

Out of Darkness Into Light

Wholeness Prayer Basic Modules

Pray-er Packet (Includes Process Diagrams)¹

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

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¹ These process diagrams are designed to be used together with “Out of Darkness into Light – Wholeness Prayer Basic Modules.” For more complete information about the processes described here, please refer to either the standard or the condensed version of the basic modules.

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.

**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

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 Sample Prayer – Freedom from Generational Bondage³

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 *ibid*, page 139-140

Module 2 Attachment 1. List of Potential Generational Sins, Negative Patterns or Inherited Traits⁴

<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>		
<p>freemasonry occult witchcraft religious cults new age eastern religions psychic practices</p>	<p>rebellion love of money prejudice envy traditional ceremonies spirit worship</p>	<p>idol worship worship of false gods following false religions curses traditional healers ancestor worship</p>

⁴ ibid, page 33-34. This list is not meant to be fully comprehensive.

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.

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.*

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**

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.*

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.

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.*

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**

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.

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.**

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.

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 "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**

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**

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**

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**

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.

**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***

Basic Step-by-Step Process⁵ – 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."

⁵ The above "Step-by-Step Process" contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God's leading.

Process Diagram –

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:

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.

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**

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*

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.

Step-by-Step Process⁶ – 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.

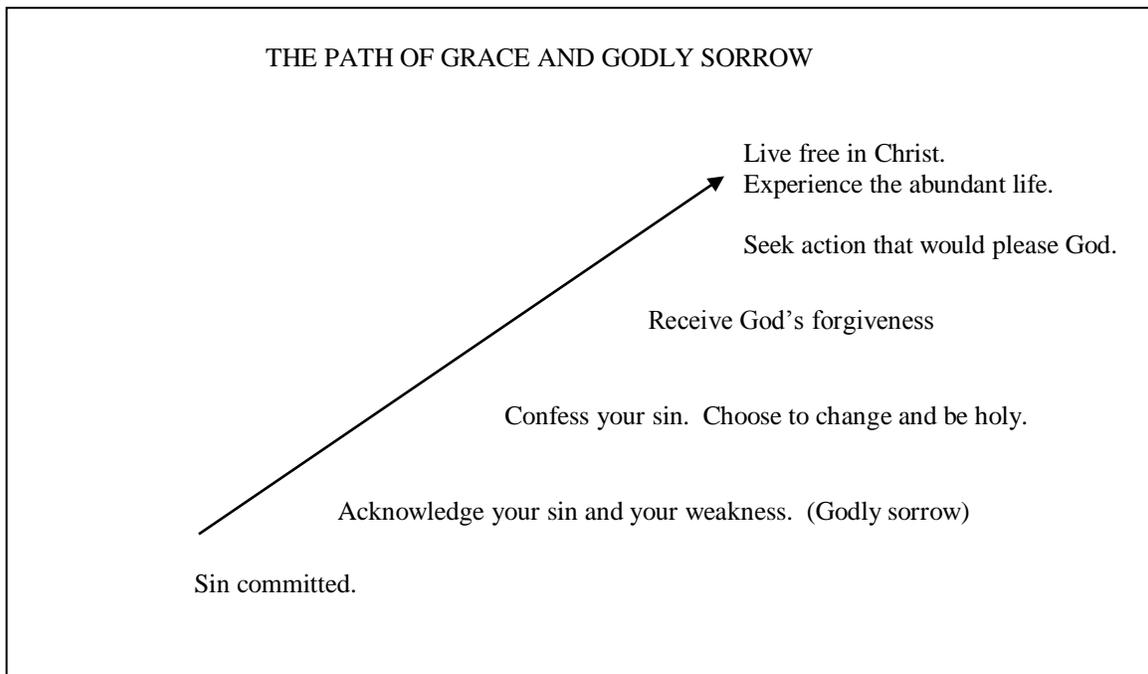
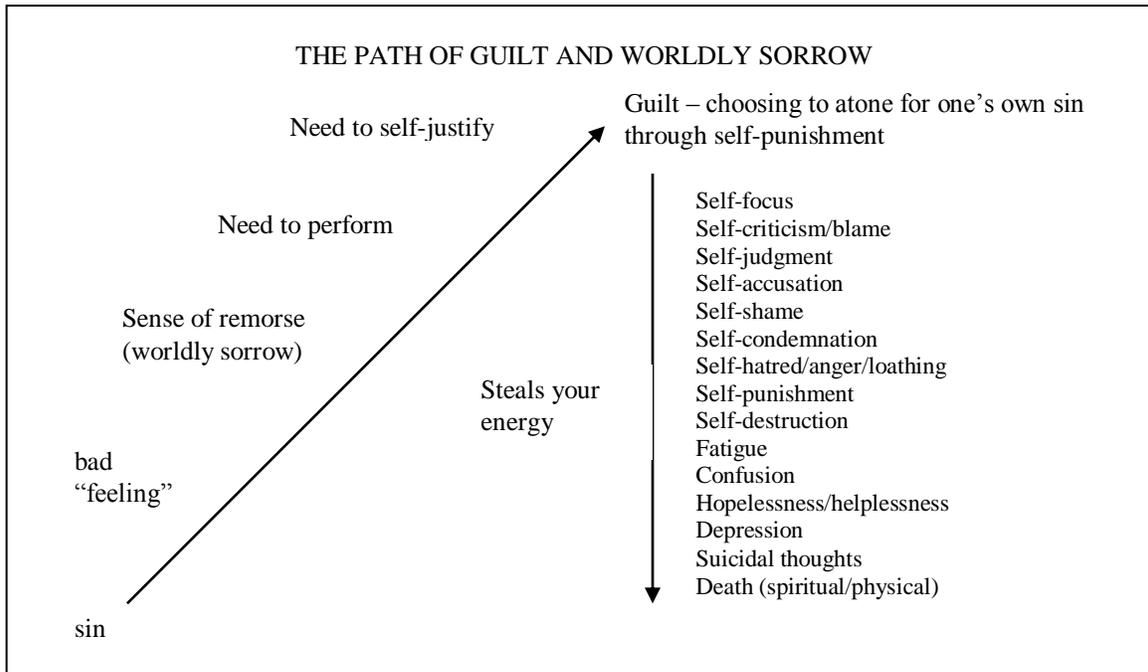
⁶ The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

Process Diagram

Module 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.*

Two Paths⁷



⁷ Adapted with permission from "A Theory and Process for Christian Counseling & Inner Healing" by Alfred Davis, pages 111-112.

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.*

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.”

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**

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**

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

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

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 followers of Christ 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. More in depth explanation of these principles is given in step 10 of "Step-by-Step Process – Living Beyond Fear" in "Attachment 2: Living beyond Fear" of "Module 10: Replacing Unhealthy Patterns. 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."

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.”

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.

Out of Darkness into Light

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

*For example, in 2 Chronicles 20:3-22, the following principles can be found:*⁸

- *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.⁹ Give Him glory!

⁸ Adapted with permission from *Worship as Warfare*, DC

⁹ Remember not to share others stories without their permission.

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>

Raised with Christ

Col 3:1

Redeemed

Col 1:14

Rescued from the dominion of darkness

Col 1:13

Salt of the earth

Matt 5:13

Saved by grace through faith

Eph 2:8

Seated with Christ in the heavenly realms

Eph 2:6

Servants of God

1 Peter 2:16

Set free by Christ

Gal 5:1

Set free from the law of sin and death

Rom 8:2

Temples of the Holy Spirit

1 Cor 6:19

Vessels of honor

2 Tim 2:21

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

Guide to Identifying Which Modules to Use¹⁰

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.

¹⁰ ¹⁰ 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:</i> This person is being empowered to hear Biblical truth directly from God at their place of need.	Awareness of need. Desire for change. Willingness to be prayed for in this way.
Pray-er	<i>The person facilitating the prayer time:</i> 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 <i>for</i> or <i>over</i> the person.)	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>	<i>Same as Prophetic Seer.</i>
Discernment of Spirits	<i>This person may receive information from God about the spiritual dynamics involved.</i>	<i>Same as Prophetic Seer.</i>
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>	<i>Same as Prophetic Seer.</i>

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.