situations, pray:

Lord God, thank you for releasing me from the bondage of my unbelief. Thank you that you are all I need. I choose obedience to you alone and I place my confidence in you. Protect me, Lord God, from any counter attack from the world of darkness and help me to live in the freedom of the cross. Thank you that you have disarmed the enemy and that Jesus Christ has already won the victory. I claim that victory in my life.

Thank you that I am, by faith, a child of God. I am purchased by the blood of Jesus, redeemed, free of condemnation, accepted and a friend of Christ. Thank you for forgiving me and setting me free. In the wonderful name of the Lord Jesus Christ, amen.

Out of Darkness into Light

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.
- See “Module 2: Freedom from Generational Bondage.”
- Keep working through “Step-by-Step Process – Confessing and Turning from Sin,” in this module.
- **Closing prayer**